



# **PRESS RELEASE**

**Office of the City Manager**

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## **For Immediate Release**

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### **SARATOGA SCHOOLS PARTICIPATING IN PROGRAMS TO HELP CURB CHILDHOOD OBESITY RATES**

**Saratoga, CA** – There is good news to report as childhood obesity rates have finally declined nationwide.

But as Dr. David L. Katz, Director of Yale University's Prevention Research Center, reminded the public: "We cannot become complacent." There is still a lot of work to do.

Up until this past year more than 23.5 million youth in America—nearly one in three—were overweight or obese, according to the American Medical Association. Not only does an overweight child have a greater chance of becoming overweight or obese as an adult, but it also results in billions of dollars lost in direct medical costs.

One of the simplest ways of reducing the obesity rate is making healthy foods accessible to all children regardless of their family's income level.

But isn't eating healthy expensive? Guess again!

The City of Saratoga's award-winning *Let's Move* campaign wants you to know that almost all of our Saratoga public schools are participants in the School Breakfast Program and National School Lunch Program. Families that qualify will be able to receive either a free or a reduced-cost meal for their children.

To find out more information about these programs, contact your school district office:

- **Saratoga Union School District** (Argonaut, Foothill, Saratoga Elementary Schools and Redwood Middle School): (408) 867-3424
- **Cupertino Union School District** (Blue Hills Elementary): (408) 252-3000
- **Campbell Union School District** (Marshall Lane Elementary): (408) 364-4200
- **Campbell Union High School District** (Prospect High School): (408) 370-0960

For more information, contact Recreation Supervisor Adam Henig at (408) 868-1272 or [ahenig@saratoga.ca.us](mailto:ahenig@saratoga.ca.us).