FOR IMMEDIATE RELEASE

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WCCHD AWARDED $10K TO PROMOTE YOUTH NUTRITION EDUCATION

According to County Health Rankings, 30% of Williamson County adults are obese, exceeding both the average Texas and U.S. obesity values. In an effort to address this trend, Williamson County and Cities Health District (WCCHD) will provide free community nutrition education classes to youth and families, with a goal of increasing nutrition knowledge and improving health outcomes.

The class, #eatrealfood, will provide nutrition education, food demonstrations, and hands-on learning to K-12 youth. Participants will receive healthy snacks and ingredients to make the recipe again at home. The classes are made possible by funding from The Texas Department of Agriculture’s 3Es Grant Program which promotes awareness of the importance of good nutrition, especially for children, and to encourage children's health and well-being through Education, Exercise and Eating right.

“Childhood obesity is a serious public health challenge,” said Dr. Lori Palazzo, WCCHD Medical Director. “Youth who are overweight or obese have substantially higher odds of remaining overweight or obese into adulthood, increasing their risk of disease and disability later in life. Educating our youth on something they have control of, such as what they choose to eat, is empowering them to lead healthier lives.”

Class times and locations are expected to be released in October; community partners interested in hosting a class may fill out an interest form on the www.wcchd.org home page.

The Williamson County and Cities Health District has provided public health services to Williamson County since 1943. Learn more about Your Public Health Department at www.wcchd.org.

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