

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 3rd 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>

