



## **Southeast Area** *Extension*

### **County Extension Offices**

#### **Baca County**

772 Colorado St.  
Springfield, CO 81073  
719-523-6971

#### **Bent County**

1499 Amb. Thompson Blvd.  
Las Animas, CO 81054  
719-456-0764

#### **Cheyenne County**

425 S. 7<sup>th</sup> W.  
P. O. Box 395  
Cheyenne Wells, CO 80810  
719-767-5716

#### **Crowley County**

603 North Main St.  
Courthouse Annex  
Ordway, CO 81063  
719-267-5243

#### **Kiowa County**

1305 Goff  
P. O. Box 97  
Eads, CO 81036  
719-438-5321

#### **Otero County**

411 N. 10<sup>th</sup>  
P. O. Box 190  
Rocky Ford, CO 81067  
719-254-7608

#### **Prowers County**

1001 S. Main  
Lamar, CO 81052  
719-336-7734

FOR IMMEDIATE RELEASE:-  
February 22, 2010

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## **BEGINNING THE BATTLE AGAINST CHILDHOOD OVERWEIGHT AND OBESITY.**

SOUTHEAST AREA: Colorado State University Extension plans to be a part of the U.S. efforts to address the issue of childhood overweight and obesity. Recently the First Lady, Michelle Obama, the HHS Secretary and U.S. Surgeon General announced plans "...to help Americans lead healthier lives through better nutrition, regular physical activity, and by encouraging communities to support healthy choices...".

Childhood obesity has tripled among children and adolescents in the last thirty years. Nearly one in three children are overweight or obese, making this clearly at epidemic proportions. Increased food intake, prevalence of fast foods and a sedentary lifestyle make it difficult to make healthy choices and easy to consume extra calories, all contributing to the epidemic of overweight and obesity. If you're not sure if your child is overweight or obese, your family physician can help make that determination using a chart to look at appropriate height, weight for his/her age.

Although Colorado ranks as one of the leanest states in the country, there is still evidence there is a cause for concern. Overweight and obesity in Colorado is still affecting the health of Colorado adults and children and is related to physical inactivity, poor nutrition, and poverty.

Colorado State University Extension Family and Consumer Science Agents have long been advocates of healthy eating, wise food choices and physical activity. Beginning in 2010, CSU Extension Agents will put forth a concerted effort to teach parents, families, schools and caregivers how to reduce the consumption of sodas and juices with added sugars and eat more fruits,

vegetables and whole grains. Along with wise food choices, parents need to limit television time and encourage more physically activity for their children. All child care providers and schools should provide appealing healthy food options and meet nutrition standards and provide daily physical education.

If you'd like to join the effort to reduce this epidemic, remember that change starts with individual choices. If you're not sure how to make those changes you can participate in various nutrition education programs offered by CSU Extension in your area. For more information contact the local Extension office in your county.