

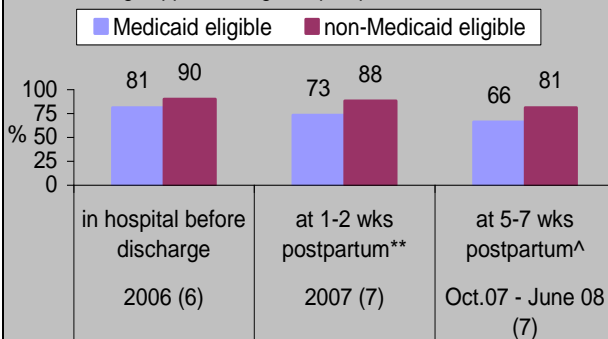
**Nutrition<sup>1,2</sup>:** the study of foods and nutrients and their effect on health, growth and development

### Breastfeeding<sup>4</sup>:

- is the most complete form of nutrition for infants, providing exactly what is needed for growth and development
- decreases the baby's risk of infectious diseases and postneonatal mortality
- improves the chance that a premature baby will have good health
- may reduce the risk of Sudden Infant Death syndrome (SIDS), diabetes, overweight and obesity, asthma, leukemia, and other diseases
- produces higher IQ test scores
- decreases mom's risk of breast and ovarian cancers
- may decrease the risk of hip fractures and osteoporosis after menopause

### Breastfeeding\*, Kitsap County

\* including supplementing with pumped milk and/or formula



### WA State and Healthy People 2010<sup>3,6,9</sup>:

	WA, 2006	HP 2010	Kitsap vs WA
Mothers who breastfeed their babies while in the hospital (%)	90.3	75.0	Significantly fewer mothers breastfeed in the hospital (87.5%)
Eat 3 or more fruit servings/day (%)		75.0	Not significantly different
Persons age 2+	65.9		
Adults age 18+	36.9		
8 <sup>th</sup> graders	32.0		
10 <sup>th</sup> graders			
Eat 3 or more vegetable servings/day (%)		75.0	Not significantly different
Persons age 2+	27.2		
Adults age 18+	27.5		
8 <sup>th</sup> graders	25.1		
10 <sup>th</sup> graders			

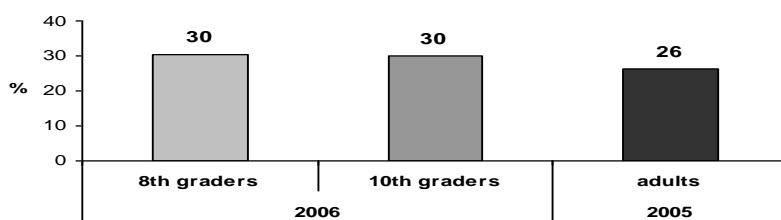
### Adults, 2005<sup>3</sup>:

Report eating fast food in the past week	61.0%
Eat two or more fruit servings per day	66.2%
Eat three or more vegetable servings per day	28.7%

### Youth, 2006<sup>5</sup>:

	8 <sup>th</sup> grade	10 <sup>th</sup> grade
Report eating breakfast on the morning of the survey	65.8%	61.3%
Eat two or more fruit servings per day	33.0%	33.3%
Eat three or more vegetable servings per day	25.5%	24.7%

Meet recommendation of five or more fruits and vegetables per day, Kitsap County<sup>3,5</sup>



### Physical activity, nutrition, and health<sup>4,7</sup>:

Being physically active and eating right are keys to a healthy lifestyle. Healthful habits can help reduce the risk of many chronic diseases and increase chances for a longer life. Regular activity or good nutrition:

- Reduces the risk of stroke, developing coronary heart disease (CHD) and the risk of dying from CHD, and having a second heart attack in people who have already had one heart attack
- Lowers both total blood cholesterol and triglycerides, and increases high-density lipoproteins (HDL or the "good" cholesterol)
- Lowers the risk of developing high blood pressure and helps reduce blood pressure in people who already have hypertension
- Lowers the risk of non-insulin-dependent (type 2) diabetes mellitus
- Reduces the risk of developing colon cancer
- Helps people achieve and maintain a healthy body weight
- Promotes psychological well-being and reduces feelings of stress, depression and anxiety
- Helps build and maintain healthy bones, muscles, and joints
- Helps older adults become stronger, better able to move without falling or becoming excessively fatigued, and reduces the risk of osteoporosis

<sup>1</sup>Public Health Agency of Canada, <sup>2</sup>www.obgyn.net, <sup>3</sup>Kitsap County and Washington State Behavioral Risk Factor Surveillance System, <sup>4</sup>Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)), <sup>5</sup>Kitsap County and Washington State Healthy Youth Survey, <sup>6</sup>Kitsap County Vital Statistics Database, <sup>7</sup>Welcome Home Baby database, Kitsap County Health District, <http://www.health.gov/dietaryguidelines/dqa2005/>, <sup>9</sup>Healthy People 2010 ([www.healthypeople.gov](http://www.healthypeople.gov))

ADDITIONAL INFORMATION IS AVAILABLE FROM:

Kitsap County Health District \* 345 6<sup>th</sup> Street, Suite 300 \* Bremerton, WA 98337 \* (360) 337-5235 \* [www.kitsapcountyhealth.com](http://www.kitsapcountyhealth.com)