



September

2018

National Childhood Obesity Awareness Month

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

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