

Healthy Habits Every Day!



Every Day

Healthy Habits for
Healthy Communities



5 or more
servings of fruits
& vegetables



2 hours or less
of recreational
screen time



1 hour or more of
physical activity



0 sugary beverages



8-14 hrs of sleep



SAN DIEGO COUNTY
CHILDHOOD
OBESITY
INITIATIVE

Working Together to Shape a Healthy Future
Facilitated by the UC San Diego Center for Community Health

The San Diego County Childhood Obesity Initiative is implemented by UC San Diego Center for Community Health in support of the *Live Well San Diego* vision for healthy, safe, and thriving communities. For more information, visit LiveWellSD.org.