

Children's Health

Taking A Stand Against Obesity

(NAPSA)—Across the nation, parents are taking a stand against obesity and the unhealthy eating habits that have become common in our homes. More and more parents are seeing that what they eat has an effect on their kids' health.

This movement for healthy change is helping to make sure our kids have a healthy future. Research shows that kids whose parents are overweight or obese are at a higher risk for becoming obese themselves. In fact, a study in *The Journal of Pediatrics* found that four in five obese youths with an obese parent will become obese adults.

Eating right is a great way to get your family on the road to a healthy life. And making half your plate fruits and vegetables and being physically active every day can help you get there. And it may also help lower the risk of obesity and type 2 diabetes.

The sooner you start making healthy changes, the better! Try some of these tips from the *Network for a Healthy California*, which works to empower everyone to lead healthier, more active lives. Use these tips to help get your family on the way to better health.

Tips to Help Take a Stand Against Obesity

- Set a healthy example. Your kids pay attention to what you do more than what you say. Show your kids that you eat and enjoy vegetables at every meal and they are likely to follow your lead.

- Cut down on the amount of sugar and salt you eat. Look at nutrition labels to make healthier choices. Flavor your meals with



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herbs, lemon juice or natural spices and seasonings instead of salt.

- Limit the number of times your family eats out each week to save on calories and money. When you do eat out, pick lower-calorie meals. Grilled items, salads and fruit cups are all great choices.

- Make sure your family moves every day for a healthier life. Try a few fun activities the family can enjoy together, such as taking a walk each night after dinner or dancing around the house.

- Take a stand against obesity. Healthy eating and activity help reduce the risk of obesity and obesity-related diseases. Studies published in the *Annals of Internal Medicine* show that having a normal weight reduces the risk of developing type 2 diabetes by 60 to 70 percent.

You can find more tips, resources and healthy recipes at www.CaChampionsForChange.net and www.Facebook.com/NetworkForAHealthyCalifornia.