

PREVENTION WEDNESDAY

SUN MON TUE

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City of Baltimore


Health Department


Obesity

Did you know?

 **1 in 3** children in Baltimore City is **overweight**.


 **1 in 3** adults in Baltimore City is **obese**.


 **37%** of Baltimore city high school students are overweight compared to **29%** of their counterparts in Maryland.

 Obese adults and children are **more likely to get sick** due to heart disease, high blood pressure, and diabetes.

Prevention Tips

 Eat plenty of **fruits, vegetables** and **whole grains** every day. Check out www.foodchamps.org for recipes and games that make healthy eating fun.

 **Limit sugar and saturated fat intake. Drink lots of water.**

 **Play or exercise** for at least 30 minutes every day.

Resources and References

Healthy City Days – September 27 – October 1, 2010

www.healthycitydays.com or 410-616-8953 for information on health-related events

“Let’s Move!” Michelle Obama’s Obesity Prevention Program:

<http://www.letsmove.gov/>

Office of the Surgeon General

<http://www.surgeongeneral.gov/obesityprevention/>

Center for Disease Control

<http://www.cdc.gov/obesity/index.html>

American Academy of Pediatrics

<http://www.aap.org/obesity/index.html>

Baltimore City Health Department

http://www.baltimorehealth.org/info/2008_07_22.ObesityFactSheet.pdf

Eating Healthier in Baltimore:

“Baltimarket” Order fresh groceries online at local libraries!

<http://baltimarket.org/>

List of Baltimore Farmers’ Markets to get cheap, fresh and healthy food!

http://www.mda.state.md.us/md_products/farmers_market_dir.php#baltimore

Healthy Recipes

<http://www.foodchamps.org>

http://www.yum-o.org/recipe_search.php

Exercising in Baltimore:

Baltimore YMCA

<http://ymcamd.org/>

Baltimore Parks and Recreation

<http://www.baltimorecity.gov/Government/AgenciesDepartments/RecreationandParks.aspx>