

Youth Village has been chosen as a Community Site to Combat Childhood Obesity!

**We Can!** has engaged community sites around the country, including Youth Village in Ft. Walton Beach, to take an active role in creating healthier hometown environments that promote a healthier weight and lifestyle. Thus far, Youth Village is one of only 2 sites chosen in the Panhandle (the other being in Escambia County).

Ways to Enhance Children's Activity & Nutrition, or **We Can!**, is a national public education program from the National Institutes of Health (NIH) to help prevent overweight and obesity among youth ages 8-13.

In just 3 decades, overweight has more than doubled among children ages 2-5 years and adolescents ages 12-19 years, and more than tripled among youth ages 6-11 years. (Ogden CL et al. Prevalence and Trends in Overweight Among US Children and Adolescents, 1999-2000. *Journal of the American Medical Association*. 2002;288 (14): 1728-1732.)

**We Can!** reaches parents and caregivers in home and community settings with educational materials and activities to encourage healthy eating, increase physical activity, and reduce sedentary time.

The theme for Youth Village's 10 year anniversary is: "*The Fitness Kids...getting' our bodies and minds in shape!*" The entire year (and beyond) is dedicated to educating the children and their families on the advantages of daily exercise and proper nutrition.

For more information on **We Can!** visit their website at <http://wecan.nhlbi.nih.gov>