



PRESENTATION
July 2, 2014 Meeting

DATE: June 23, 2014

TO: Children and Families Commission of Orange County

FROM: Christina Altmayer, Executive Director 

SUBJECT: Patricia Riba, MD – Health Club Director

Dr. Patricia Riba will present an overview of her new book, *Fit Kids Revolution: The Parent's Diet-Free Guide to Raising Healthy & Fit Children*. The guidebook was co-written with Jon Gabriel to teach parents about feeding children and preventing obesity in a fun, safe, and sustainable way. The book features nutrition advice, snack ideas, recipes, exercise tips, and visualizations.

Childhood obesity is a serious health problem and a priority issue for the Commission. The recent 15-year report cited the Pediatric Nutrition Surveillance Survey, which tracks body weight among children participating in public health programs. The Survey showed that the percentage of obese children has remained somewhat stable, but unacceptably high. The Commission has identified obesity as an emerging community need and is committed to addressing the problem by embracing best practices and supporting programs focused on prevention and educating parents and providers about the importance of establishing healthy behaviors.

Dr. Riba is the founder of Dr. Riba's Health Club that was created through funding by the Children and Families Commission to provide prevention and treatment of nutrition related health services for young children and their families. The programs and services offered at the Health Club address the health needs of children and their families most at risk for obesity and diabetes.