

NEWS RELEASE

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For More Information, Contact:
Cheri Kiefer
Division of Nutrition and Physical Activity
Phone: 701.328.4568
E-mail: ckiefer@nd.gov

September is National Childhood Obesity Awareness Month

Bismarck, N.D. – One in three children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems usually 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 observance of National Childhood Obesity Awareness Month, the North Dakota Department of Health (NDDoH) Nutrition and Physical Activity Program is encouraging families to take the following small steps to achieve and maintain a healthy weight:

- **Be active outside:** Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- **Limit screen time:** Keep screen time (time spent on a computer, watching TV, or playing video games) to two hours or less a day.
- **Make healthy meals:** Buy and serve more vegetables, fruits, and whole-grain foods.

Cheri Kiefer, Healthy Communities Coordinator, said, “Children should be physically active at least 60 minutes most days of the week, preferably daily. Activities can include walking, bike riding, running, or swimming. Parents should encourage children to eat more vegetables, fruits, whole-grain products, and to drink more water while limiting sugar-sweetened beverages. Small changes every day can lead to a recipe of success!”

Additional resources that can help families take action in the fight against childhood obesity are available at <http://www.cdc.gov/nccdphp/dnpao/#Exercise> .

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600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: health@nd.gov

Visit the health department home page at www.ndhealth.gov.