

SEPTEMBER 2017

Provided by: Sullivan Benefits

National Childhood Obesity Awareness Month

According to [The State of Obesity](#), a project of the Trust for America's Health and the Robert Wood Johnson Foundation, approximately 17 percent of American youth between the ages of 2 and 19 years old are considered obese. Public health officials have declared childhood obesity as an epidemic.

Overweight children are at a much greater risk for health problems now and in the future than children who are within a healthy weight range. The longer a child remains overweight, the greater the risk for developing serious long-term health problems like Type 2 diabetes, high blood pressure and high cholesterol.

Fortunately, childhood obesity can be prevented. Healthy eating and regular physical activity are both the prevention and the "cure" for overweight children. Prevention is easier and more effective when parents start early, so promote healthy eating and exercise habits at an early age, incorporate them into your family and reinforce them as your child grows.

For more information, visit www.coam-month.org/.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Childhood Cancer Awareness Month Fruits and Veggies Month—More Matters Month Healthy Aging Month National Atrial Fibrillation Awareness Month National Childhood Obesity Awareness Month National Food Safety Education Month National ITP Awareness Month		National Pediculosis Prevention Month/Head Lice Prevention Month National Preparedness Month National Recovery Month National Sickle Cell Month National Traumatic Brain Injury Awareness Month National Yoga Awareness Month Newborn Screening Awareness Month			Ovarian Cancer Awareness Month Pain Awareness Month Prostate Cancer Awareness Month Sepsis Awareness Month Sexual Health Awareness Month Sports Eye Safety Month Whole Grains Month World Alzheimer's Month	
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
World Suicide Prevention Day National Suicide Prevention Week (10-16)			National Celiac Disease Awareness Day			
17	18	19	20	21	22	23
	National HIV/AIDS and Aging Awareness Day National Farm Safety & Health Week (18-24) Malnutrition Awareness Week (18-22)	Get Ready Day	National School Backpack Awareness Day	Rape, Abuse & Incest National Network (RAINN) Day	Falls Prevention Awareness Day	
24	25	26	27	28	29	30
Family Health and Fitness Day USA	Sport Purple for Platelets Day		National Women's Health and Fitness Day	World Rabies Day	Yom Kippur Begins World Heart Day	Yom Kippur Ends

Sullivan Benefits

33 Boston Post Road West Suite 120 Marlborough, MA 01752
 Tel: 508-278-1730 <http://www.sullivan-benefits.com>