

# Change Your Body Image



Body image is not just how you look, it's how you feel! Being healthy and feeling healthy gives you a sense of pride in life. It makes you able to do things within the world that can be difficult to those who have weight problems. Obesity is a chronic disease that afflicts millions around the world. It's preventable and curable, but it takes *motivation, drive, support*, and YOU CAN DO IT!

So let's begin the change!

## Obesity

Is having a Body Mass Index (BMI) 30 or above and being well above one's weight

- 35% of US children between the ages of 2 – 19 are at an unhealthy weight
- 48.6% of children in Tulare County are at an unhealthy weight
- Tulare County has seen obesity and overweight rates increase in the past 5 years
- In 2008 Medical Care Costs of obesity in the US are estimated to be \$147 billion and they've only increased

## Causes

- Overeating, a high carbohydrate diet, emotional eating, or how often you eat
- Lack of exercise

## You're Also More at Risk for Obesity Because of ...

- Genetics, ethnicity, hormones imbalances, medications
- Childhood weight issues
- Social issues and disabilities

## Health Effects

- Obesity is a chronic disease that can lead to other serious health problems like diabetes, high blood pressure, heart disease, stroke, sleep apnea, difficulty breathing, body pain, depression, gallbladder disease, osteoarthritis, and low quality of life
- *Children* with parents who are overweight or obese are more likely to have problems with weight

## So be the change for your child! So Now You're MOTIVATED!

Children learn through modelled behavior so, be their role model by:

- Eating Healthy, cooking healthy meals, eating as a family, and portioning your meals
- Exercising even if it's just walking for 30 minutes a day, every little bit counts!
- Working with your physician, nutritionist, trainer, or friends and family on your health goals – by working with others it helps keep you accountable!

## Now you've got DRIVE!

## FREE Programs! For YOU and your KIDS!

- For expecting moms, see if you're eligible for Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). They provide free monthly healthy food and support for moms and their children under the age of 5.
- See if you're eligible for CalFresh, which provides money for food.
- See if you're eligible for the free breakfast and lunch program with your child's local school and sign up!
- Check with your physician to see if your insurance covers any health workshops, specialists, or programs for you to sign up to do!
- Tulare County has food pantries that provides free food to people within the community. There locations are:
  - o Foodlink For Tulare County  
7427 W Sunnyview Avenue  
Visalia, CA 93291  
(559) 651-3663
  - o Salvation Army  
1501 W Main Street  
Visalia, CA 93291  
(559) 733-2784
  - o Visalia Emergency Aid  
217 North East 3<sup>rd</sup> Street  
Visalia, CA 93291  
(559) 732-0101

- Tulare County has Nutrition on the Go or in a Bag, which is a food truck with healthy fruits and vegetables available to anyone in the community. There locations are:
  - o College of the Sequoias  
915 S Mooney Blvd  
Visalia, CA 93277
  - o To see when they're there refer to their event calendar at:

<https://www.cos.edu/en-us/student-life/health-services/health-center-events?category=health%20And%20Wellbeing%20Events>

## There are FREE APPS!

- APPS! There are free apps to use on your smartphone to track your exercise and healthy eating. Some apps are:
  - o MyFitnessPal
  - o MapMyRide
  - o Nike App
  - o FitOn

## How to Get Exercising

- Start small! Take a walk around the block. Starting small helps keep what you're doing manageable. It also helps you establish a routine without getting overwhelmed. Experts say if you do something for 21 days you make it a habit so, make exercise a HABIT! Work up to exercising 30 minutes a day. It takes time!
- Put time aside to do it! Write it in your schedule. Making it a routine is important so, you can make it happen!
- Do it with your kids! Modeling good exercise habits will get your kids motivated to be physically active so, that they stay healthy too!

## How to Eat Healthy

- In 2010 Michelle Obama with the help of Supplemental Nutrition Assistance Program launched a campaign for healthier foods in schools and more physical activity. Her program was called: Let's Move!
- Let's Move! Provides information about healthy living. It provides recipes, information, activities, and outreach healthy living opportunities within the community. To access Let's Move! Refer to the website below.

<https://letsmove.obamawhitehouse.archives.gov/eat-healthy>

- o One aspect of Let's Move! is MyPlate. MyPlate is a federal site that provides information on healthy living, specifically portioning and healthy eating. MyPlate's website is

<https://www.choosemyplate.gov/>

## MyPlate

- One aspect of the site is how to eat and this is what those experts suggest:



- Make half your plate Fruit and Veggies! Make your plate colorful! They're packed with fiber and antioxidants!
- Eating 3 servings of Dairy a day gets you the calcium you need! Choose low-fat for fewer calories!
- Eat whole Grains! They're packed with fiber, iron, vitamin B
- A palm-size of Protein at lunch and dinner is all you need! Beans, nuts, fish, and chicken are good lean choices!

## Now, you've got the SUPPORT!

## So YOU Go Do YOU and Get Healthy!

Getting to a Healthier you will encourage your *children* to stay healthy, get healthier, and be healthier!

Together we can Conquer Obesity!

## Resources

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