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FOR RELEASE: IMMEDIATE CONTACT: Phoebe Leung
PHONE: (209) 558-7116

Media Advisory – Photo Op

Stanislaus County Health Services Agency
and Von Renner Elementary
After School Program to “Energize and Mobilize”
Newman, CA during National 5 A Day Month

Local Effort Urges Communities to Take Action Against Obesity

Stanislaus County – September is National 5 A Day Month and the Stanislaus County Health Services Agency and Von Renner Elementary After School Program is encouraging families, communities, and businesses in Newman to “Energize and Mobilize—Eat Fruits, Vegetables, and Be Active.” The Health Services Agency will participate in National 5 A Day Month locally with the 5 A Day Celebration at Von Renner Elementary. The event will include various stations where students will need to work their way through the different stations as they are introduced to new fruits and vegetables. The children will have the opportunity to take the Food Pyramid Challenge, test their skills at Coconut Bowling, and even be a Chef for a Day. Small groups of children will make their way to each station spending 10-15 minutes at each location. At the conclusion of the event the children will reconvene in the cafeteria for a dance-off with Bobbie Banana and Pinellopy Pineapple, two of Dole’s most popular characters.

Wednesday, September 27, 2006 3:00-6:00 pm
Von Renner Elementary School
1388 Patchett Drive
Newman, CA 95360

As obesity continues to increase among Californians, it has become imperative to motivate adults and children to move toward a healthier lifestyle. More than half of all California adults are overweight or obese, and one-third of California kids, age 9 to 11 years, are overweight or at risk of becoming overweight.

Numerous diseases and conditions have been linked to poor diet and physical inactivity including cardiovascular disease, hypertension, type 2 diabetes, and some cancers. By simply adopting a healthy lifestyle, which includes a diet rich in fruits and vegetables and physical activity, the risk of suffering from these diseases may be reduced.

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