

*September*

## National Childhood Obesity Awareness Month



One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news? Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and move more.

Make a difference for kids: Spread the word about strategies for preventing childhood obesity and encourage communities, organizations, families, and individuals to get involved.

### **How can National Childhood Obesity Awareness Month make a difference?**

We can all use this month to raise awareness about the obesity epidemic and show people how they can take steps toward a solution.

#### ***Here are just a few ideas:***

- Encourage families to make small changes, like keeping fresh fruit within reach or going on a family walk after dinner.
- Motivate teachers and administrators to make schools healthier. Help them provide healthy food options and daily physical activities for students.
- Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity.

### **How can I help spread the word?**

We've made it easier for you to make a difference. This toolkit is full of ideas to help you take action today. For example:

- [Add information about obesity prevention to your newsletter.](#)
- [Tweet about National Childhood Obesity Awareness Month.](#)
- [Host a community event where families can be active while learning about local health resources.](#)
- [Become a partner of \*We Can!\*](#), a national movement to help children ages 8 to 13 stay at a healthy weight.

