



WASHOE COUNTY HEALTH DISTRICT NEWS RELEASE

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Obesity Forum Addresses Approaches to Preventing Obesity across the Lifespan

The Washoe County Health District and numerous community partners will host the third annual Obesity Forum from 8am – 4:30pm, on Thursday, September 8, at the UNR Joe Crowley Student Union. The forum's goal is to inspire individuals and organizations to support efforts to prevent and reduce obesity in Washoe County through education and collaboration across all sectors. The event is free and limited to 200 participants. Registration information can be found online at www.gethealthywashoe.com.

Local health data indicates that 36 percent of Washoe County school-aged children are overweight or obese and 56 percent of adults in Reno and Sparks are overweight or obese. Overweight and obesity can lead to severe and chronic health problems during childhood, adolescence and adulthood, including heart disease, diabetes, cancer, and asthma. "Obesity as a health issue has taken center stage on the national level," said Dr. Joseph Iser, Washoe District Health Officer. "Our community has the opportunity to work together to take advantage of the resources and recommendations to prevent and reduce obesity and overweight and to build upon current efforts. Together we can create a community in which more of our population is at a healthy weight." The 2011 forum will focus on community and clinical approaches to preventing obesity across the lifespan according to Iser.

Other topics to be discussed at the forum include:

- Presentation of the most recent preschool, youth, college-age, and adult BMI data for Washoe County.
- Supporting active living through policy, environment and system change.
- A clinical tract consisting of sessions targeted to health care providers including effective interventions, screening and management of obesity.
- A community tract consisting of sessions including topics such as physical design of our community and age appropriate interventions.

For more information about the forum or to register for the event, please visit: www.GetHealthyWashoe.com.

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