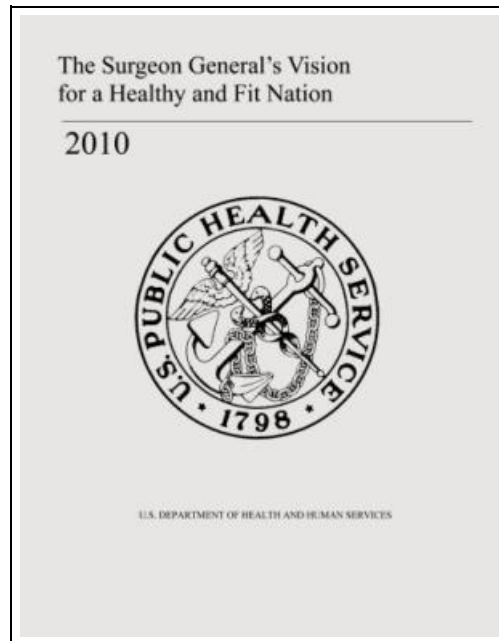


## The Surgeon Generals Vision for a Healthy and Fit Nation



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## THE SURGEON GENERALS VISION FOR A HEALTHY AND FIT NATION



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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. Our nation stands at a crossroads. Today's epidemic of overweight and obesity threatens the historic progress we have made in increasing Americans' quality and years of healthy life. Two-thirds of adults and nearly one in three children are overweight or obese. In addition, many racial and ethnic groups and geographic regions of the United States are disproportionately affected. The sobering impact of these numbers is reflected in the nation's concurrent epidemics of diabetes, heart disease, and other chronic diseases. If we do not reverse these trends, researchers warn that many of our children, our most precious resource, will be seriously afflicted in early adulthood with medical conditions such as diabetes and heart disease. This future is unacceptable. The Surgeon General asks you to join me in combating this crisis. Every one of us has an important role to play in the prevention and control of obesity. Mothers, fathers, teachers, business executives, child care professionals, clinicians, politicians, and government and community leaders—we must all commit to changes that promote the health and wellness of our families and communities. As a nation, we must create neighborhood communities that are focused on healthy nutrition and regular physical activity, where the healthiest choices are accessible for all citizens. Children should be having fun and playing in environments that provide parks, recreational facilities, community centers, and walking and bike paths. Healthy foods should be affordable and accessible. Increased consumer knowledge and awareness about healthy nutrition and physical activity will foster a growing demand for healthy food products and exercise options, dramatically influencing marketing trends. Hospitals, work sites, and communities should make it easy for mothers to initiate and sustain breastfeeding as this practice has been shown to prevent...



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