



**strongheart**  
HEALTHY CHILDREN



## THE STATISTICS ARE STARTLING

Childhood obesity has tripled since 1980.

Negative outcomes of obesity in children include poor academic performance, increased mental stress, and increased risks for health consequences.

Obesity has become one of the most important public health issues with related health care costs of \$117 billion annually.

CT State Dept of Ed standardized fitness test for Danbury school system shows a steady decline in children passing. In 2007/2008 only 19% passed. In Stamford 27% passed the tests. 38% passed in New Milford.

In CT, the gap between racial and economic groups is significant when it comes to overweight and obesity rates. One in four children (27.3%) are overweight or obese.

Nearly one in three Hispanic (32.4%) and almost one in two African Americans (44.9%) are overweight or obese.

Our children  
must become  
healthier and  
childhood  
obesity must  
be eliminated.  
Their future  
depends on it.

## United Way Partners with Existing Coalitions

### STAMFORD'S CHILDHOOD OBESITY TASK FORCE

Under the leadership of Stamford Hospital, a city-wide childhood obesity task force is addressing this health epidemic among our children. The task force focuses on the preventive health message of 5-2-1-0: For each day, 5 fruits and vegetables, 2 hours or less of screen time, 1 hour or more of physical activity, and 0 to almost no sugar-sweetened beverages.

### THE COALITION FOR HEALTHY KIDS

With the challenging vision to make the greater Danbury community the healthiest in Connecticut, United Way co-chairs this Danbury-based group that has been addressing the childhood obesity epidemic for the past four years. After gathering extensive local data, the group is launching the Healthy Kids Pilot Program. This program will engage in strategies that will result in improved CT Physical Fitness scores for an elementary school in Danbury, with the intention of expansion to the whole system.

### HEALTHY COMMUNITY 2020

Healthy Community 2020 was established in New Milford as a collaborative for health professionals and service providers. Its primary focus is on community fitness, child and adult obesity, and the availability of dental services for the uninsured. To address obesity in 2007, efforts included The Walking Project, a month long event where 17 fifth grade classes partnered with a community business to increase their daily exercise.

*United Way is a key partner and leader within the Stamford, Danbury and New Milford coalitions as we launch our strong heart initiative.*



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