



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.



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.



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.

Health benefits of sleep: Sleep helps improve attention and reduces the risk of developing type 2 diabetes and even obesity later in life.



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. We welcome your comments, suggestions and input at well-connected@edwardsrisk.com

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