

19% of Westchester, and 27% of Putnam adults are obese. 40% of 8th graders in Putnam report drinking alcohol.



United Way begins with

Living Vibrant Healthy Lives

United Way is focusing on two critical health initiatives: *Step Up 2 Health*, working to turn the tide on obesity through education, exercise and gardening and, *Voices for Positive Choices*, helping teens and parents talk through stress and risky behaviors like drugs and alcohol.



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