



*The Maryland State Medical Society*

**News: For Immediate Release**

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## **MEDCHI IS PARTICIPATING IN NATIONAL CHILDHOOD OBESITY AWARENESS MONTH**

BALTIMORE, September 30, 2019 — MedChi and its affiliate Sugar Free Kids, are participating in National Childhood Obesity Awareness Month by encouraging your family to make healthy changes together.

Sugar Free Kids Maryland is a diverse coalition working to protect Maryland children from type 2 diabetes, heart disease, and tooth decay so they can live long, healthy lives. The coalition points to sugary drinks as the prime culprit of these chronic diseases:

- Sugary drinks contribute more calories and sugar to our children's diet than any other single source.
- Sugary drinks contribute more calories and added sugars to our diets than any other food or beverage and daily consumption is strongly linked to higher childhood obesity and type 2 diabetes rates (Institute of Medicine, 2012).

One in 3 children in the United States are overweight or obese. There are no simple solutions for preventing childhood obesity, but there are many ways communities and families can support children with their journey to good health.

Make sure you and your family establish good eating habits and are eating healthy meals. Buy and serve more vegetables, fruits, and whole-grain foods. In addition to diet, limit screen time to 2 hours or less a day and get active outside. Walk around the neighborhood, go on a bike ride, or play basketball at the park.

MedChi President, Dr. Benjamin Stallings, states "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. The good news is that in most cases childhood obesity can be prevented with a few small steps."

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).