

# FREE HEALTH EDUCATION COMMUNITY RESOURCES SEPTEMBER 2023



## SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

Obesity is a large problem in the US, and many kids suffer from obesity. About 19% of all children in the US have obesity. This makes them more likely to have other health problems like asthma, sleep apnea, and problems with their bones and joints. They are also more likely to have heart disease, high blood pressure, high cholesterol, and even cancer and Type 2 diabetes when they grow up. Kids with obesity are also more likely to feel left out, sad, and not confident about themselves. Please review the materials below to learn more about how to keep children healthy and active.

### WEBINARS/ EDUCATIONAL VIDEOS

- **September 20th:** Micro Workouts – Working Out Efficiently

### Physical Activity

- Physical activity is good for people of all ages and body types. Even if you feel out of shape or you haven't been active in a long time, you can find activities that work for you.
- Physical activity increases your chances of living longer. It can also help:
  - Control your blood pressure, blood sugar, and weight
  - Lower your “bad” cholesterol and raise your “good” cholesterol
  - Prevent heart disease, type 2 diabetes, and some types of cancer

### Healthy Eating Tips for Adults with Children and Recipes

- Keep fresh fruit in a place that's easy to reach in the refrigerator or on the kitchen table — this will make it easier for kids to grab a healthy choice.
- Serve snacks like pretzels or popcorn in a bowl rather than directly out of the bag or box
- Serve water or fat-free or low-fat milk instead of soda or fruit-flavored drinks
- Most of the time, serve whole fruit instead of juice — when you do serve juice, make sure it's 100% fruit juice, and give kids no more than half a cup per day