Does your child or your family drink liquid sugar?

Consider this...

Three (3) cups of juice per day provides **450 calories**!

This is almost 1/3 of the calories that most kids should have in one entire day.

However....

Three (3) cups of water per day provides **0 calories**!

**5-2-1-0**

Let’s Go Santa Rosa!

- **5** Servings of fruits and vegetables every day.
- **2** Less than 2 hours of screen time every day.
- **1** One hour of physical activity every day.
- **0** Zero soda or sugar sweetened beverages every day.

What is Body Mass Index?
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Body Mass Index or BMI is a method that is widely used to screen adults and children for overweight and obesity. BMI uses a person’s current height and weight to help identify risk for weight-related health problems.

Why is BMI Important?

BMI is used to evaluate if a person is at an unhealthy weight. If your BMI is high, you may have an increased risk of developing certain diseases including:

- High blood pressure
- Cardiovascular disease
- Diabetes
- Osteoarthritis
- Cancer

Long Term Consequences

Looking at the long-term consequences, overweight adolescents have a 70 percent chance of becoming overweight or obese adults, which increases to 80 percent if one or more parent is overweight or obese.

Other Risk Factors

Other risk factors to consider that increase your chances of developing these diseases include:

- High LDL cholesterol (bad cholesterol)
- High triglycerides
- High blood sugar
- Physical inactivity
- Family history

How do things look with our students in Santa Rosa County?

The chart below shows a positive trend downward within each grade yet there is still much room for improvement.

![Santa Rosa Count School District % Overweight & Obese](chart.png)

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Live Well Northwest Florida