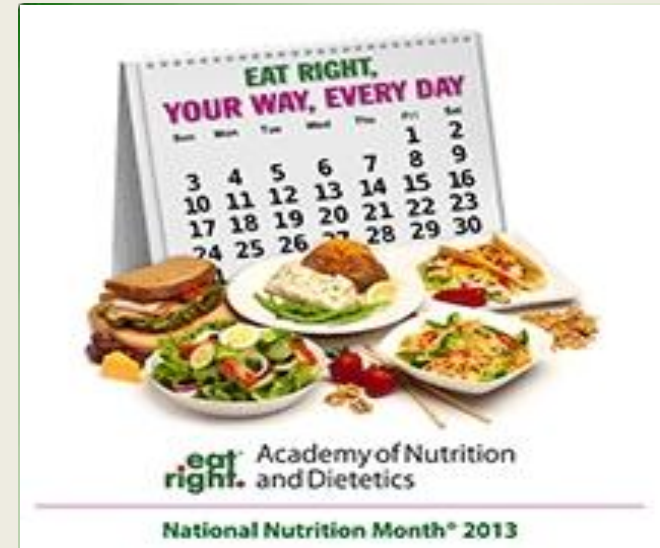


# SEMINOLE RIDGE COMMUNITY HIGH SCHOOL



**NATIONAL NUTRITION MONTH**  
**HEALTH FAIR**  
**MARCH 20, 2013**



**HAWKS**







2-1-1  
Get Connected. Get Answers.  
When you don't know where to turn  
Call 2-1-1 Helpline





**Caridad Center**  
Health \* Education \* Outreach

**The Consequences of Obesity**

**DIABETES**  
Diabetes is a chronic condition that affects the way your body uses blood sugar. It can lead to serious complications like heart disease, kidney failure, and blindness.

**GALLSTONES**  
Gallstones are hard deposits of cholesterol that can form in the gallbladder. They can cause pain and inflammation.

**JOINT PROBLEMS**  
Excess weight puts extra stress on your joints, leading to pain and conditions like osteoarthritis.

**HEART DISEASE**  
Obesity increases the risk of heart disease by raising blood pressure and cholesterol levels.

**SLIP AND FALLS**  
Carrying extra weight can affect your balance and coordination, increasing the risk of falls and injuries.

**CANCER**  
Obesity is linked to an increased risk of several types of cancer, including breast, colon, and pancreatic cancer.

**ARTERY**  
Obesity can lead to atherosclerosis, where plaque builds up in the arteries, narrowing them and increasing the risk of heart disease.

**HEART ATTACK**  
Obesity is a major risk factor for heart attacks, as it contributes to high blood pressure and cholesterol.

**STROKE**  
Obesity increases the risk of stroke by promoting high blood pressure and insulin resistance.

**The Consequences of Diabetes**

**HEART DISEASE**  
Diabetes significantly increases the risk of heart disease and heart failure. High blood sugar can damage the heart's blood vessels.

**ATHEROSCLEROSIS**  
Diabetes accelerates atherosclerosis, the buildup of plaque in the arteries, which can lead to heart disease and stroke.

**STROKE**  
People with diabetes have a higher risk of stroke because of the damage to blood vessels caused by high blood sugar.

**DIETARY EFFECTS**  
Poor diet and lack of exercise can worsen diabetes and lead to complications like obesity and high cholesterol.

**2-1-1**  
Wanna talk?  
Dial 2-1-1  
Teen Hotline



# The Consequences of Obesity

## DIABETES

Obese individuals are at increased risk for developing diabetes, a common but dangerous condition. Obesity can make the body resistant to insulin, a hormone produced by the pancreas that helps regulate blood sugar levels. When insulin levels are low, diabetes is a leading cause of early death.



## GALLSTONES

Obesity is a major risk factor for developing gallstones, especially in women. Fat is fluid that is used to help the body digest food. Excess fat is absorbed in the intestines and can cause gallstones, or even liver obstruction or cirrhosis, removal of the gall bladder and gallstones is often necessary.



## JOINT PROBLEMS

Obesity places increased weight on the knee, hip, and lower back joints and is a major cause of arthritis or joint pain. The most common is osteoarthritis, which is caused by wear and tear on the joint surfaces. Weight reduction, avoidance of unnecessary strain, or even surgical replacement of the joint. Gout - a form of arthritis that can cause severe joint pain - is also associated with obesity.



## SLEEP APNEA

Obesity increases the risk for developing sleep apnea, a condition in which breathing repeatedly stops and starts during sleep. This can lead to daytime fatigue, high blood pressure, and an increased risk of heart disease and stroke.



## CANCER

Obesity is associated with an increased risk for developing certain types of cancer, including cancer of the breast, liver, stomach, and colon. Excess fat is used to help the body digest food. Excess fat is absorbed in the intestines and can cause cancer. Excess weight gain can reduce the risk of some cancers.



## ARTERY DAMAGE

Obesity increases the risk for artery damage, particularly in the heart. Excess fat is used to help the body digest food. Excess fat is absorbed in the intestines and can cause artery damage. Excess weight gain can reduce the risk of some cancers.



## HEART ATTACK

Obesity increases the risk for heart disease, which is a leading cause of death. Excess fat is used to help the body digest food. Excess fat is absorbed in the intestines and can cause heart disease. Excess weight gain can reduce the risk of some cancers.

