

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 is that childhood obesity can be prevented! In honor of National Childhood Obesity Awareness Month, **Jasper School District** encourages your family to:

- Get active outside — walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time — keep inactive (sitting down) screen time to 2 hours or less a day.
- Make healthy meals — buy and serve more vegetables, fruits, and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.

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 action toward a solution — both at home and in the larger community. Here are just a few ideas:

- Encourage families to make small changes, like keeping fresh fruit within their children's reach or going on a family walk after dinner.
- Motivate teachers and administrators to make schools healthier by providing quality nutrition and making sure physical activity is a part of every student's day.