

September is National Childhood Obesity Month

September is considered **National Childhood Obesity Awareness Month** and the Centers for Disease Control and Prevention reminds us that **there are many things that we can do to support healthy growth in children** and prevent childhood overweight and obesity.



Childhood Obesity is a Serious Public Health Issue But Can Be Prevented

Almost 20% of all children in the United States are obese. In children, a child's

Body Mass Index, or BMI, is used to determine their weight status category. Children whose BMI percentile is 95 or greater is considered obese and at a level where the child is more likely to have, or be at risk for developing, adverse health outcomes and/or diseases. BMI is calculated by dividing a person's weight in kilograms by the square of their height in meters. While individuals might be able to calculate their BMI themselves, trained professionals should conduct health assessments to determine an individual's health status and risks.

Children who are overweight or obese are more at risk to have the following:

- High blood pressure and cholesterol, factors linked to cardiovascular disease
- Type 2 diabetes
- Problems breathing, like asthma and sleep apnea
- Joint and musculoskeletal discomfort
- Fatty liver disease and other gastro-related problems

Not only can obesity affect a child physically, an obese child may suffer from anxiety and depression, low self-esteem, and social problems such as bullying.

How to Maintain a Healthy Weight

There are tips for children and adults alike to help maintain a healthy weight. However, **children who are obese are more likely to become obese adults**. So, maintaining a healthy weight early on can help prevent severe diseases later on in life in adulthood.

Eating healthy food, being physically active, and getting a good night's sleep are all part of a healthy weight plan. Parents and caregivers should focus on serving children nutrient dense foods such as vegetables and fruits, whole grains, lean protein, and low-fat and fat-free dairy products.

The Physical Activity Guidelines for Americans recommends children between 6-17 years of age engage in at least 60 minutes of moderate to vigorous activity a day. Younger children should be encouraged to be physically active throughout the day for healthy development.

Studies have shown a strong association between sleep and childhood obesity. Children who received more hours of sleep a night were less likely to be obese than children who received less hours of sleep a night.

Sources: CDC | Harvard School of Public Health

Pizzadillas with Red Sauce



Prep Time: 10-15 minutes

Serves: 4, Serving Size: 1/2 a pizzadilla

WHAT YOU NEED:

- 4 whole-wheat tortillas (8 inches)
- 2/3 cup fresh or frozen spinach, finely chopped
- 2/3 cup part-skim shredded mozzarella
- 1 cup marinara sauce (homemade or from the store)
- Cooking spray
- A 10-12" skillet
- Thin spatula (metal preferred)

WHAT TO DO:

1. Lay 2 tortillas on a flat surface and divide spinach and cheese between the tortillas.
2. Top with the other 2 remaining tortillas.
3. Place skillet over medium heat. Lightly coat skillet pan with cooking spray.
4. Gently slide 1 pizzadilla into the skillet and cook until golden brown on one side (~1-2 minutes).
5. Using a thin spatula, gently flip the pizzadilla and cook for another 30-60 seconds, or until cheese is melted.
6. Remove pizzadilla from pan and cut into triangles. Repeat with remaining pizzadilla.

The Banuelos' Start a Garden! And You Can, Too!



New **Central City Park Community Garden** Leaser, Erika B., decided to grow her own fruits and veggies at the new Community Garden because she remembers when her mom used to garden, and she really enjoyed helping her. She was also looking for something to do during the pandemic. With the help of family, she currently grows cantaloupe, watermelon, tomatoes, sweet basil, and eggplant in her garden. What does health mean to Erika? *"Health is something we value in our family. Exercise and healthy eating is something that is encouraged... This pandemic specially reminded us of how important [it] is to take care of oneself and others."* Erika also shares *"how rewarding it is to start your own vegetable garden along with other people in the community"* and encourages others to get their own plot. To learn how you can **lease your own plot at the Community Garden**, visit [the City's Garden Plots page](#) or call the Cypress Neighborhood Center at 909-349-6988.

7. Serve with marinara sauce for dipping.

Notes: Pizzadillas are great warm from the skillet or cold, packed for a meal with a container of sauce for dipping. Wrap and refrigerate leftovers.

Source:

Nemours KidsHealth Website for Parents

Mark Your Calendars for these Upcoming Events!

- FREE COVID-19 Testing and Vaccines - ongoing
- 9/11: FREE Fontana Walks! community walk at Fontana Park, 7:00am - Come in red, white, and blue in memory of this historical event!
- 9/18: Healthy Fontana will host a booth at a Hispanic Heritage Celebration at Miller Park
- 9/24: FREE Fontana Walks! community walk at Steelworkers' Auditorium, 6:00pm

Connect with Healthy Fontana!

Community Services Department

16860 Valencia Avenue | Fontana, CA 92335

Healthy Fontana Hotline (909) 350-6542

www.healthyfontana.org | healthy@fontana.org

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