

F.U.N. Families Understanding Nutrition & fitness

AND WHY DOES IT MATTER?

Families Understanding Nutrition and fitness, or F.U.N., is a volunteer group created by First 5 Inyo County to facilitate increasing the awareness and resources necessary for local families to raise healthy, active children.

With the understanding that early childhood obesity rates have grown every year in our county, rising from around 13% in the 1990s to almost 20% now, our main goal is to educate and support families as they aim to protect their child from becoming one out of every three children between the ages of 5 and 12 in Inyo county who are overweight or obese.

While childhood obesity is a serious matter, costing the State of California an estimated \$8 billion dollars in obesity-related health expenses in 2003, and exposing thousands of children to a lifetime of greater health risks and future health care costs, we believe that the solutions to this epidemic are positive! The acronym for our group is F.U.N. because we believe enjoying healthy foods and taking time out to play is not only good for you, but it makes you feel good, too!

If you are interested in joining our group, or if you know of some great resources we should tap into, please feel free to contact Jody at First 5 at 873-6453 or via email at jveenker@inyocounty.us. If you'd like more information about teaching your child to make nutritious choices or suggested active games to incorporate into your weekly routine, log on to www.inyocounty.us/first5 and look for the F.U.N. apple and ants logo to click on.

