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SEDGWICK COUNTY, KANSAS  
COMMUNICATIONS

# NEWS

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## **FOR IMMEDIATE RELEASE**

### **Fruit and Veggies Month**

(Sedgwick County, Kansas) – This month is “National Fruit & Veggies–More Matters” Month. The Sedgwick County Health Department is taking the opportunity to encourage parents to take charge of their family’s health. Including more fruits and vegetables in meals and snacks is a simple way each family can help combat the childhood obesity epidemic.

11% of Kansas children are overweight or obese (2002 Kansas Youth Tobacco Survey). Increasing numbers of American children are being prescribed drugs to treat high cholesterol, Type 2 diabetes and other conditions related to obesity. According to a recent survey, many moms feel society is full of messages encouraging unhealthy eating.

“Through outreach and community education, the Sedgwick County Health Department is working to help parents find ways to meet their family’s daily requirements for fruit and vegetable intake, and show their families that eating fruits and vegetables is easy,” said Sedgwick County Commission Chairman Tom Winters.

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Simple techniques like packing kids' lunch boxes in creative ways can get them to eat more fruits and veggies. Also, use varied forms of fruits and veggies - fresh, frozen, canned, dried and 100% juice. Parents can find recipes for creative meals and snack ideas that include more fruits and vegetables at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org). To request a health educator to provide a presentation to a group regarding healthy eating or nutrition, contact the Sedgwick County Health Department's Health Promotion office at 316-660-7350. The Health Department also posts a monthly healthy recipe at [www.sedgwickcounty.org](http://www.sedgwickcounty.org). An archive of past recipes can also be found at that site.

"Fruits & Veggies—More Matters" is a national public health initiative launched in 2007 to encourage Americans to eat more fruits and vegetables. The campaign was created by Produce for Better Health Foundation and the Centers for Disease Control and Prevention in cooperation with other partners including the American Cancer Society, American Diabetes Association, and U.S. Department of Agriculture.

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