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Counseling & Consulting, Inc.

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RE: RFAA

To Whom It May Concern:

When discussing food, proper nutrition, diet exercise and behaviors in your urban areas, you are encompassing a lot of different things. The availability of true brain food is not always available to be broken down and absorbed. Fast foods, junk foods and fatty foods are what's available to the masses. Cheap, easy and low nutritious foods, that are loaded with high fat, high sugars is mass marketed in many urban areas today.

Healthy, nutritious, energetic, and rejuvenating foods are over priced out of reach and not marketed or readily available to these areas.

When you see low test scores and poor academic performances, many times it comes from pure hunger. The lack of proper nutrition, lack of proper diet and exercise comes from the sluggishness or the heavy fat laced food of the burger and fries, instead of a lean piece of fish and a salad. the heavy carbonation of the sodas and heavy sugar laced drinks can trigger the higher levels of juvenile diabetes, obesity, asthma, and withdrawal from sports and extra curricular activities. Lots of these foods cause sleep deprivation and or trigger excessive sleep because they are weighing down the digestive system with excessive tryptophan and excessive carbohydrates .

The presence of hunger in many urban areas also creates an increase presence in the juvenile courts based on an older child left to care for the younger siblings while the parents are out working low paying jobs and the food didn't stretch through today's meal. We see kids out stealing food (shoplifting) to bring something home so that they can eat. We see the neighbors turning a family in because they have to take turns going to food pantries, or they cant go to school in the winter because they have to take turns wearing the 1 coat to school. You also see the increase of domestic violence, child abuse, gang activity, the use of drug sales and prostitution in these areas as well which also can stem from hunger.

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You see the presence of rotting teeth because the diet consist of highly sweetened and sugary foods. They fear the dentist due to pain and they know that an additional bill will decrease the amount of food being brought into the house to sustain them for the month.

All of these things again will lead back to poor mental, physical, and behavioral health. Hunger causes headaches, anger, shakes, irregular glucose levels, impulsivity, poor/ irrational decision making and many other things.

How can you focus and concentrate when your head is pounding, your baby is hungry and all you have in your fridge to eat is tomato packets the baking soda in the fridge and stale bread and maybe some Italian seasoning and used bacon grease in the cupboard. You make some tomato soup and garlic bread and call it a day.

We at ICC believe that improving Diet, Nutrition and Exercise will improve mental physical and behavioral health in all Urban Areas and we stand with RFAA in working toward improving the climate behaviors emotions attitudes and perceptions toward food and nutrition in all Urban Areas.

For more questions comments and or concerns, I can be reached at the contact info below

Thank you,

Mr. Byron C. Jarrett Sr. Esq. F.D.S. C.N.A.

Mr. Byron C. Jarrett Sr. Esq. F.D.S.
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