

3-pronged fork pokes at obesity

Restaurants, fitness, recipes engaged

SKINNY ON FAT

■ More than 20% of Virginia youths are overweight or obese, according to the Virginia Foundation for Healthy Youth.

■ Annual hospital costs related to obesity among children and adolescents increased from \$35 million to \$127 million between 1979-1991.

■ Obesity-related medical care costs were estimated to be as high as \$147 billion in 2008.

■ Obese people spent \$1,400 more on medical care than people at normal weights in 2006.

Sources: CDC and Virginia Foundation for Healthy Youth

Leadership Historic Triangle launched a community-wide attack on obesity this week. "Historic Triangle Healthy Habits" wields a three-pronged approach by the Class of 2011.

Restaurants — The program highlights a restaurant's healthiest menu items and portion sizes. The class is offering a free registered dietician to restaurants to review menus. Window decals, web listings and printed materials will help diners find participating restaurants.

Restaurants thus far include Berret's, Carrot Tree Yorktown, Francesco's, Riverwalk Restaurant-High Tide Bar & Grill, Sal's by Victor, Second Street, An American Bistro, and Wasabi. The class is signing up more.

Fitness markets — Fitness activities and demonstrations by local chefs, parks & rec departments and other local health-related organizations will be held May 7 at the Williamsburg Farmers Market and May 14 at the Yorktown Market Days at Riverwalk Landing.

Recipe Exchange — Encourages residents and chefs to submit their favorite healthy and budget-friendly recipes on the program's Facebook page. Participants will be eligible for prizes at a raffle drawing May 14 at the Yorktown Fitness Market.

Leadership Historic Triangle, which is a program of the Greater Williamsburg Chamber & Tourism Alliance, decided to promote health after meeting with local community leaders, schools, human services agencies and health professionals to decide on a class project. All of the agencies cited healthy lifestyles as a growing need in the region. Research and statistics also influenced the class (see box), and members were inspired by other communities.

As a symbol of their commitment to fitness, class members will also walk, run or volunteer next month in Run for the Dream Half-Marathon, which benefits An Achievable Dream and Wounded Warriors.

More — Visit Historic Triangle Healthy Habits at www.leadershiphistorictriangle.camp7.org. Restaurants can e-mail hthh2011@gmail.com.

