

Good Health and Nutrition

Did you know? Healthy eating contributes to overall healthy growth and development, including healthy bones, skin, and energy levels.



Fun Fact:

From 1978 to 1998, average daily soft drink consumption almost doubled among adolescent females, increasing from 6 ounces to 11 ounces, and almost tripled among adolescent males, from 7 ounces to 19 ounces.

Did you know? Research suggests that not having breakfast can decrease students' intellectual performance.



Fun Fact:

Overweight and obesity, influenced by poor diet and inactivity, are significantly associated with an increased risk of diabetes, high blood pressure, high cholesterol, asthma, joint problems, and poor health status.

Thinking Globally

3 out of 10 people in developing countries suffer from a lack of essential vitamins and minerals in their diet.

And Locally

In the United States, poor nutritional habits have contributed to skyrocketing rates of obesity over the last 30 years. Obesity means weighing much more than your body should, based on your height. Serious obesity-related health problems include diabetes, high blood pressure, heart disease, and cancer. Obesity is the most common, long-lasting health problem among children.

