



7 Healthcast

Obesity school

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Adolescent obesity rates are rising and today it's estimated more than 15 percent of teens are obese. One Boston teen is traveling a cross the country to get an education that could save his life. 7Healthcast Reporter Dr. Deanna Lites has his story.

Jahcobie Cosom says, "It holds me back in school and everything." He's talking about his weight. He's 15 years old and weighs more than 480-pounds.

Jahcobie says it's hard, "Be on the bus and get teased. To have grown up people laugh at you. To have little kids laugh at you."

Jahcobie has tried to lose weight. "I've tried weight watchers. I've tried a medical diet. I've tried fat camps."

Now Jahcobie is trying something new. He'll attend The Academy of the Sierras in California, the first ever boarding school for obese teens.

Academy of the Sierras in California Director, Ryan Craig, says, "Our goal here is to get students down to a goal weight, because when they're within a normal weight range, they're much less likely to return to being overweight or obese again."

Students work on changing behaviors when it comes to food. They keep a daily written record of what they eat. They eat very low-fat meals. And all walk up to five miles a day.

And after being there for two months, Jahcobie is happy with the decisions he's learning to make. He says, "I set goals for myself everyday."

He still takes all his normal high school classes, but now exercises daily. He also takes cooking and nutrition. For many students attending this unique school has been a life changing experience. Including Jahcobie, who says, "I'm really ready and I'm determined to make this life change."

So far Jahcobie has lost 94 pounds. But it's not cheap to attend. The school costs more than five thousand dollars a month to attend.

To learn more or donate to Jahcobie's education: [Academy of the Sierras](#) or call 866-364-0808. Our admissions office handles scholarships and donations.