

# FREE HEALTH EDUCATION COMMUNITY RESOURCES SEPTEMBER 2022

*Childhood obesity affects the health and the overall lifestyle of children. Children who suffer from obesity are more likely to be affected by depression, low self-esteem, asthma, and type 2 diabetes.*

*Trying to find the contributor to childhood obesity is not always simple since diabetes can be related to several contributors such as genetics, lack of safety in a child's physical environment, lack of access to affordable nutritional meals etc.*

*Visit our member education page for resources related to childhood obesity:*

- Healthy Weight and Physical Activity*
- Obesity/Weight Management*
- Physical Activity*

## **WEBINARS**

***Eat Well to Help Reduce Stress***

***Diabetes Prevention: Don't Sugarcoat It!***

***One Minute of Wellness: Tips to Manage Weight - California***

## **ADDITIONAL CHILDHOOD OBESITY INFORMATION**

The Healthy Lunch a Cookbook for Young Cooks

BMI Percentile Calculator for Child and Teen

Causes of Obesity

Preventing Childhood Obesity: 4 Things Families Can Do

Help Your Child Stay at a Healthy Weight