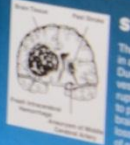


## STROKE

Obesity increases the risk for stroke, which is a leading cause of death. Excess fat is used to help the body digest food. Excess fat is absorbed in the intestines and can cause stroke. Excess weight gain can reduce the risk of some cancers.



# The



## PHYSICS OF SODA

Even though soda has 0 grams of fat, it can still cause you to gain weight. Soda has a lot of sugar, and sugar has calories. Your body stores unused calories as fat.

How much soda can you drink before you gain weight?

720 FL OZ (5.6 Gal.)





Caridad Center  
Outreach

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Wanna talk?  
Dial 2-1-1  
Teen Hotline

AT





 **Short On Thyme**  
Personal Chef Service

**REHYDRATION**  
PROVIDING FRESH VEGETABLES TO YOUR LOCAL SCHOOL





KITCHEN

Do you grow a vegetable? **ready???**  
Send one of these baskets, plus the Back to Back to get a chance!

Shelley Nicholas

Short On Thyme  
Chef Shelley Nicholas





HYME



Fresh Thyme  
Dried Thyme

Fresh Basil  
Dried Basil



# STD Facts

Sexually Transmitted Disease

Chlamydia • Gonorrhea • HPV • HIV/AIDS • Syphilis • Trichomoniasis • Herpes • Hepatitis B

# Birth Control Facts

Condoms • Depo-Provera • Diaphragm  
Foam • IUDs • Implants  
Natural Family Planning • Fertility Awareness  
P-Pill • Patch • Vaginal Ring

If all starts with a Healthy Beginning.

Healthy mothers, healthy babies  
Coalition of Public Health Counts, Inc.

### HEALTHY PREGNANT CAN WALK AND TALK ASK

...and more information...

Smile to Stay

### Want to Quitting?

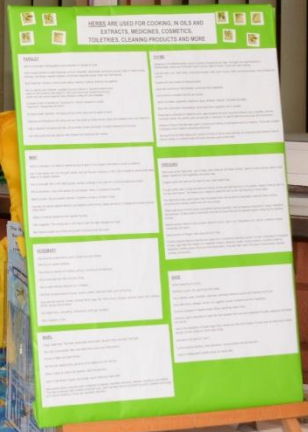
Help to quit the stress of...

### Domestic Violence

...and more information...



**Drowning Prevention Coalition**  
**Of Palm Beach County**  
**Pay Attention To Drowning Prevention!**  
**561-616-1111**  
 www.drowningpreventioncoalition.org

















Melanoma  
Read the warning label on the product!  
The American Cancer Society estimates that about 1 million new cases of skin cancer will be diagnosed in the United States in 2012. Melanoma is the most common type of skin cancer, and it is the leading cause of cancer death among young adults. It is also the most preventable type of cancer. You can reduce your risk of getting melanoma by wearing sunscreen, wearing protective clothing, and avoiding tanning beds. For more information, visit [www.melanomafoundation.org](http://www.melanomafoundation.org).

**THE STOPPING POINTS:**  
- Wear sunscreen every day, even on cloudy days.  
- Wear protective clothing, such as long sleeves, pants, and a wide-brimmed hat.  
- Avoid tanning beds.  
- Get a skin check from a dermatologist if you have a history of skin cancer, a family history of skin cancer, or a large number of moles.

"PALE" FOR LIFE

Richard David Kane  
**Melanoma**  
STOP  
FOUNDATION  
PREVENTION OF SKIN  
561-63



Don't Let **UV Rays**  
Shorten Your Days



STOP MELANOMA. Support the Richard David Kann Melanoma Foundation

Richard David Kann  
**Melanoma**  
FOUNDATION

Read the tanning facts and take the pledge!

1. The World Health Organization has determined that UV rays from tanning beds are carcinogenic.
2. People who use tanning beds once a month before they age 35 increase their skin cancer risk.
3. Melanoma kills one person every 10 minutes. In the United States, someone dies from melanoma every 15 to 20 minutes. Make the melanoma awareness message be passed every 15 to 20 minutes. Using a tanning bed for 10 minutes is like smoking 10 cigarettes.
4. It is not safe to use a tanning bed on a tanning bed. Using a tanning bed for 10 minutes is like smoking 10 cigarettes. Using a tanning bed for 10 minutes is like smoking 10 cigarettes.
5. If you have to use a tanning bed, use a tanning bed that has a UV index of 10 or less. Do not use a tanning bed if you have a history of skin cancer, sunburns, or if you are pregnant.

**THE TANNING PLEDGE**

I pledge not to go tanning again at the gym or another indoor tanning facility, which will be held during the 2012-13 school year. My friends and I will not encourage anyone to go tanning or use a tanning bed.

I realize that by getting a tan, I am taking away my chance of living a longer, healthier life. I have read the FACTS OF TANNING and understand the danger of tanning beds and I will not use them.

www.rdkmfoundation.com 800.833.2622









**H**onor  
**A**chievement  
**W**isdom  
**K**nowledge  
**S**uccess

OPERATION





E

HOLLISTER



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**W**isdom  
**K**nowledge  
**S**uccess

*Home of the Hawks*

OPERATIONAL BEHAVIOR

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**A**chievement  
**W**isdom  
**K**nowledge  
**S**uccess

Home of the Hawks

OPERATION BEAUTIFUL

EMERALD STATE  
**HAWKS**  
BASEBALL

HONOR SOCIETY  
VOLLEYBALL  
1927









**HAWKS**







THANK YOU!

