



Coalition on Children and Weight San Diego

Description: The Coalition on Children and Weight San Diego is a collaboration of over 300 individuals representing various health organizations, schools, and community agencies, working together to combat the rise of overweight children in San Diego County.

Vision:

All San Diego County children and families will practice healthful eating and physical activity supported by environments that promote healthy lifestyles at home, childcare, school and in the community.

Mission:

Promote healthful eating and physical activity by increasing awareness about the link between overweight children and chronic disease, and the means to reduce these risks through healthy lifestyles.

Goal:

Prevent childhood obesity by addressing the complex factors contributing to obesity.

Background Information:

Health care professionals have become increasingly aware of the serious implications of childhood overweight and the urgent need to initiate appropriate action to educate and intervene by addressing underlying causes. Childhood obesity can lead to the early development of type 2 diabetes, high blood pressure, high cholesterol and life long illness and disability. In San Diego County, Supervisor Ron Roberts, Chairman of the Board of Supervisors, identified children and weight as one of his health care priorities in his 2002 State of the County address. Supervisor Roberts also provided funding and support to form the Coalition on Children and Weight San Diego.

Workgroups:

The Coalition is made up of the following three workgroups:

- *Physical Activity and Healthy Eating at Schools Workgroup* - Helping schools to understand the important role they can play to reduce childhood overweight.
- *Child Care/After-School Workgroup* - Helping before/after-school and child care providers address childhood overweight through education and policy change.
- *Media and Outreach Workgroup* - Utilizing media and community outreach to raise awareness about childhood overweight.

For more information about the Coalition and its FREE resources or to join the Coalition and receive FREE e-newsletters on childhood obesity news, resources, and funding opportunities visit

www.ccwsd.net or call (619) 542-4041.