



# SEPTEMBER 2020

## **National Childhood Obesity Awareness Month**

Approximately 19% of American youth between the ages of 2 and 19 are considered obese, according to the CDC. Public health officials have declared childhood obesity as an epidemic.

Overweight children are at a much greater risk for health problems now and in the future than children who are within a healthy weight range. The longer a child remains overweight, the greater the risk for developing serious long-term health problems like Type 2 diabetes, high blood pressure and high cholesterol.

Fortunately, childhood obesity can be prevented. Healthy eating and regular physical activity are both the prevention and the “cure” for overweight children. Prevention is easier and more effective when parents start early. Promote healthy eating and exercise habits at an early age, incorporate them into your family and reinforce them as your child grows. For more information, visit [www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease).

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### **Take Action**

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

#### **Week 1 (8/30-9/5) – Create a wellness plan**

*What do you want to improve this month? Set a short-term health goal and a plan for achieving it.*

#### **Week 2 (9/6-9/12) – Get started**

*Are you ready? Begin your plan and stick to it.*

#### **Week 3 (9/13-9/19) – Look for improvement**

*How are you doing? Think about what’s working with your plan and if you need to adjust it.*

#### **Week 4 (9/20-9/26) – Keep going**

*Are the adjustments helping? Continue with your revised plan and finish the month strong.*

#### **Week 5 (9/27-10/3) – Reflect**

*Did you reach your goal? Consider what worked with the plan and what should change next month.*