

Health & Wellness Tip of the Week

Week 36 September 3, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

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Obesity in Kids

Obesity is widespread in the U.S. Among children, one in three are overweight or obese. This raises their chances of health problems such as Type 2 diabetes, high blood pressure and heart disease. The good news is that obesity can be stopped. Prevention starts with children's top role model, parents. By parents eating right and being active, their children will be more likely to make healthy choices too.

Source: Office of Disease Prevention and Health Promotion

Human Resources Department
1201 E. 8th Street
Mission, Texas 78572

