



## Inform Yourself!

More and more longitudinal studies are showing that **obese teenagers are likely to become obese adults** putting a whole generation at risk for heart diseases, type 2 diabetes, cancers, reduction in quality of life, bullying and teasing, social isolation, poor self esteem, disability, and premature death.

## Global Obesity Trends

- Adolescent obesity has doubled since 1980
- Almost 30% of the world population is obese (2.1 billion people)
- No country has been able to reduce obesity rates in the past 30 years

## Take Action

The good news is that obesity is preventable! **With TeenSmart's interactive platform, Joven Salud**, Spanish speaking youth have free access to health questionnaires and self-assessments, life-skill courses, life coaching and frequently asked questions around obesity and self-esteem.



### **Promoting exercise**

Through the TeenSmart Health Profile, we have found that more boys (80%) than girls (59%) report exercising at least 60 minutes, three times a week.

In this picture, TeenSmart youth leaders at schoolwide health fair demonstrate to their peers that exercise can be fun for everyone.



## Promoting nutrition

Healthy eating habits reported in the TeenSmart community depreciate considerably throughout adolescence with 79% of 10-13 year olds affirming a healthy personal diet, and only 56% of 18-24 year olds affirming the same.

These graduates of Cuida-T (TeenSmart's online nutrition course) are empowered with information and take their message of health promotion to the community park.

## You can change the statistics around obesity too!

1. **Commit yourself and your family to healthier nutrition and exercise habits.** Meaningful and long-lasting weight-loss can only be sustained through positive self-motivated habits that replace sedentary behavior or food obsessions.
2. **Start reducing obesity right now** by eating small portions, putting your utensil down between each bite, reducing sugar, salt and animal fats from your diet, and incorporating 60 minutes of cumulative physical activity into your day.
3. **Share TeenSmart's interactive health promotion website** with any youth that you know who speak Spanish. At [JovenSalud](http://JovenSalud), Spanish speaking youth have free access to health questionnaires and self-assessments, life-skill courses, life coaching and frequently asked questions around obesity and self-esteem.

#### 4. Support TeenSmart's obesity-prevention work through a [donation](#).

Each year, TeenSmart's trained counselors receive over 15,000 online consultations where youth can confidentially share their health concerns.

## Celebrate with Us

We want to welcome **Mary Coffman** who has joined the TeenSmart team as Fundraising & Communications Specialist. She has a decade of experience working as a fundraiser and community developer throughout the Americas and in Rwanda. Mary lives with her husband and two young sons on a hillside at the base of the (active!) Turrialba volcano in Costa Rica, but she makes regular visits back to the US. She would love to meet with you via skype or in person. Email her at [mcoffman@teensmart.net](mailto:mcoffman@teensmart.net).



**TeenSmart** is thrilled to have been awarded *the 2016 Carlos Slim Exceptional Health Institution in Latin America*. The quality of our programs, our proven innovative and sustainable methods for greater impact, and our determination to provide Latin American teens with proven road maps to superior personal health behaviors were all factors in the rigorous awards process. It is a great honor to receive this award which will bring worldwide recognition to our mission and which gives us a big responsibility to make our programs even more effective and accessible. **We invite you to join us at the Carlos Slim Award Ceremony on June 29 via live stream – more details to follow!**

## Be Inspired

"We should every night call ourselves to an account;

What infirmity have I mastered today?

What passions opposed? What temptation resisted? What virtue acquired? Our vices will abort of themselves if they be brought every day to the shrift."

-- Seneca

"One can have no greater mastery than mastery of oneself."

-- Leonardo da Vinci

"The first and best victory is to conquer self."

-- Plato

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You can help! [Make a Donation Online by Clicking Here](#)

Tell a friend about us or let us know about grant opportunities! Write to:

[mcoffman@teensmart.net](mailto:mcoffman@teensmart.net)

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