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Quality Care For Kids

A newsletter for Boone and Story Counties Child Care Providers

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Childhood Obesity Awareness Month

September is National Childhood Obesity Awareness Month. According to the CDC, 1 in 5 children in America are obese - this equates to 19% of US children!

- Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease.
- Children with obesity can be bullied and teased more than their normal weight peers. They are also more likely to suffer from social isolation, depression, and lower self-esteem.
- Children with obesity are more likely to have obesity as adults.

Many factors can have an impact on childhood obesity, including eating and physical activity behaviors, genetics, metabolism, family and home environment, and community and social factors. For some children and families, obesity may be influenced by the following:

- too much time spent being inactive
- lack of sleep
- lack of places to go in the community to get physical activity
- easy access to inexpensive, high calorie foods and sugary beverages
- lack of access to affordable, healthier foods.

Parents and child care providers can help prevent childhood obesity by the following:

Provide nutritious, lower-calorie foods such as fruits and vegetables in place of foods high in added sugars and fats. Less sugary foods and drinks can also help to improve oral health!

Make sure drinking water is always available both inside and outdoors.

Children (and adults) need physical activity daily! Children should get one hour or more of active play each day.

Be a role model! Eat healthy meals and snacks, and be engaged in active play.

Limit screen time and no screen time for children under age 2 years.

For more information go to <http://www.iowahealthieststate.com/resources/individuals/5210/> and www.qonapsac.org or ask your local CCNC for tips on fun physical activities and healthy eating.

COVID-19 Resources

Iowa Department of Human Services

<https://dhs.iowa.gov/COVID19>

Iowa Department of Public Health COVID-19

<https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>

Healthy Child Care Iowa

<https://www.idph.iowa.gov/hcci/products>

Centers For Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcareguidance-for-childcare.html>

Child Care Resource and Referral

<https://iowaccrr.org>



Photo: CDC

Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs.



<https://earlychildhood.iowa.gov/>

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