

## **Jasper School District Wellness Newsletter September 2015**

### **National Child Obesity Awareness Month**

Today, only 1 in 3 kids is physically active each day, contributing to high rates of childhood obesity in America. And when kids are active, they learn better, making it especially important to provide opportunities for kids to get moving.

#### **America's Obesity Epidemic**

- Today two-thirds of adults and nearly one-third of children struggle with overweight and obesity.
- If obesity rates stay consistent, by 2030, 51 percent of the population will be obese by 2030.
- Twenty years ago, no state had an obesity rate above 15 percent. Today there are 41 states with obesity rates over 25 percent, according to the Trust for American's Health.
- Since 1980, the rate of obesity in children and adolescents has almost tripled 72% of older men and 67% of older women are now overweight or obese.

#### **Obesity's Impact on America's Health**

- Obesity is linked to more than 60 chronic diseases.
- According to the American Cancer Society, 572,000 Americans die of cancer each year, about one-third of these cancer deaths are linked to excess body weight, poor nutrition and/or physical inactivity.
- Over 75 percent of hypertension cases are directly linked to obesity.
- Approximately two-thirds of U.S. adults with type 2 diabetes are overweight or have obesity.

### **How to change things??? What to do???**

#### **5-2-1-0 Let's Go!**

Let's Go! is a nationally recognized childhood obesity prevention program. The campaign partners with schools, child care and out-of-school programs, healthcare practices and community organizations to change environments where children and families live, learn work and play. They developed 5-2-1-0 as the foundation for change.

5 – fruits and veggies daily

2 – hours or less of recreational screen time daily\*

1 – hour or more of physical activity each day

0 – sugary drinks, more water

\* Keep TV/computer out of bedroom. No screen time under the age of 2. - See more at: [www.letsgo.org](http://www.letsgo.org)

### **GoNoodle**

GoNoodle's short desk-side physical activities help teachers manage their classroom and improve student performance. It encourages students to channel their energy in a positive way. The program consists of 3-5 minute brain breaks as well as longer "Rainy day" programs. It is a free program, and can be used by parents or teachers.

Additional resources:

[www.obesitycampaign.org](http://www.obesitycampaign.org)

[www.letsgo.org](http://www.letsgo.org)

[www.gonoodle.com](http://www.gonoodle.com)