

## EXECUTIVE SUMMARY: HEALTHY FUTURES

### Analysis of 100 children shows strong links between diet, screen time, and health:

**High sugar drinks + screen time** drive obesity (2.3 sugary drinks & 2.5 hrs screen time daily for obese children).

**South region:** Highest BMI (20.1) due to high sugary drinks & low veggies, despite good fruit intake.

**Ages 49–60 months:** Highest risk of overweight/obesity.

### Recommendations:

1. **"Sugar Swap" Campaign (South)** – Reduce sugary drinks via education, healthy alternatives, and clinic partner
2. **"Veggies First" in Preschools** – Encourage vegetables through fun activities and parent workshops.
3. **Bonus:** Link nutrition programs with **screen time reduction** (e.g., no screens during meals).

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