



The Facts About Childhood Obesity

- In North Carolina, over 30% of children are either overweight or obese. North Carolina has the 5th worst ranking in the United States for childhood obesity among 10 to 17 year olds.
- Rockingham County's childhood obesity statistics are even worse than the state averages.
- Overweight children have a 70-80% chance of becoming overweight or obese adults.
- Obesity in adulthood increases the risk of diabetes, high blood pressure, high cholesterol, asthma, sleep apnea, arthritis, and general poor health.
- There are more than 25 scientific studies that show a positive relationship between a child's level of physical activity as a factor of overall health and academic achievement. Children who are more active and generally healthier tend to perform better academically.

GO FAR (Go Out for a Run®)

GO FAR (Go Out For a Run®) is a character development and running program developed in 2003 in response to the growing epidemic of childhood obesity. The GO FAR program combines weekly discussions and activities about goal setting and good character with the use of physical activity and education on healthy eating to empower children to make better choices at an early age so that they can continue to integrate those changes into healthier lifestyles as they grow and mature. GO FAR offers a 5K training program for children age 8 and up and a One Mile Fun Run option for children ages 4 to 7. Elementary and middle school curriculums are available.

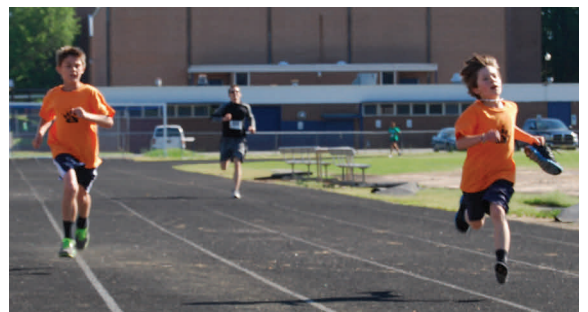
At the culmination of the GO FAR program, the children participate in a one mile run or 5K road race and are encouraged to invite family members to participate with them.

Rockingham County GO FAR

- Will launch the week of February 6, 2012
- GO FAR race event will be held on April 21, 2012 at Reidsville High School

What's required to offer a GO FAR club?

- A site coordinator who has attended a one-time coordinator's training (could be a faculty/staff member or parent volunteer)
- GO FAR Handbook (RCPC will provide the handbook for sites that commit to offer the full training program and encourage children to participate in the race event.)
- Twice weekly training sessions using the GO FAR curriculum after-school for 10 weeks or once a week for 20 weeks



For more information or to start a GO FAR club

Contact Joy Venable with the Rockingham County Partnership for Children at 342-9676 ext. 205 or joyv@rockinghamkids.org by December 2, 2011.