

Keep Kids Fit, Visit www.partnering4health.org

(NAPSA)—One in five school age children is obese—but yours don't have to be. Learn how you can join the nationwide effort to prevent and control chronic diseases at www.partnering4health.org, supported by SOPHE.



Chronic Diseases Cause 7 Out of 10 Deaths Each Year Preventing Childhood Obesity

Obesity is a major contributor to chronic diseases and premature death. Children who become obese are at risk to remain so throughout their lives.

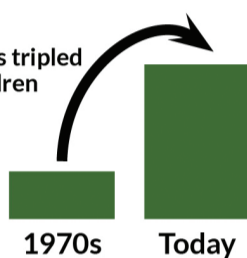


1 in 5

School-aged children
(ages 6–19) are obese¹

¹ Journal of the American Medical Association, 2016

Obesity has tripled
in U.S. children
since the
1970s²



² National Center for Health Statistics, 2014



Control Portions & Eat Healthy Foods

Kids are more likely to enjoy eating a healthy meal if they have helped to plan and prepare it. Suggest combining your child's favorite foods with fruits and vegetables. If ordering pizza, add broccoli or pineapple toppings. If making tacos, try adding sliced avocado or shaved carrots and zucchini.

Get Outside & Increase Movement

Get outside with your child and play an active game. Whether you do geocaching, use a map on a smartphone to explore a neighborhood, have a family football game, or do some other fun activity, being active builds healthy bodies.



Get Regular Checkups & Follow Your Doctor's Advice

Make sure that kids and teens get to the doctor for regular checkups and vaccinations. Many health care providers now offer online tools and reminders to help you stay on track. Local WIC and health departments offer free or low cost exams to those who qualify.

Join the nationwide effort to prevent and control chronic diseases
#Partnering4Health



Don't just spin and fidget. Visit
Partnering4Health.org

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