

References

Richards, E. P., Shimabukuro, M. L., Combs, S., & Kreuter, M. W. (2004). Innovative legal tools to prevent obesity. *Journal Of Law, Medicine & Ethics*, 32(4), 59-61.

This article mentioned that vending machines were added to schools for financial benefits due to budget cuts. Studies have shown that these machines caused students to get into the habit of eating constantly. Children who get into the habit of eating constantly are more likely to become obese.

Seo, D., & Lee, C. G. (2012). Association of school nutrition policy and parental control with childhood overweight. *Journal Of School Health*, 82(6), 285-293. Retrieved Jan. 15, 2015 from doi:10.1111/j.1746-1561.2012.00699.x

Due to the rise of obese children, there is also an increase in children with major health problems. Pediatric hypertension, hardening of the arteries, diabetes, liver disease, and breathing disorders are becoming common in today's youth. Studies also show that children who attended schools where sodas were sold were more likely to be obese than children who attended schools who were not.

Shah, N. (2013). USDA wants limits on junk foods sold In vending machines. *Education Week*, 32(21), 6-7. Retrieved Jan. 15, 2015 from www.edweek.org

According to Nirivi Shah, the USDA is putting a ban on sodas in all public schools. They are also putting limits on products high in fat, calories, and sodium. These regulations also require foods to be made of whole grains, fruits, vegetables, dairy products, or protein. They also state that foods must naturally contain fiber.

Suarez-Balcazar, Y., Redmond, L., Kouba, J., Hellwig, M., Davis, R., Martinez, L. I., & Jones, L. (2007). Introducing systems change in the schools: The case of school luncheons and vending machines. *American Journal Of Community Psychology*, 39(3/4), 335-345. Retrieved Jan. 15, 2015 from doi:10.1007/s10464-007-9102-7

This study on vending machines in public schools find that obesity in adolescents has seen a fourfold increase in the last four decades. Studies also show that overweight children are most likely to remain overweight as adults. Due to these statistics, vending machines in schools are starting to receive national attention.

Thompson, O. M., Yaroch, A. L., Moser, R. P., Rutten, L. F., & Agurs-Collins, T. (2010). School vending machine purchasing behavior: Results from the 2005 Youth Styles Survey. *Journal Of School Health*, 80(5), 225-232. doi:10.1111/j.1746-1561.2010.00494.x

Competitive foods were defined by the USDA as all foods and beverages sold at school, outside of the reimbursable federal school meal program. Since the competitive foods tend to have very poor nutritional values, the children to have an increase in energy. This could cause the children to be less attentive in class, targeting the junk foods as a major distraction in the classroom. Following on to obesity in children, this article also states that children spend most of their time at school. This allows the children to have a unlimited access to these competitive foods most of the day.