

Help us fight the obesity crisis!



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The Lean Team

Healthy Kids = Healthy Families, Schools + Communities!

The Lean Team is a partnership between the Medical University of South Carolina, Department of Pediatrics, Division of Adolescent Medicine and the Charleston County School District.

Our goal is the prevention and treatment of childhood obesity through individual, family, and community change.



We Are Bridging the Gap!

Join us Saturday mornings at 9 am to walk the Ravenel Bridge. Together, we have walked over 1,000 miles! Be part of the solution - One bite...one step at a time!

"Obesity is the greatest threat to our public health today. It kills more people than AIDS, all cancers, and all accidents combined."

US Surgeon General Richard Carmona, MD

Did You Know?

36% of SC children are overweight or obese.

Childhood obesity is up 3 fold in just 20 years.

Today's children will have a shorter lifespan.

One can of sweetened soda = 15 packages sugar.

Walking 1 mile will burn 100 Calories.

"Access to Excess" is our greatest challenge.

5-2-1-0 Campaign

5 - Consume 5 servings of fruits/vegetables daily.

2 - No more than 2 hours of screen time each day.

1 - One hour of exercise each day.

0 - Do not consume any sugared beverages.

Funding

The Duke Endowment has funded SCICORD, the South Carolina Institute of Childhood Obesity and Related Disorders. MUSC is a partner.

The South Carolina Department of Health and Human Services has funded a 2 year pilot study as The Lean Team expands into additional schools.

Tax deductible gifts can be made. Please call us!

What do we do?

Through partnership with Burke High School, A+ Academy, and Mitchell Elementary School in Charleston we have begun to help in classroom instruction, health fairs, and support groups. We provide information, health screening, and tools to encourage lifestyle change. We are reaching new schools through school nurses, teachers, parents, and community activities.



Join The Lean Team

Become part of the study. Measurements of height, weight, body fat, BMI, and blood pressure will be made every 3 months. We will also ask you to complete a lifestyle questionnaire (only 10 questions) about your food and exercise habits. We will help you set & reach health goals. Students, their families, teachers, and school staff are welcome to participate.