

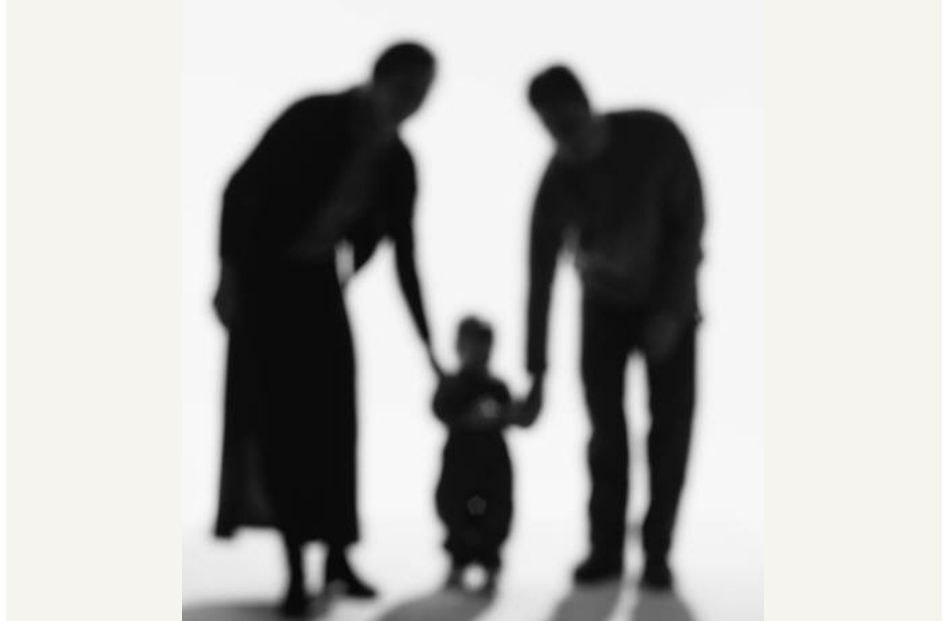
OSSE Nutrition Standards for CACFP

The facts on **overweight & obesity** in D.C.

- **13.6%** of low-income children ages 2-5 are **obese**.
 - Some estimate that over **17%** are obese.
 - Another **15-16%** are **overweight**.
- For low-income children ages 6-10, **24%** are **obese** and **17%** are **overweight**.
- Among all children ages 10-17, **35%** are **overweight or obese**.

Statistics reflect data collected in 2007-2008.

Together, we can
PREVENT
overweight & obesity



It's not always good to be in the top 10....

- Compared to other states, D.C. ranks:
 - 9th for the rate of childhood overweight/obesity,
 - 8th for obesity among low-income preschool-aged children.
- Obesity can lead to diabetes, heart disease and other health problems—even children can develop these diseases.

Give children a healthy start...

- Children learn food preferences and eating habits early in life.
- Offering children nutritious foods will help them to grow up strong and stay healthy in the future.
- Everyone — CACFP, administrators, teachers and parents — must model and reinforce healthy habits.

This series of flyers will help you to promote good nutrition.

- Use the flyers as part of staff training.
 - Spread the information over multiple sessions.
- Include the information in parent newsletters to reinforce the parent postcards.



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I Am Healthy, I Am Happy