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August 24, 2007

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INOVA FAIR OAKS HOSPITAL TO HOST “WALK FROM OBESITY” and “KIDS FUN & FIT” WALK

Events Raise Awareness, Funds for Treating Obesity

Fairfax, Virginia – Join Inova Fair Oaks Hospital and the American Society for Metabolic and Bariatric Surgery (ASMBS) for the 2007 National “Walk from Obesity” at Fair Oaks Mall in Fairfax, Virginia. The annual nationwide walk is held to raise money for research, education, prevention and treatment of the life-threatening disease of obesity. Added to this year’s walk is a “Kid’s Fun and Fit Walk” sponsored by Inova Fair Oaks Hospital and endorsed by Fairfax County Public Schools. Proceeds from the children’s walk go directly to Inova Fair Oaks Hospital’s Children’s Programs designed for children who are overweight and/or at risk for obesity.

What: “Walk from Obesity” sponsored by Inova Fair Oaks Hospital – an annual nationwide event to increase awareness of the life-threatening disease of obesity. “Kids Fun & Fit Walk” held to address childhood obesity and highlight hospital programs that support healthy lifestyles for kids.

When: Saturday, September 29, 2007
7:30 a.m. Check-In
8:00 – 9:30 a.m. Walk

Where: Fair Oaks Mall
11750 Fair Oaks
Fairfax, VA 22033

Why: Morbid obesity is a leading cause of preventable death and is at epidemic levels among the U.S. population. Ninety million people in the U.S. are obese and an estimated 15 million are morbidly obese, putting them at increased risk for diabetes, heart disease, cancer and other diseases.

Contact: Register online at www.inova.org/ifoh. The \$25 registration fee for the adult walk benefits the American Society for Metabolic and Bariatric Surgery. To register for the kids walk contact the hospital at 703-391-3783. Registration fees for the kids walk, \$10 per child or \$25 per family, benefit Inova Fair Oaks Hospital Foundation.

Obesity affects 90 million adults in the U.S. and of those, 15 million adults are morbidly obese at 100 or more pounds overweight. Everyday, 1,000 people die from obesity and its related health conditions in the United States alone. According to the ASMBS, 15 percent of children (one out of six) are overweight and at risk for becoming obese.

Inova Health System is a not-for-profit health care system based in Northern Virginia that consists of hospitals and other health services including emergency and urgent care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community we serve through excellence in patient care, education and research.

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