



Lake County General Health District

PRESS RELEASE
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LAKE COUNTY GENERAL HEALTH DISTRICT

LAKE COUNTY GENERAL HEALTH DISTRICT SPONSORS CHILDHOOD OBESITY AWARENESS PLAY

In order to increase awareness of how being overweight or obese can impact the life choices of families and children, Lake County General Health District is sponsoring an upcoming play titled "The Weighting Game." The play is being developed in partnership with The Fine Arts Association and screen writer Mr. Greg Vovos.

"The Weighting Game" will be held at The Fine Arts Association with two showings per day on January 19th and 20th, 2012 at 10:00 a.m. and noon. It is approximately one hour in length. The play is targeted to middle school children and admission is free. The Health District is looking for schools to support the event by scheduling field trips to see the play. The Health District also encourages all parents, community workers, and interested businesses to see the play and show their support.

Immediately following the play, attendees will have the opportunity to provide feedback and discuss current concerns they may have or problems they are experiencing related to obesity and mental health. In an effort to further support families, exhibitors will set up displays after the play to promote resources in the community to help families learn more about available programs in the area. Lake County General Health District Deputy Health Commissioner Ron Graham further explained, "We hope to provide a coordinated effort in Lake County to support families that are looking to adopt healthier lifestyles. We are not advocating for specific "diets," but want to allow everyone to have the opportunity to become more active and eat healthier as a family or as an individual."

Deputy Health Commissioner Graham further commented, "Even being mildly overweight can have long-lasting negative health impacts on children such as depression, low self esteem, and difficulty with academic performance. These symptoms often lead to weight gain and related chronic disease such as Type 2 diabetes, hypertension, and joint pain."

The initial development of the play was made possible through generous donations by the Action Communities for Health, Innovation, and EnVironmental ChangE (ACHIEVE) Lake County Initiative, Lake County General Health District, Lake Health, and the Lake County Alcohol, Drug Addiction and Mental Health Services Board.

Teachers, parents, and interested sponsors may contact Deputy Health Commissioner Ron Graham for further information by calling 440-350-2358 or to RSVP or sign your class up to attend the play, contact Karen Sarosy at 440-350-2451.

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