

April 7, 2022

The Honorable Rob Portman

US Senator for Ohio

Dear Member of Congress,

My name is Madison Cummings and I am a student at Firelands Regional Medical Center School of Nursing in Sandusky, Ohio. My school strives to create the best next generation of nurses to better improve the health and well-being of the citizens within our community.

Healthcare is something I am, along with all others in my nursing class, very passionate about. I believe healthcare is something that needs more recognition in society than what is currently being expressed not for the benefit of hospitals or organizations, but for the people in the communities of which we serve. In order to truly serve our communities, we must let them know we are here for them not just when they are ill, but also when they are without disease. This leads into my discussion on preventative care.

Obesity is a very prominent problem in Ohio and affects around one-third of our adult population. Obesity is a modifiable risk factor of many diseases and illnesses therefore, we should be more adamant on preventative strategies to decrease the number of people effected by obesity. Obesity can increase one's risk of CAD, heart attack, strokes, and many other diseases.

In order to care for those at risk of developing obesity or those who are currently experiencing obesity, we must educate. Education needs to start at a young age so people can develop healthy habits like eating habits and exercise routines early, as this will increase their chances of complying with healthy habits in the long-term. We need to educate our why. Why is maintaining a healthy weight important? If people do not understand why being healthy is a priority, they will not make changes. We must inform them on the long-term effects of obesity and the risk factors that increase with a higher BMI. We must also make healthy meals more readily available for people with lower incomes and create fun exercise programs that encourage people to move and encourage social interactions. I believe it is better to prevent a problem then work to find a solution after a problem arises.

I would love to speak more with you on how we can make Ohio a healthier home for our community. Please feel welcome to reach out to me at any time at madisoncummings14@gmail.com or my phone number, 419-217-4889. Thank you very much for your time and consideration and I look forward to speaking with you soon!

Sincerely,

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