BETTER HEALTH

Better Health. Better Community.

Better Health has been bridging the gap in health care since 1958!

BETTER HEALTH'S MISSION IS TO PROVIDE FOR THE UNMET HEALTHCARE NEEDS OF LOW-INCOME CUMBERLAND COUNTY RESIDENTS THROUGH ASSISTANCE, REFERRAL, AND EDUCATION. ALL SERVICES ARE FREE!

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United Way
Community Partner

EAT SMART MOVE MORE KIDS . . .

♥ **Understand where food comes from**

♥ **Rethink the drink**

♥ **Eat more fruits and vegetables**

♥ **Eat less saturated fat**

♥ **Eat less sugar**

♥ **Eat less salty foods**

♥ **Make smarter choices eating out, and know that eating at home is healthier**

♥ **Practice portion control**

♥ **Understand the importance of physical activity and relaxation**

In 1958 our founders could not have foreseen that childhood obesity would be at the forefront of our community's health challenges, but it is.

In North Carolina:

30% of youth are overweight or obese

37% are not getting the recommended daily fruit servings

74% are not getting the recommended daily servings of vegetables

27% are not getting the recommended level of physical activity.

One in three American children born in 2000 will develop diabetes in their lifetime. Children's life expectancy is declining due to an increase in overweight.

Cumberland County ranks 71st in a recent study ranking counties by quality of life for children.

Better Health has responded to the challenge by developing a lifestyle change program with a goal of having children make good choices when eating and by having physical activity become a part of daily life.

The *Eat Smart Move More Kids* program is entertaining and interactive. A healthy snack and physical activity are components of each of the four presentations that are the basis of the program.

Call **Robin Sledge at 483-7534** to schedule for your youth group.

These life changing events made possible by funding from **Cumberland Community Foundation.**

Better Health and all the Kids thank you!