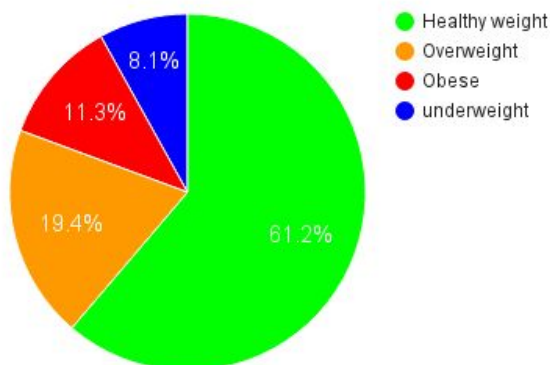


## Did you know.....

DuPage County has been tracking the data for obesity and overweight school age children since 2010. Overweight and obese children is more than a national problem.

**It is right here at Sandburg School!**

**Weight Status Kindergarten Students 2012-13**



## What does that mean?

Overweight means a person is above a healthy weight. Obesity means a person is severely overweight. Children who are overweight or obese as a preschooler are more likely to be overweight or obese as adults! Childhood Obesity has both immediate and long term effects on health and well being.

Heart  
disease  
High blood  
pressure  
Diabetes



Stomach or  
oral problems  
Cancer

**44% of the obese children in DuPage County already have elevated blood pressure.**

Why do we care at Sandburg School?

Healthier Children perform better at school, behave better, are absent less and higher self esteem!

<http://www.actionforhealthykids.org/media-center/reports>

**What are we going to do about it?** *The Wellness Committee plans to make healthy eating our goal. Let's talk about it. Watch for future flyers!*