


Date	Post Copy	Link	Visual
Monday 2/5	Healthy environments for children begin beyond the home. Learn more.	http://reuters.com/2019/02/05/healthy-environments-for-children-beyond-the-home/	
Wednesday 2/7	Not everyone has access to healthy places. Those gaps will only get wider with the effects of climate change. Learn how:	http://bit.ly/2s0XQYd	NA
Friday 2/9	#DYK: Oregon is one of the only states that meets the national recommendations in physical education at both elementary and middle school levels. How can we continue Oregon's success?	https://www.facebook.com/pbs/posts/10155261810557169	NA
Monday 2/12	The military -- not your typical workplace. They're stepping up a focus on worksite wellness. What about where you work?	http://bit.ly/2nCUZr	NA
Wednesday 2/14	We've always been told not to go to the grocery store hungry. But there are more tricks in the grocery environment than we thought.	http://wapo.st/2nxmxab	NA
Friday 2/16	Have you ever felt worn down and did that affect your health? It's called "weathering" and it affects more than you might think.	http://npr.org/2019/02/16/711111111	NA

Monday 2/19	"If we're not careful, we could end up with declining life expectancy for three years in a row, which we haven't seen since the Spanish flu, 100 years ago."	http://bit.ly/2ExRi5X	NA
Wednesday 2/21	Is this a sickness of American society? "The taste buds of our youth are raised on junk food and sugary treats, habits that follow children into adulthood."	http://bit.ly/2nDNRCz	NA
Friday 2/23	Something to think about.	http://bit.ly/2Fjl7ap	NA
Monday 2/26	"Civilized governments don't say 'go and make it on your own, and if you can't, then bad luck."	http://bit.ly/2BZThOZ	NA
Wednesday 2/28	#DYK: Americans consume an EXTRA 350 calories in added sugar per day. More than any other country. @AmericanHeart	http://bit.ly/2EO9S5L	NA