



# September is Childhood Obesity Awareness Month.....



One in 3 children in the United States are 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? Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and get more active. Make a difference for kids: spread the word about strategies for preventing childhood obesity and encourage communities, organizations, families, and individuals to get involved.

## Find More Information

- [The American College of Sports Medicine](#)   
National Childhood Obesity Awareness Month Sponsor
- [How Much Physical Activity Do Children Need?](#)  
Centers for Disease Control and Prevention
- [8 Healthy Eating Goals](#)  
The President's Council on Fitness, Sports & Nutrition
- [Learn the Facts](#)  
*Let's Move!*
- [Childhood Overweight and Obesity](#)  
Centers for Disease Control and Prevention
- [Tips for Getting Active with Your Family](#)  
*Let's Move!*
- [MyPlate Kids' Place](#)  
United States Department of Agriculture
- [Healthy Weight Basics](#)  
National Heart, Lung, and Blood Institute
- [Nutrition Tools and Resources](#)  
National Heart, Lung, and Blood Institute
- [Campaigns and Informational Approaches to Increase Physical Activity](#)   
Community Preventive Services Task Force