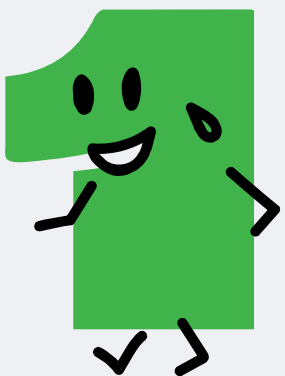




5 or more  
servings  
of fruits &  
vegetables



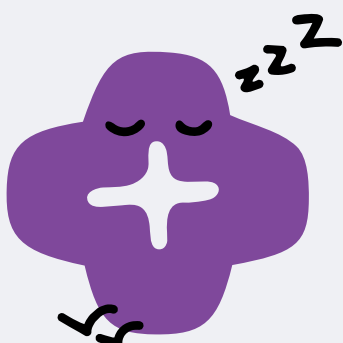
2 hours or  
less of  
recreational  
screen time



1 hour or more  
of physical  
activity

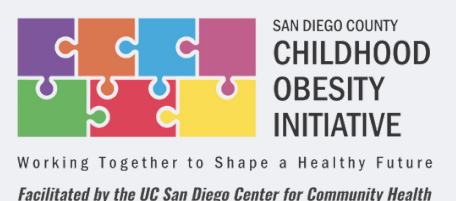


0 sugary  
beverages



8-14 hrs  
of sleep

# Healthy Habits for Healthy Communities!



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](http://LiveWellSD.org).