



Media Advisory

**Press Conference Alert
June 24, 2005**

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Local Partners to Award Grants to Fight Obesity

East Chicago, IN –Lake Area United Way, United Way of Porter County, and United Way of LaPorte County will hold a press conference on Thursday June 30, 2005, to announce the recipients of more than \$300,000 in grants to organizations in Lake, Porter, and LaPorte counties to fight obesity, and increase physical activity among residents of the three counties.

**Location: United Way of Porter County
951 Eastport Centre Drive
Valparaiso, IN 46368**

Date: Thursday June 30, 2005

Time: 1:00 p.m.

Increasing physical activity and reducing overweight and obesity are two of the top ten leading health indicators in the nation, and they serve as a springboard for a tri-county initiative for developing action strategies to address these key health issues identified in Lake, Porter, and LaPorte counties.

During April and May, applicants participated in a preliminary and full grant proposal process to identify worthy projects in the communities, that will work on reducing and eliminating obesity, and increasing physical activity among children and adults in the three county area. HealthVisions Midwest, Inc. is coordinating the grant project on behalf of the United Way group.

According to the Centers for Disease Control, a sedentary lifestyle is fast becoming a leading cause of disease and premature death among adults and children alike. Overweight and obesity is one of the most serious health concerns facing our nation. Almost two-thirds of U.S. adults are overweight or obese, and an alarming 15% of children aged 6-19 years are overweight.

A three county Epidemiological Report on the Health Concerns of Northwest Indiana, conducted in January 2005 by PRC of Omaha, Nebraska, found that in every instance of comparison, Northwest Indiana data fared similarly, or worse than national data, and significantly, *did not* meet the goal of Healthy People 2010.

For additional information, contact Renae Brantley, at HealthVisions Midwest, Inc., 219-397-4335 x. 16.