



# National Health Observance



## SEPTEMBER IS NATIONAL CHILDHOOD OBESITY MONTH

National Childhood Obesity Awareness Month provides a chance for all of us to learn more about this serious health condition affecting about 1 in 5 (19%) US children. While there is no simple solution, there are many ways communities can support children with their journey to good health.

- *Children with obesity are at higher risk for having other chronic health conditions and diseases*, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers.
- *Children with obesity can be bullied and teased more than their normal weight peers*. They are also more likely to suffer from social isolation, depression, and lower self-esteem.
- *Children with obesity are more likely to have obesity as adults*. This can lead to lifelong physical and mental health problems. Adult obesity is associated with a higher risk of type 2 diabetes, heart disease, and many types of cancers.

### Ways To Help Prevent Obesity and Support Healthy Growth in Children



#### Eat Healthy

Provide nutritious, lower-calorie foods, such as fruits and vegetables, in place of foods high in added sugars and solid fats.



#### Develop Healthy Sleep Habits

- Get your child to bed at the same time each day, including the weekends
- Remove electronic devices from the bedroom
- Keep their bedroom dark and cool
- Your child needs at least 8 hours of sleep, maybe more depending on age.



#### Exercise Daily

Help children get the recommended 60 minutes of physical activity each day.

**Health benefits of regular exercise:**  
Better sleep, better academic achievement, and reduced feelings of anxiety and stress.



#### Drink Water

Make sure drinking water is always available as a no-calorie alternative to sugary drinks, and limit juice intake.

Be a role model! Eat healthy meals and snacks and get the right amount of physical activity every day.

Resources: <https://www.cdc.gov/nccdphp/dnpao/features/childhood-obesity/index.html>



Scan HERE for the  
Fitbit® answer

### Fitbit® Challenge Question

What is one way to limit screen time?

ANSWER HERE!



This information is meant to complement the advice & guidance of your physician and/or safety professional, not replace it.  
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