

A HEALTHIER YOU IN 2022!

HEALING & WELLNESS IN CB5!

DID YOU KNOW...

According to the NYC department of health & mental hygiene's latest community health profile, a quarter of East New York and Starrett City children in grades K through 8 have obesity. This is higher than the citywide rate of

SOURCE: [2018chp-bk5.pdf \(nyc.gov\)](#)

SO, WHEN YOU KNOW BETTER, YOU DO BETTER!

FIVE WAYS TO DECREASE/PREVENT CHILDHOOD OBESITY:

1. Eat as a family and improve family quality of life. Reduce exposure to stress.
2. Offer more fruits and vegetables.
3. Don't insist that kids clean their plates.
4. Reduce sugary drinks and increase water.
5. Reduce tv time and increase activity time.

Register now for upcoming activities at Shirley Chisholm State Park in CB5: [SHIRLEY CHISHOLM STATE PARK \(NY.GOV\)](#)

