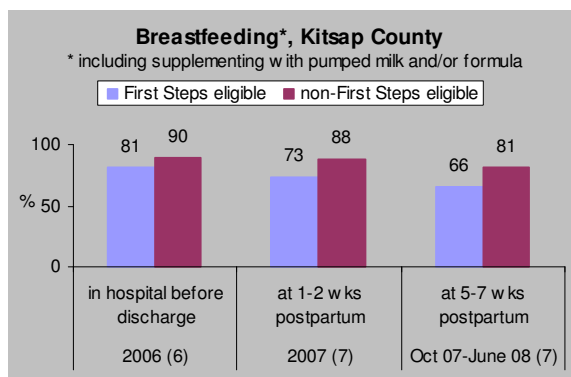


Nutrition^{1,2}: the study of foods and nutrients and their effect on health, growth and development.

Breastfeeding⁴:

- is the most complete form of nutrition for infants, providing exactly what is needed for growth and development
- decreases the baby's risk of infectious diseases and postneonatal mortality
- improves the chance that a premature baby will have good health
- may reduce the risk of Sudden Infant Death syndrome (SIDS), diabetes, overweight and obesity, asthma, leukemia, and other diseases
- produces higher IQ test scores
- decreases mom's risk of breast and ovarian cancers
- may decrease the risk of hip fractures and osteoporosis after menopause



WA State and Healthy People 2010^{3,5,6,9}:

	WA, 2006	HP 2010	Kitsap vs WA
Mothers who breastfeed their babies while in the hospital (%)	90.3	75.0	Significantly fewer mothers breastfeed in the hospital (87.5%)
Eat 2 or more fruit servings/day (%)		75.0	Significantly fewer 8 th graders had ≥2 fruit servings/day (33.0%)
Persons age 2+	-		
Adults age 18+	65.9	-	
8 th graders	36.9	-	
10 th graders	32.0	-	
Eat 3 or more vegetable servings/day (%)		75.0	Not statistically different
Persons age 2+	-		
Adults age 18+	27.2	-	
8 th graders	27.5	-	
10 th graders	25.1	-	

Adults, 2005³:

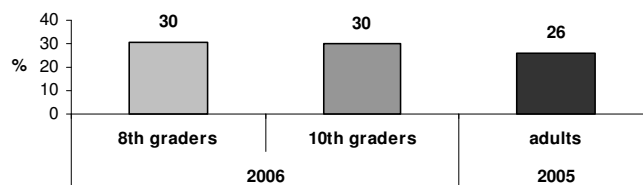
Report eating fast food in the past week	61.0%
Eat two or more fruit servings per day	66.2%
Eat three or more vegetable servings per day	28.7%

Youth, 2006⁵:

	8 th grade	10 th grade
Report eating breakfast on the morning of the survey	65.8%	61.3%
Eat two or more fruit servings per day	33.0%	33.3%
Eat three or more vegetable servings per day	25.5%	24.7%

- ❖ 10th graders are significantly less likely to eat breakfast than 8th graders

Meet recommendation of five or more fruits and vegetables per day, Kitsap County^{3,5}



Physical activity, nutrition, and health^{4,7}: Being physically active and eating right are keys to a healthy lifestyle. Healthful habits can help reduce the risk of many chronic diseases and increase chances for a longer life. Regular activity or good nutrition:

- Reduces the risk having a stroke, developing coronary heart disease (CHD) and dying from CHD, and having a second heart attack
- Lowers both total blood cholesterol and triglycerides, and increases HDL or "good" cholesterol
- Lowers the risk of developing high blood pressure and helps reduce blood pressure in people who already have hypertension
- Lowers the risk of non-insulin-dependent (type 2) diabetes
- Reduces the risk of developing colon cancer
- Helps people achieve and maintain a healthy body weight
- Promotes psychological well-being and reduces feelings of stress, depression and anxiety
- Helps build and maintain healthy bones, muscles, and joints
- Helps older adults become stronger and better able to move without falling or becoming excessively fatigued, and reduces the risk of osteoporosis

¹Public Health Agency of Canada, ²www.obgyn.net, ³Kitsap County and Washington State Behavioral Risk Factor Surveillance System, ⁴Centers for Disease Control and Prevention (www.cdc.gov), ⁵Kitsap County and Washington State Healthy Youth Survey, ⁶Kitsap County Vital Statistics Database, ⁷Welcome Home Baby database, Kitsap County Health District, ⁸<http://www.health.gov/dietaryguidelines/dga2005/>, ⁹Healthy People 2010 (www.healthypeople.gov)

ADDITIONAL INFORMATION IS AVAILABLE FROM:

Kitsap County Health District * 345 6th Street, Suite 300 * Bremerton, WA 98337 * (360) 337-5235 * www.kitsapcountyhealth.com