



Health and Wellness Tip of the Week - Week 42

October 20, 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

Weigh The Facts

One out of five children and teens in the U.S. are obese. Those extra pounds put kids at risk for getting serious health problems, including diabetes, heart disease and asthma. Childhood obesity also takes an emotional toll that can lead to low self-esteem, negative feelings about your body and even depression.

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



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