



COUNTY OF SAN DIEGO NEWS ADVISORY

FOR IMMEDIATE RELEASE
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HIGH SCHOOL STUDENTS LEARN TO EAT HEALTHY *Active Living and Consequences of Unhealthy Behaviors Also on Menu*

WHAT: Dozens of high school students will learn the benefits of healthy eating and active living and the consequences of unhealthy behaviors such as smoking, drinking and other drug use.

Students will also attend a presentation from the County's Medical Examiner (ME) to learn what the ME does and how unhealthy behaviors can result in untimely death. They will also tour the County's Public Health Lab to learn about disease detection and the vital role the lab plays in protecting the public's health.

WHO: **Nick Macchione**, Director, County of San Diego Health and Human Services Agency
Dean Sidelinger, M.D., M.S.Ed., County Deputy Public Health Officer
Students: Crawford High Ed Complex, The Rock Academy, and San Pasqual Academy

WHEN: **MONDAY, APRIL 26, 2010 AT 11:30 A.M.**

WHERE: **Health Services Complex—Coronado Room**
3851 Rosecrans Street

WHY: The demonstrations and tour are sponsored by the County of San Diego Health and Human Services Agency in celebration of Healthy Counties Month.

The activities are designed to expose students to career opportunities in public health and to teach them about the concept of 3Four50; three behaviors—tobacco use, poor diet, and lack of physical activity—contribute to four chronic diseases—heart disease, Type 2 Diabetes, Lung Disease and Cancers—which are responsible for more than 50 percent of the deaths.

In San Diego County, it is estimated that about 30 percent of 5th, 7th, and 9th graders are overweight or obese.

"EDITORS NOTE: Due to confidentiality, designated students will be available for media interviews at the event."

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