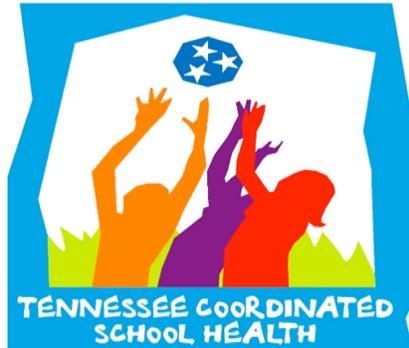


Shelby County Schools Coordinated School Health

September 2018



Suicide Prevention Month

How to become someone's lifeline....

Suicide is the 10th leading cause of death in the US and adults and kids are included in these alarming statistics.

How can you be a lifeline for yourself and for someone else:

How to Take Care of Yourself

1. Ask for help
2. Remember that this feeling can be overcome
3. Make a safety plan
4. Evaluate the relationships in your life

How to Help

1. Take your loved ones seriously
2. Learn the warning signs
3. Listen with empathy and provide support
4. Don't keep suicide a secret



Health Headline

Suicide

Prevention

Month

Childhood Obesity

Month (5210)

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Childhood Obesity Month (5210)



September 2018

Childhood Obesity Month (5210)

All it takes is a starting point....

Childhood Obesity Is a Major Public Health Problem

5210

- 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.

If we take the time to incorporate the 5210 challenge into our children's lives and encourage our students to do the same, this can be a starting point for healthier habits that will continue in adulthood.



Resources: <https://www.cdc.gov/features/childhoodobesity/>

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