**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, the Granville nurses encourage you and your family to make healthy changes together.

### How can National Childhood Obesity Awareness Month make a difference?

**Here are just a few ideas:**

* Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
* Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing videos games) 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
* Encourage your family to make small changes, like keeping fresh fruit within reach or going on a family walk after dinner.

## **Have a Healthy Breakfast**

Make sure your family eats a healthy breakfast every day. In addition to being a good way to start the day, a nutritious breakfast can help prevent overeating and snacking later in the day. Offer children options like whole-grain cereal with low-fat or fat-free milk, oatmeal or fruit to start the day off right.

**Healthy Breakfast Ideas:**

* Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.
* Add strawberries, blueberries or bananas to whole-grain waffles, pancakes, cereal, oatmeal or toast.
* Top toasted whole-grain bread with a thin layer of peanut butter and sliced bananas.
* Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to an egg or egg white omelet.
* Incorporate canned, dried and frozen fruits and vegetables into your breakfast menu. Look for fruit without added sugar or syrups, and vegetables without added salt, butter or cream sauce.

## **Cut Back on Sugary Drinks**

Reducing your family’s sugar intake is as easy as making different choices about what your family drinks. Sugar-sweetened beverages are sources of liquid sugar that don’t fill us up. By drinking water instead of beverages with added sugar, your family will be one sip closer to better health.

**Ideas for Healthier Drinks:**

* To get more vitamins and minerals, switch to low-fat milk or 100% fruit juice.
* To decrease sugar intake, switch to water or dilute 100% fruit juice.

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