



## Fact Sheet

### Every child healthy

One in three children in the U.S. are overweight or obese, increasing their risk of chronic diseases like diabetes, hypertension, and heart disease. Obesity is a threat to children and to an entire community.

Public Health is committed to reducing childhood obesity. The Phelps/Maries County Health Department works with the schools and other local organizations to help children have a healthier life.

- It helps improve the food choices for children at school by supporting and promoting the work of a local non-profit community partner and school cafeterias to introduce healthier foods.
- It supports and promotes the non-profit Back Pack Program, which provides healthy foods children can take home on the weekends and over the summer when they can't eat at the school cafeteria.
- It supports and promotes the work of organizations in Rolla and St. James to add more miles of walking and biking trails to the over 20 miles that are now available.
- It works with local businesses and the hospital to support breastfeeding mothers.

There is more that can be done. Having a community of healthy children takes more than schools and the health department getting involved. It takes a whole community working together. It takes a change in mindset and culture. It takes you!

- You can help support walking school bus efforts.
- You can encourage your employer to start Wellness at Work or incentive programs.
- You can ask your church or civic club to encourage healthy foods at potlucks and gatherings.
- And you can support breastfeeding, which emphasizes nutrition from the very beginning of life.

A healthy, active child that is learning well will become a healthy adult that can be a thriving member of our community. Taking care of our children today means protecting our society for future generations.

Learn more by visiting [www.phelpscountyhealth.com](http://www.phelpscountyhealth.com), Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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Prevent. Promote. Protect.

