



PARENT CONNECTION



THIS IS SCARY...

41 MILLION KIDS UNDER 5 ARE OVERWEIGHT WORLDWIDE

We know childhood obesity is an epidemic in the U.S. But now, a new startling statistic about obese kids worldwide truly puts the scope of the problem into harsh perspective.

The Commission on Ending Childhood Obesity, which is part of the World Health Organization, released a report saying that worldwide, an astounding 41 MILLION children UNDER the age of 5 are now obese or overweight. That number has risen significantly from 1990.

As a result of this finding, the independent panel is urging governments, educators, agribusiness, and food marketers to take responsibility for their part in ending the childhood obesity epidemic. Specifically, the panel is pushing for "effective taxation on sugar-sweetened beverages" and wants school policies to promote a healthy diet and exercise.

Parents also have to own up to their role in their children's health. As the commission's co-chair Peter Gluckman commented, "It's not the kids' fault. You can't blame a 2 year old child for being fat and lazy and eating too much." Strong words but the fact that so many children worldwide are not getting enough exercise, and are eating processed foods loaded with sugar and fat is a very serious problem. Lifelong health problems can stem from living at an unhealthy weight; diabetes, heart disease, and cancer are just a few diseases for which obesity ups one's risk.

It's about education, and making sure parents know what foods are going to nourish their children, instead of essentially poisoning them. But of course it's an economic problem as well. It's frightening that a McDonald's Happy Meal costs far less than fresh, organic produce. The problem is so huge, and so daunting. We simply can not give up; our children's lives depend on us continuing to fight this epidemic. As parents, we need to think about what foods we are buying to feed our families, and to ensure our children are getting enough physical activity. WE NEED LEAD BY EXAMPLE!

SPRING 2016

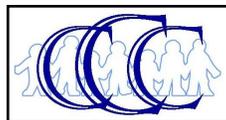
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ACTIVIES FOR SPRING

- Make a Bird Feeder*
- Plant a Garden*
- Sleep outside*
- Go to a farmer's market*
- Go bird watching*
- Play in the Rain*
- Plant flowers*
- Fly a kite*
- Go for a hike or bike ride*
- Build a bird house*
- Check out the clouds*
- Visit a farm*
- Pick strawberries*
- Go fishing*

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