

HealthReach Community Health Centers

SEPTEMBER 2019



Childhood Obesity Awareness Month

Tips for reducing childhood obesity:

- Encourage small lifestyle changes.
- Increase physical activity.
- Work on balancing calories.
- Incorporate family walks into your daily routine.
- Drink water, offer healthy snacks and adjust portion sizes.
- Support programs like 5-2-1-0, which bring awareness to childhood nutrition and physical activity.
- *Speak with your provider!*

One in five children in the United States are obese.
Childhood obesity puts kids at risk for chronic health problems at an early age.

Resources:

<https://healthfinder.gov/nho/SeptemberToolkit.aspx>
<https://www.cdc.gov/healthyweight/children/index.html>
<https://mainehealth.org/lets-go>