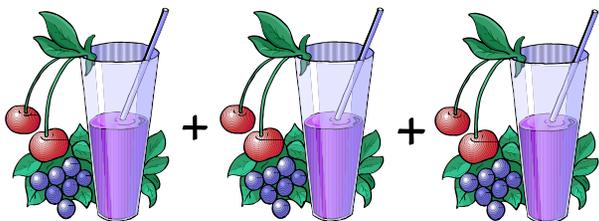


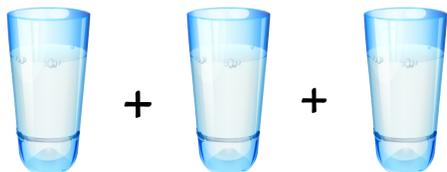
**Does your child or your family drink liquid sugar?**

**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!**



Servings of fruits and vegetables every day.



Less than 2 hours of screen time every day.



One hour of physical activity every day.



Zero soda or sugar sweetened beverages every day.



**What is Body Mass Index?**



**Let's Go Santa Rosa!**

## What is Body Mass Index?

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.

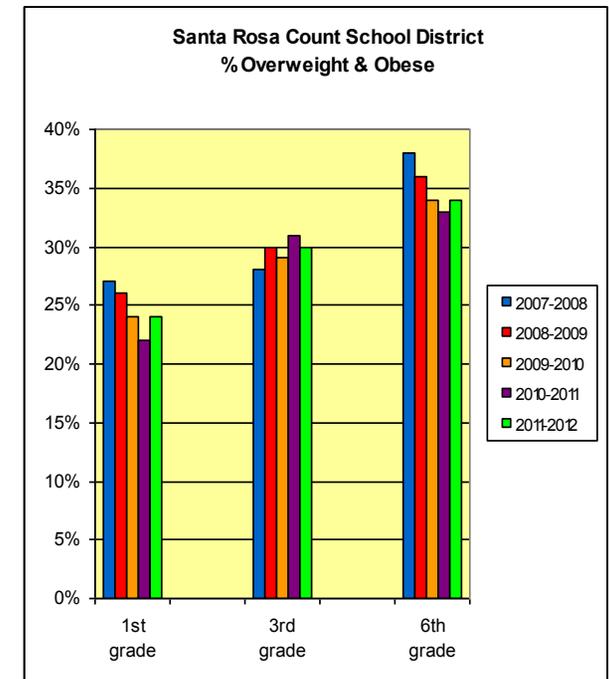
## Other Risk Factors

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.



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