

# Help Make a Difference!

## Join *Shape Up Sun Prairie*

### What is Shape Up Sun Prairie?

A community-wide campaign to reduce the high rates of obesity and obesity-related disease in Sun Prairie youth and adults by promoting physical activity and healthy eating



### Why is this needed in Sun Prairie?

- 1 out of 4 Sun Prairie 7th-12th graders are either **overweight or obese** - a rate higher than for Dane County youth as a whole.
- Sun Prairie has growing populations of racial and ethnic minorities with higher rates of obesity.
- Recent youth survey data shows that action is needed to improve the diets and increase physical activity in Sun Prairie youth.
- Sun Prairie has committed community leaders and residents ready to make Sun Prairie a healthier community, with Public Health support.

Sun Prairie residents, businesses, community organizations, schools, government and elected officials, and health care providers are needed to **join this campaign, select, plan and carry out projects** for 2008-2009.

To learn more or join this important effort, contact Mary Talamantes at  
242-6523 or [mtalamantes@publichealthmdc.com](mailto:mtalamantes@publichealthmdc.com)