

*The goal of
Healthy Beginnings is
to prevent childhood
obesity by helping
children to eat better
and be more physically
active*



Support for Healthy Beginnings is provided by:

- Shasta County Public Health
- First 5 Shasta

**For more information on the
Healthy Beginnings Program
contact:**

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**Healthy
Beginnings**

**Preschool
Nutrition and
Physical Activity**

Childhood Obesity

Childhood Obesity

- ☆ Many adult diseases such as Type 2 Diabetes, high blood pressure, and high cholesterol are seen in overweight children.

Childhood Iron Deficiency Anemia

- ☆ When children are anemic (have low iron in the blood), they may become tired, irritable, and have trouble learning.



Healthy Beginnings Physical Activity Specialist shows children that physical activity is fun.

What is Healthy Beginnings?

Healthy Beginnings is a preschool nutrition and physical activity program. It focuses on building good nutrition and physical activity habits to give children a great start on having a healthy life.

Healthy Beginnings reaches many important people in a child's life, including:

- ☆ Parents
- ☆ Child Care Providers
- ☆ Health Care Providers



The Healthy Beginnings Program Includes:

- ☆ A nutrition and physical activity classroom curriculum for preschools.
- ☆ On-site physical activity lessons for preschools and family childcare.
- ☆ Nutrition and physical activity classes for parents.
- ☆ Preschool center menu reviews and recommendations from a Registered Dietitian.

