



Fact Sheet

Growing Healthy Kids

One in five children today struggles with childhood obesity. These children are more likely to be bullied and face stigma. They are more likely to grow up to be adults with obesity. They are at higher risk of lifelong physical and mental health issues, like diabetes and certain cancers.

Childhood obesity is a major public health problem.

There are many factors that influence childhood obesity. Parents and caregivers can help overcome these factors and prevent childhood obesity by supporting healthy growth and balanced energy.

- Establish a regular bedtime so children can get plenty of sleep.
- Limit time with digital devices, especially before bedtime.
- Provide opportunities for daily physical activity. This may include organized sports or simply a game of tag, jumping rope, hopping, skipping, running – anything that gets them moving!
- Help children eat the right amount and the right type of healthy calories. Provide healthy fruits and fresh vegetables for snacks. Provide healthful, homemade meals with a healthy balance of proteins, carbohydrates, fats and oils.
- Encourage kids to drink water instead of sugary juices or soda.

Preventing childhood obesity and helping our kids grow up healthy starts at home, but it requires the support of our whole community. Working together, we can help make healthier food and drinks the easier choice for kids. We can encourage them to put digital devices down and get moving!

The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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