C·B·H

Childhood Obesity is a condition in which a child is significantly overweight for their age and height.

The Benefits of Healthy Eating

Healthy eating should not take you from the foods you love but instead is a well-balanced, satisfying relationship with food. By taking on healthy eating habits, and teaching them to your children, you can reduce some serious health concerns for your family. Below are some of the benefits of healthy eating:

More Energy

Healthy foods (such as fruits, vegetables, whole grains, nuts, and beans) give you more energy than eating fast food and junk foods such as cookies, candy, and potato chips.

Good Digestion

Drinking plenty of water and eating healthy foods helps the stomach work better. Good digestion reduces constipation, stomach pains and aches, and diarrhea.

Looking Better

Eating healthy foods will reduce acne (pimples). If your body is not receiving the right nutrition, it will fight back.

Improves Memory

Just as your body needs fuel, so does your brain. Eating fruits, vegetables, whole grains, "healthy" fats (such as olive oil, avocados, nuts, and fish) and lean protein will provide lots of health benefits, but such a diet can also improve memory.

The Impacts of Not Eating Healthy

Being overweight and obese in childhood (and adulthood) may lead to a variety of health and mental health problems and can lead to early death. (However, keep in mind that some medical conditions and mental health issues are genetic or may be in your family history.) Health problems and mental health issues linked to being overweight and obese include:

➡ *Heart Disease*

➡ *Cancers of the Breast, Uterus, and Colon*

➡ *Diabetes*

➡ *High Blood Pressure*

➡ *High Cholesterol*

➡ *Depression*

Resources to Help with Healthy Eating

Philly Food Bucks

This organization helps people who use ACCESS cards/food stamps buy fresh produce. Philly Food Bucks can be redeemed for $2 worth of fruits and vegetables for every $5 you spend at a participating farmers' market. Philly Food Bucks are accepted at over 25 farmers' markets in low-income communities in Philadelphia.

Healthy Corner Stores

Get Healthy Philly has teamed up with The Food Trust to work with corner stores in Philadelphia to improve access to healthy foods that can be purchased with ACCESS/food stamps/SNAP. Every corner store in the Philadelphia Healthy Corner Store Network has introduced at least four new healthy options, such as fresh produce, low-fat dairy, and whole grain products. Look for the Philadelphia Healthy Corner Store Network decal in the window of your corner store for healthy-eating options.

Online References and Resources

➡ More information about **Philly Food Bucks** and the **Healthy Corner Store Network** can be found at **thefoodtrust.org**

➡ **foodfitphilly.org**

➡ **kidshealth.org**

➡ **cap4kids.org**

GET HEALTHY PHILLY
Healthy, Active & Smoke-Free

Get Healthy Philly is a project of the Philadelphia Department of Public Health and is made possible, in part, by funding from the Centers for Disease Control and Prevention.

Healthy Eating & Childhood Obesity

Community Behavioral Health

A DIVISION OF DBHIDS | CBHPHILLY.ORG