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PROGRAMS TO PREVENT CHILDHOOD OBESITY

September marks the start of National Childhood Obesity Awareness Month, a time for us to encourage America’s children to develop healthy habits that can last a lifetime.

Over the past 30 years, the childhood obesity rate in America has almost tripled. According to the Centers for Disease Control (CDC), in 2010, approximately 17 percent of children and adolescents aged 2-19 years were already obese. For Frederick County the rate is 17.4 percent. Children and teenagers who are obese are more likely to become obese adults. Overweight and obese youth are at greater risk of developing serious adult health problems such as heart disease, type 2 diabetes, stroke, certain types of cancer, and osteoarthritis.

All kids deserve to experience the positive health benefits of daily physical activity and healthy eating, and have those opportunities available to them. Frederick County is answering the call with a wide range of initiatives underway.

One example is the “Growing Healthy Kids – A Learning Day for Child Care Providers” conference on Saturday, October 6, at Frederick Community College. This interactive event will provide professional development in the Health, Safety & Nutrition Core of Knowledge areas required for child care licensing. The full-day event will feature presentations by area pediatricians, dietitians, and physical education teachers. For a registration form call Child Care Choices at 301-695-4549 or visit the website www.childcarechoices.info. Registrations must be postmarked or faxed by September 25. Phone reservations will not be accepted.

Another is a workshop we offer “Preventing Child Obesity.” The class addresses the underlying nutrition imbalances in the typical American youth diet which interfere with development of healthy habits. Using national nutrition surveys and evidence based research participants learn practical tips on how to prevent the development of child obesity. To schedule a class contact our office at 301-600-1599.
To learn more about National Childhood Obesity Awareness Month or for tips on how to help your kids lead healthy lifestyle visit:
http://www.fitness.gov
http://www.nih.gov/wecan
http://www.cdc.gov/obesity/childhood/
http://www.letsmove.gov
http://www.health.gov/dietaryguidelines/

For more information about the University of Maryland Extension Frederick County Office check out our website http://Frederick.umd.edu/ The University of Maryland Extension programs are open to all citizens without regard to race, color, gender, disability, religion, age, sexual orientation, marital or parental status, or national origin.

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