

THE IMPACT OF HEALTHY STARTS

For more than 20 years, we've helped more than 1.5 million families make simple changes that have resulted in huge benefits. After enrolling in the Family Health Study, parents reported the following about their children:



60%

were missing fewer days of school



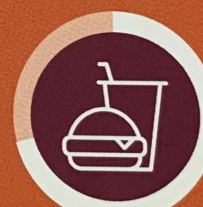
66%

were visiting the doctor less



56%

were taking fewer over-the-counter and/or prescription drugs



71%

were consuming less fast food and soft drinks



71%

were drinking more water



61%

were eating more fruits and vegetables