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## **Tri-County Health Department Teams With Rocky Mountain PBS To Promote “Take One Step – a PBS Health Campaign”**

The Tri-County Health Department and Rocky Mountain PBS have teamed up to promote the television series “Take One Step – a PBS Health Challenge” which will air statewide in Colorado on Rocky Mountain PBS April 11 from 8 p.m. to 10 p.m.

The second program in this PBS health series, “FAT: What No One is Telling You,” explores the myriad psychological, physiological and environmental factors that can make it so tough to shed pounds and keep them off.

This documentary shares new scientific knowledge about hunger, eating and human metabolism. The program also explains our psychological responses to food, and shows how external pressures – such as oversized restaurant portions and the unending barrage of food advertisements – make fighting fat so difficult, both on the personal and national levels.

“Tri-County Health Department is pleased to support this PBS series, and with 66 percent of U.S. adults either overweight or obese, this is a serious public health issue,” said Executive Director Richard L. Vogt, M.D. “The ‘Take One Step’ page on our website has links to local and national services that correspond to the important topics in this documentary. Being overweight or obese increases risks for hypertension, diabetes and cardiovascular diseases, to name a few.”

Vogt added that Tri-County Health Department would help publicize the documentary to its clients, to the public through the news media, and through correspondence with its extensive network of physicians, public information officers, government officials and key public health decision makers across the state. For more information, visit [www.tchd.org](http://www.tchd.org).

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### **About Tri-County Health Department**

The Tri-County Health Department is the largest local health department in Colorado, with 11 offices along the Front Range. The agency serves the 1,147,000 metropolitan Denver residents of Adams, Arapahoe and Douglas Counties. It provides disease control and prevention, immunizations, birth and death certificates, nutrition services, tobacco prevention, family planning and prenatal care, environmental health services, restaurant inspections and emergency preparedness. To learn more visit their website at [www.tchd.org](http://www.tchd.org).

### **About Rocky Mountain PBS**

Rocky Mountain PBS is committed to serving Colorado with high-quality national, regional and local programming and with lifelong learning services. Rocky Mountain PBS is renowned for its award-winning local, regional and national public affairs, documentary and performance productions. Rocky Mountain PBS is a digital technology leader, serving the Denver, Pueblo/Colorado Springs and Durango areas with a high-quality 24-hour digital signal. KRMA-DT provides award-winning, innovative local programming plus signature programs from the PBS national schedule. KTSC-DT provides a high-quality simulcast of the broadcast signal. KRMJ-TV serves Grand Junction and Western Slope viewers and is simulcast on KRMJ-DT in Grand Junction and KRMU-DT in Durango. Rocky Mountain PBS provides the full PBS schedule, educational services and more to viewers throughout Colorado. To learn more, visit Rocky Mountain PBS online at [rmpbs.org](http://rmpbs.org).