

## **Domain 6: Media Outlets and the Marketing Industry**

“Shaping a Healthy Future” Award- Martha Plazola from Salud Magazine

Martha Plazola, the media director for Salud Magazine in San Diego, has been an active participant in the fight against childhood obesity in our County. Salud Magazine is a free, bi-lingual publication focused on families in San Diego. Martha has been a participating member of the Coalition on Children and Weight San Diego and the San Diego Nutrition Network and has featured Coalition and Network members’ articles and events in the magazine.

Martha’s dedication and commitment are to be commended, and her efforts support the County’s Call to Action by fostering public awareness of the health benefits of regular physical activity, healthy nutrition choices and maintaining a healthy weight.