



The Maryland State Medical Society

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SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

BALTIMORE, September 1, 2013 — One in 3 children in the U.S. is overweight or obese. 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 childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, MedChi encourages your family to:

- Get active outside — walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time — keep inactive (sitting down) screen time to 2 hours or less a day.
- Make healthy meals — buy and serve more vegetables, fruits, and whole grain foods.
- Encourage families to make small changes, like keeping fresh fruit within their children's reach or going on a family walk after dinner.
- Motivate teachers and administrators to make schools healthier by providing quality nutrition and making sure physical activity is a part of every student's day.
- Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity.

Taking small steps as a family can help your child stay at a healthy weight.

Dr. Brian Avin, President of MedChi, states “We can all use this month to raise awareness about the obesity epidemic and show people how they can take action toward a solution — both at home and in the larger community.”

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.