

30

percent of children and teenagers are overweight or at risk.

66

percent of adults are overweight or obese.

Lowering or preventing overweight and obesity can help reduce chronic diseases and future health care costs
– **we can help.**



Do you have patients whose **poor eating habits** are negatively affecting their health?

Do you have patients who are at-risk for **developing chronic disease** due to poor nutrition?

Our program is:

- **Free**
- **Available in your local area**
- **Research-based**
- **Delivered in a hands-on, fun setting**

Encourage your patients to take advantage of our programs by giving them a brochure included in this packet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



Virginia Tech • Virginia State University

Virginia Cooperative Extension's

nutrition education program is available to anyone receiving Medicaid benefits.

If you need more brochures or would like more information about our programs, please contact:

or call, toll free, **1-888-814-7627**

www.ext.vt.edu

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