



## WHAT IS HEALTHY ORANGE?

According to the Centers for Disease Control and Prevention, obesity, in the United States, has risen significantly in the last 20 years. The latest data from the National Center for Health Statistics show that 30 percent of U.S. adults 20 years of age and older – over 60 million people – are obese. The percentage of young people who are overweight has more than tripled since 1980.

These increasing rates raise concern because of their implications for our health. Being overweight or obese increases the risk of many diseases and health conditions, including the following: hypertension, type 2 diabetes, asthma, coronary artery disease, and stroke to name a few.

The main question we all need to ask ourselves is; how did we get here? With more after school activities and often, both parents working, more and more families are eating out or ordering in. Portion sizes have gotten out of control. How many of us remember when we were kids, we were urged to clean our plates, not be wasteful? Now we get servings with enough food for a couple meals. We've also learned to love drinking soda with snacks and meals. Soda with its empty calories far surpasses water consumption.

Children, who are at the greatest risk for growing up obese, are getting less exercise in school. In addition they tend to be playing video games and watching TV, seeing more and more messages about fast food.

What do we do now? Orange County Department of Health has introduced the Healthy Orange Campaign as a means of addressing three simple but vital issues to improve the health of Orange County residents. This public health campaign highlighted below will be utilized starting in 2006 to enhance health in our county. Watch for media items and related events. For more information about Healthy Orange, call Danielle Moser, Health & Wellness Coordinator at 568-5226.



- Fruits and vegetables should be the foundation of a healthy diet.
- They are packed with essential vitamins, minerals, fiber, and disease fighting plant compounds.
- Eating plenty of fruits and vegetables everyday can help reduce your risk of heart disease, high blood pressure, diabetes, and certain types of cancers, and because they are low in calories and high in fiber they can help control your weight.
- The USDA recommends eating between 5 and 9 fruits and vegetables each day.
- Know what's for lunch. Review their school menu. Discuss healthy choices with kids.
- Throw a "Tasting Party" and encourage kids to try nutritious foods they may have never tried before.

# Move More



## Promoting Exercise:

### What you can do...

- Pace the floor while talking on the phone
- Take the stairs instead of the elevator.
- Take a walking break instead of a coffee break at work.
- Walk to lunch or walk for at least part of your lunchtime.
- Park farther away from stores, etc.
- Walk into the bank or restaurant instead of using the drive-in window.
- Instead of e-mailing your co-worker, go over to that person's desk or office.

### At Home:

- Mow the yard using a push mower.
- Take extra trips while doing the laundry.
- Do exercises or walk in place during TV commercials.
- Limit TV or computer time to 2 hour/day

### Some of the Benefits of Exercise:

- Reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity.
- Helps you maintain a normal weight by increasing your metabolism, (the rate you burn calories).
- Helps relieve stress and anxiety.

# Be Tobacco Free



## Reducing the effects of Tobacco:

- Secondhand smoke (SHS) is what the smoker breathes out and the sidestream smoke from a lit cigarette.
- Smokers inhale about 15% of smoke from a cigarette. The rest of the smoke goes in the air.
- SHS contains cancer-causing agents. (carcinogens)
- Each year 3,000 nonsmokers die from lung cancer caused by SHS.
- SHS is related to 35,000 heart attacks each year in nonsmokers.
- Breathing SHS can be harmful to children's health including asthma, SIDS, bronchitis, pneumonia, and ear infections.
- To enroll in **FREE** tobacco cessation classes in Orange County, please call the Orange County Tobacco Quitline at 845-568-5238 and pledge to be smoke free today or call the NYS Quitline at 1-866-NY-Quits.
- To pledge to be tobacco free, please call the Orange County Quitline at 845-568-5238. Receive a **FREE** smoke-free home and car pledge now! It is the healthiest thing you can do for you and your family too!!

