



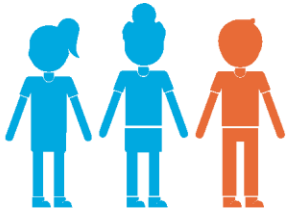
SAN DIEGO COUNTY
**CHILDHOOD
OBESITY
INITIATIVE**

Working Together to Shape a Healthy Future
Facilitated by Community Health Improvement Partners

September is Childhood Obesity Awareness and Hunger Awareness Month

Did you know

1 out of every 3 children in San Diego County is Overweight/Obese?



Did you also know

1 out of every 5 children in San Diego County is food insecure?



Food insecure children are more vulnerable to poor nutrition and obesity, due to:



Limited access to healthy, affordable food



Fewer opportunities for physical activity



Limited resources, higher stress and less access to health care



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE'RE #1!

Come Out and Play!

Sports, swim, dance, camps, **we've got you covered**

YMCA OF SAN DIEGO COUNTY

ymca.org



Open House
September 14
10:00am - 12:00pm
NO JOIN FEE!

Get your kid playing and moving through sports, dance, swim, and so much more! At the Y, choose from hundreds of programs that will get your kids having fun and moving all year long.

LIVE 5-2-1-0!



5 or more veggies and fruit per day
2 no more than two hours of screen time a day
1 hour of physical activity or more per day
0 no sugary drinks, drink more water

TO HELP COMBAT CHILDHOOD OBESITY

OUR MISSION: The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.



2 DAY GUEST PASS

Name: _____

Email: _____ Code: 331

Our Mission: The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

5 Eat five or more servings of fruits and vegetables a day.

2 Limit recreational screen time to two hours or less.

1 Get one hour or more of physical activity every day.

0 Drink zero sugary beverages, drink more water.

EAT HEALTHY

Fruits and vegetables are packed with nutrients and fiber. To get the recommended daily servings, most of us need to increase the amount of fruits and veggies we currently eat.

WATCH LESS

Limit recreational screen time—time spent on computers, video games, TV, and mobile devices for entertainment—to 2 hours or less each day. NO screen time is recommended for children under the age of 2 and children ages 2-5 should be limited to 1 hour or less.

PLAY MORE

Activity that makes you breathe harder and your heart pump faster makes you stronger and helps you feel good and think clearly. Kids from active families are more likely to be active adults.

CUT DOWN

Sugary drinks such as soda, sports drinks, fruit punch and other fruit-flavored drinks have no health benefit. Sweetened beverages add empty calories.

Library

Recreation

- Over 300 classes
- #shapeupchulavista

CV Elementary School District

JOIN US FOR A SCREENING OF THE DOCUMENTARY



FROM THE PEOPLE WHO BROUGHT YOU
FOOD, INC.

A PLACE AT THE TABLE

MONDAY, OCTOBER 7TH
6:00-7:30PM
CIVIC CENTER LIBRARY
365 F STREET
CHULA VISTA 91910

"A Place at the Table" examines how hunger poses serious economic, social and cultural implications for our nation, the impact poor nutrition has on our children and what can be done to solve this crisis.



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Healthy
CHULA VISTA

POPCORN / DRINKS / SPANISH SUBTITLES

RSVP to <https://at-the-table-screening.eventbrite.com>

BUILDING HEALTHY HABITS IN OUR CHILDREN

THURSDAY, OCTOBER 10, 2019 | 5:15-7:30 PM
CIVIC CENTER LIBRARY
365 F STREET, CHULA VISTA 91910



1 IN 3
SUFFER FROM
OBESITY



1 IN 5
DON'T KNOW
WHERE THEIR
NEXT MEAL IS
COMING FROM

Join us to discuss why our children are suffering from hunger and obesity and how parents, schools and the community can improve the lives of families through better nutrition and physical activity!

RSVP to <https://buildinghealthyhabits.eventbrite.com>

CLIPS OF THE DOCUMENTARY "A PLACE AT THE TABLE"
PANEL DISCUSSION WITH Q & A
RESOURCES FOR PARENTS
HEALTHY APPETIZERS & DRINKS
CHILDCARE / SPANISH TRANSLATION

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COMMUNITY THROUGH HOPE
— ONE —
A CHARITABLE WAY TO SERVE