

September

2018

National Childhood Obesity Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 September is National Childhood Obesity Awareness Month. See how to get involved: http://bit.ly/1MphSyL
2 One in 3 children in the United States are overweight or obese	3	4	5 Since 1980, childhood obesity rates have more than doubled. Help your child stay at a healthy weight. http://1.usa.gov/LOWoN	6	7 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.	8
9	10 Help your kids get active! Use these tips to reduce their screen time. http://1.usa.gov/69My6u	11	12	13 Check out these 10 tips to help preschoolers build healthy mealtime	14	15
16 Make sure your child gets at least 60 minutes of physical activity every day. Get tips: http://1.usa.gov/3wnZMI	17	18	19 Tip for parents: make a physical activity plan for the whole family. http://1.usa.gov/bg6vTr	20	21 	22
23	24	25	26	27	28	29
30						

For more information visit <https://www.cdc.gov/healthyschools/obesity/facts.htm>