



# Childhood obesity

“Quick and easy” seems to be the mindset of many people today. Fast food, television, and video games often replace proper nutrition and exercise. Busy families have fewer free moments to prepare nutritious, home-cooked meals. Helping kids choose healthy lifestyles begins with parents who lead by example, so look for ways to change your family’s eating and exercise habits. It could prevent your child from becoming overweight.

**See the reverse side for more about obesity prevention.**



# Preventing childhood obesity

- Be aware of hunger cues. Reinforce the idea that your child should only eat when hungry.
- Do not stop bad behavior with sweets or treats. However, eliminating all sweets may cause kids to sneak them on their own or overeat them outside of home, so a snack every now and then is okay.
- Increase the amount of home-cooked meals to help create a healthier lifestyle.
- A body mass index (BMI) calculator uses height and weight to estimate your child's body fat. Check your child's BMI and determine if he or she is in a healthy range. Also, talk to your doctor about your child's weight.
- Take your kids to the grocery store to make good food choices and make healthy recipes.

For more information, visit  
**[cardinalglennon.com](https://www.cardinalglennon.com)**

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

