



Health and Wellness Tip of the Week - Week 41

October 13, 2014

Monthly Topic

During October, *Children's Health Month*, help fight the childhood obesity epidemic with tips for healthy eating and facts about this problem

Child Obesity

Childhood obesity is a growing problem with one in five children now overweight. These children are more likely to be bullied, have health and sleep problems and low self-esteem. It is now one of the most common problems seen by pediatricians. Schedule your child's yearly exam and ask the doctor how to keep weight and health in check.

Sources: The Obesity Society; U.S. Department of Health and Human Services



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630