



HEALTH NEWS FROM DR. YU

Thurston County Public Health & Social Services Department

Growing Happy, Healthy Kids – October is Child Health Month

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Many ideas cross our minds when we see a newborn baby. Oooh, so darling. Oh so sweet! Thank goodness it's yours! What a blessing! Doesn't it come with a manual?

We know that the health and well-being of a child is one of our most challenging and wonderful responsibilities. While children are our most precious resource, the obligation to ensure that all our children can live, learn, and play in safe and healthy environments can be daunting.

Experts tell us that lessons learned as children can translate into a healthier life. When parents and other caregivers set an example of healthy living, they lay the foundation for their children's success. Thurston County is a wonderful place to raise kids in a very family friendly atmosphere. We are blessed with very active, involved families helping assure happy, healthy kids.

Over the last decade, childhood obesity rates have tripled, and this epidemic threatens many young Americans, leaving them at risk for severe and chronic health problems, including heart disease, diabetes, and cancer.

To make an impact on this epidemic, a coalition of community members involved with children and youth has formed. Members of the **Healthy Child Weight Coalition** include:

- Parents
- Local parks and recreation departments
- School districts
- Boys and Girls Club
- Local physicians
- WIC programs
- YMCA
- Washington State University Thurston County Extension
- Thurston County Commissioners
- Thurston County Public Health and Social Services Department

The coalition works with our community to create neighborhoods that support and foster healthy children and families – encouraging the education, health care, environments, and policies needed to promote a healthy weight and thereby prevent chronic disease.

October is Child Health Month. We can all celebrate by learning the power in numbers 75210 to grow happy, healthy kids.

- 7** Breakfast every day of the week
- 5** Servings of fruits and vegetables daily
- 2** Hours or less screen time daily
- 1** Hour physical activity daily
- 0** Sugary drinks on most days

Check out our new website www.75210.org and look for healthy, active opportunities for kids in our area.

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