



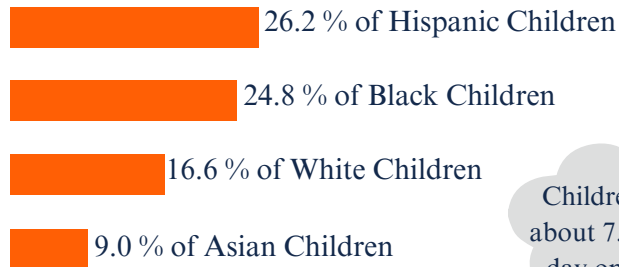
NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

WHY DOES IT MATTER?

Childhood obesity can have lasting effects into adulthood, harming both physical and mental health



CHILDHOOD OBESITY PREVALENCE IN THE U.S.



< 12 % of all children eat enough vegetables

Children spend about 7.5 hours a day on screens

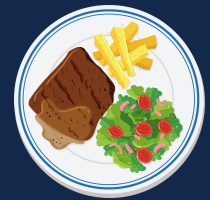
REMINDERS



Keep non school screen time to under 2 hours a day



Make physical activity family-centered and fun!



Give kids a smaller plate instead of making them eat a big portion of food

HOW CAN MY CHILD BENEFIT FROM BEING A HEALTHY WEIGHT?

- Lowered risk of...
 - Depression
 - Anxiety
 - Bullying
 - Cancer
 - Eating Disorders
 - Type 2 Diabetes
 - Heart Disease
 - High Blood Pressure
- More likely to...
 - Be Confident
 - Have Better Friends
 - Get Good Sleep
 - Do Well in School
 - Have Good Memory
 - Be Energetic
 - Have Strong Bones
 - Live Longer

PREVENTION



Make changes by:

- Going on family walks after dinner
- Involving children in sports
- Limiting screen time
- Give kids a smaller plate of food

Healthier Foods:

- Cook healthy meals together as a family
- Keep healthy snacks in the house like baby carrots, fruits, and low-fat yogurt



Check-ins:

- Take your child to a doctor for regular checkups
- Role modeling a body-positive or body-neutral approach
- Check in with children about school, social life, and emotional status