FOR IMMEDIATE RELEASE

Scale Down For a Healthier New Year

Did you know that obesity is a major health issue for many individuals and families in Williamson County? According to www.healthywilliamsoncounty.org, over 27% of adults in Williamson County are obese. Not only does obesity increase the risk of many diseases and health conditions including heart disease, type 2 diabetes, and cancer, it also carries significant economic costs due to increased healthcare spending and lost earnings. Children are also beginning to face the consequences of obesity, with chronic diseases like type 2 diabetes and hypertension becoming more prevalent. The 2013 Williamson County Community Health Assessment reports that 13% of low income preschool children in Williamson County are obese. Regardless of age, gender, race, socioeconomic status, or educational level, obesity rates for local adults and children have increased dramatically over the last two decades.

During the month of January, Williamson County and Cities Health District (WCCHD) challenges you and your family to focus on getting to and maintaining a healthy weight. All month long, WCCHD will offer tips and healthful information to encourage healthy weight loss, an increase in physical activity, and better eating habits. WCCHD Healthy Communities Director Melissa Cammack says, “Losing weight is one of the many healthy resolutions families make at the beginning of each New Year. Our goal for the Healthy Weight Loss campaign is to provide information that will empower families to make healthy choices.”

If you and your family are interested in tips on how to lose weight and get healthy, check out the Healthy Weight Loss messages posted every Monday, Wednesday, and Friday on WCCHD’s Facebook page at www.facebook.com/WCCHD. Also, be sure to check out other resources, like http://www.choosemyplate.gov/ and http://www.cdc.gov/healthyweight/index.html.

For more information about the Healthy Weight Loss campaign, contact Erin Rigney at 512-248-3217 or erigney@wcchd.org

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