

To whom this may concern,

My name is Katarina Quarticelli and I am currently studying health promotion and public health at Eastern Connecticut State University. It has recently come to my attention that in the state of Connecticut, high school students may no longer be required to take at least .5 credits of health for a graduation requirement. I am emailing you in hopes that you oppose this bill (No. 378) and understand the severity it can cause for the health of our nation. We are currently in an obesity epidemic that has been continuing to rise for the last several years, starting with our youth in younger ages than it ever has before. I strongly believe we need to educate students on the importance of taking care of our health in order to live longer and more satisfying lives. By eliminating this .5 credit from high school, students will no longer see the importance in maintaining a healthy lifestyle and will quickly see it as something they do not need to worry about due to it being taken out of their current curriculum/graduation requirements. This can lead to countless problems down the road affecting our health care and causing thousands of dollars to spent treating people who could have prevented these diseases through proper education.

I honestly believe it would be a very big mistake to take away this health credit for high school students. Having the proper knowledge and education on important topics (such as health), can be one of the most powerful tools we possess. Please consider my concerns and understand that our health should be one our top priorities in education.

Thank you for your time and consideration,

Katarina Quarticelli