



*So, whether you eat or drink or whatever you do, do it all for the glory of God. – 1 Corinthians 10:31*

## September is Childhood Obesity Awareness Month

Childhood obesity puts kids at risk for chronic health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. Let us work together to raise awareness about the obesity epidemic, and support children in their journey to good health.

### Did you know?

- About 1 in 5 (19%) children in the United States has obesity.
- Lack of physical activity and more “screen time”, among other environmental factors, have led to a more sedentary lifestyle. <sup>1</sup>
- Children who are obese are more likely to be obese as adults.
- Besides adverse physical health effects, obesity can also have negative psychological effects as well.

### Parents and caregivers can support healthy growth by:

1. Serving fruits and vegetables as snacks and at meals.
2. Providing low or no-calorie alternatives to sugary drinks and limit juice intake.
3. Helping children get 60 minutes of physical activity each day.
4. Reducing screen time- an activity often spent laying or sitting.
5. Encouraging healthy sleep habits.

Changing habits can be challenging. Parents can be good role models by adopting the above tips as well. Start small with 1. Work your way up to all 5 and a healthier family and future.



Photo provided by ShapeYourFutureOK.com

### References:

<sup>1</sup> <https://www.obesityaction.org/get-educated/public-resources/obesity-statistics-fact-sheets/>

<sup>2</sup> [September is National Childhood Obesity Month | DNPAO | CDC](#)