



September is National Childhood Obesity Month

One in 5 children in the United States has obesity. 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. **National Childhood Obesity Awareness Month** provides a chance for all of us to learn more about this serious health condition. While there is no simple solution, there are many ways communities and families can support children with their journey to good health.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, Siskiyou County Public Health encourages your family to make healthy changes together.

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 video 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. For more information and resources visit: <https://www.cdc.gov/features/childhoodobesity/index.html>
Or <http://calfresh.dss.ca.gov/healthyliving/Home>

Tips of the Month



Fresh salsa is a fun way to add more veggies to a meal or snack. Make your own by mixing tomatoes, jalapenos, cilantro, and onions. Pair with a small serving of whole-grain tortilla chips or raw veggies.

Have a vegetable at breakfast.

Most people save their veggies for dinner, but it's healthful to think outside the cereal bowl and veg out at breakfast. For example, add a sliced tomato to your cheese sandwich or some mushrooms to your eggs.

Get inspired! Cut calories and add a boost of nutrition by replacing pasta noodles with spiralized veggies!! Zucchini, carrot, beet, and butternut squash noodles are some favorites!

Chew your food.....take the time to chew each bite 20 times.