

COMMUNITY HEALTH EDUCATION

SEPTEMBER 2025

September National Childhood Obesity Awareness Month

What if my child has overweight or obesity?

There are many factors that can lead to a child having overweight or obesity — including their eating and physical activity habits, stress, anxiety, other health problems, and genes. A child's environment — where they live, learn, and play — also has a big impact.

If your child's doctor is concerned about their weight, there are steps you can take as a family to help them get to a healthier weight. Your family can:

- Move more — find physical activities that you enjoy
- Choose healthier foods and plan ahead for meals — try to eat a variety of healthy foods, including fruits, vegetables, whole grains, low-fat dairy, and lean protein foods
- Set a good example for your child — try to make healthy choices for yourself too, like eating vegetables instead of chips or drinking water instead of sugary drinks
- Limit less healthy foods and drinks — like foods and drinks that have a lot of added sugars, saturated fat, and sodium
- Get enough sleep — try limiting screen time before bed and going to sleep and waking up at the same time each day

Making healthy life changes can be hard. To get support, look for programs (called family healthy weight programs) that help families build healthy habits. Ask your child's doctor if they can recommend a program or look for resources in your community through programs like WIC (Special Supplemental Nutrition Program for Women, Infants, and Children), SNAP (Supplemental Nutrition Assistance Program), or recreation centers.

Education Links: [Women, Infants & Children Program](#)



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