



Waco-McLennan County Public Health District

225 W. Waco Drive, Waco, Texas 76707

Phone 254-750-5460

Fax: 254/750-5404

www.mclennanpublichealth.gov

City of Bellmead

City of Beverly Hills

City of Bruceville-Eddy

City of Crawford

City of Gholson

City of Golinda

City of Hallsburg

City of Hewitt

City of Lacy-Lakeview

City of Leroy

City of Lorena

City of Mart

City of McGregor

City of Moody

City of Riesel

City of Robinson

City of Ross

City of Waco

City of West

City of Woodway

McLennan County

Texas Obesity Awareness Week September 12th -16th

(September 14, 2011) The Waco-McLennan County Public Health District would like to share some facts about obesity in McLennan County.

- 63% of McLennan County adults are overweight or obese*
- 40% of McLennan County children are overweight or obese.*
- By the year 2030, 50% of all Americans will be obese—not merely overweight.

Do your part in making changes toward a healthier lifestyle. Even making small changes in your life can add up to big results!

- Eat more fruits and vegetables and fewer foods high in fat and sugar.
 - Drink more water and less sugary drinks (6-8 glasses everyday).
 - Get more physical activity (30 or more minutes most days of the week).
 - Watch less television (this includes children, send everyone out to play)!
 - Support breastfeeding (burns hundreds of calories each day).
 - Promote policies and programs in your community that make healthy choices easy choices.
- *Data collected from the 2010 Community Needs Assessment Survey*

For more information on ways to fight obesity the Health District suggests these websites:

Healthier Generation

<http://www.healthiergeneration.org/schools.aspx?id=4294967624>

Enjoy Moving from the USDA

<http://www.fns.usda.gov/tn/Resources/EnjoyMoving-flyer.pdf>

Texas Agri-life Extension Agency

<http://healthyliving.tamu.edu>

###