



# UMRHN

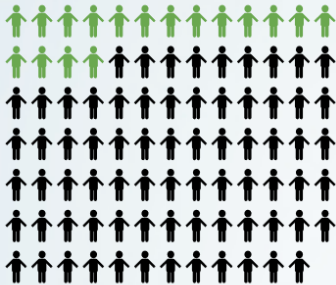
UPPER MIDLANDS RURAL HEALTH NETWORK

## October 2015 | Childhood Obesity Awareness

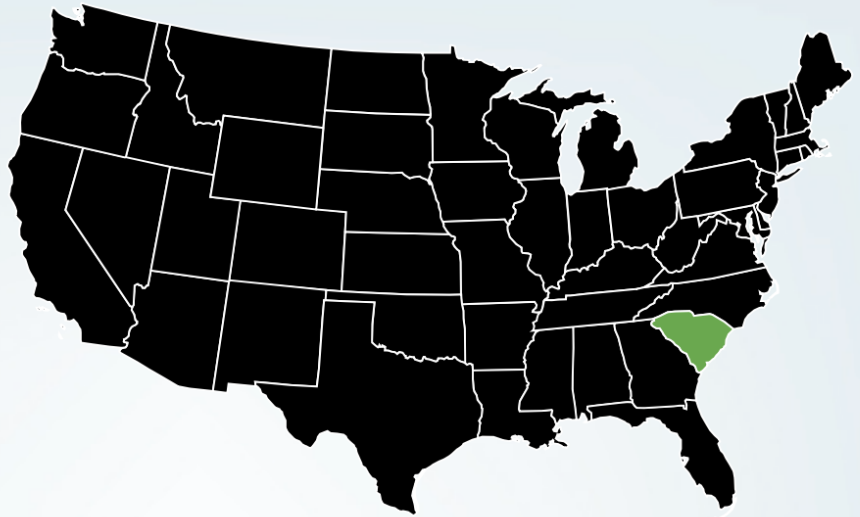
Childhood obesity is a national crisis, but hits SC hard...Heres what you need to know about this crisis and how to combat it



1 out of 3 children are obese or overweight before their 5th birthday.



Approximately 12.5 million or 17% of children and adolescents aged 2 to 19 years are obese.



South Carolina has the 2nd highest obesity rate for youth aged 10-17 years.

Data Source: <http://www.cdc.gov/obesity/childhood/data.htm>

## Practicing Healthy Habits (Can you B543210 every day?)



**Eat a Healthy BREAKFAST**



**Drink 4 glasses of water**



**Avoid sweetened beverages**

**AUTHOR HIGHLIGHT**



**Be physically active for 1 hour**



**Eat at least 5 fruits & veggies**



**Eat or drink 3 servings of dairy**



**Limit screen time to less than 2 hours**

The staff of the John A. Martin Primary Health Care Center provides medical care for all ages including prenatal care. Our providers (Dr. McElmurray, Dr. Shaffer, and Lane Bowen, FNP) have a long history of helping families reach and maintain a healthy weight. Visit our website to learn about additional services we offer and information about our center.

<http://martinprimaryhealthcare.com/>

Data Source: <https://www.palmettohealth.org/>