

# SEPTEMBER**NEWS** 2021

Empowering you with information for  
your emotional and physical wellbeing

## Childhood Obesity Awareness Month

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**20% of children and adolescents in the U.S. are overweight. Childhood obesity increases the risk for short and long-term health outcomes.**

Unhealthy weights may result in serious medical problems in childhood including type 2 diabetes, high blood pressure and cholesterol, bone and joint problems or respiratory problems such as asthma and sleep disorders. Being overweight or obese in childhood can also result in psychological difficulties.

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## Childhood Obesity Awareness



Focus on good health not a certain weight goal. Weight loss is not a good approach. The goal for children who are overweight is to reduce the rate of weight gain while allowing normal growth and development.



Discourage eating while watching TV. Mealtimes should be device free. Eating in front of the TV or computer may make it difficult to pay attention to feelings of fullness and may lead to overeating.



Efforts to prevent obesity should begin early. Help new eaters try different foods and new tastes. Give babies veggies or meat first when they're hungry instead of fruit. It can take 10 to 15 times over several months before they eat it.



Make the most of snacks. Continuous snacking may lead to overeating. Plan healthy snacks at specific times. Include two food groups, for example, apple wedges and whole grain crackers.



Children are very visual, and when they're hungry, they want it to be easy to eat. Make fruits and veggies available and easy to see. Have veggies cut up and on display in the refrigerator, or fruit on the counter so kids see them first when hunting for a snack.



93% of children didn't meet the daily recommendation for veggies and 60% didn't have enough fruit. Recommendations for the amount of fruit and vegetables children should eat are based on a child's age, gender, and level of activity.

## Tips to Get Healthy

### FOCUS ON FAMILY

*Do not set overweight children apart. Involve the whole family and gradually change the family's physical activity and eating habits.*

### MAKE A MOVE

*Participate in family physical activity time on a regular basis, such as walks, bike rides, hikes, and active games.*

### BREAKFAST OF CHAMPIONS

*Children and adolescents who eat a healthy breakfast have more favorable weight-related outcomes (e.g., lower BMI, decreased risk of obesity) than those that skip breakfast.*

### SCREEN TIME VS. LEAN TIME

*Limit the time children watch television, play video games, or surf the web to no more than 2 hours per day. Increase daily physical activity to at least 60 minutes.*

### FAMILY TIES

*Remember that children imitate adults. Start adding activity to your own routine and encourage your child to join you.*

### GOODNIGHT MOON

*Children need more sleep than adults. Too little sleep is associated with obesity because it makes us eat more and be less physically active.*

# Tips & Tricks for Adding Fruits & Veggies to Your Diet

You know that it's important for children to limit sugar and eat fruits and vegetables, but getting them to actually do so can be a challenge. Here are some tips and tricks to help you get those nutritious fruits and veggies into your child's diet:

## Cut Costs & Calories

The average family spends around \$1000 a year on soft drinks and sports drinks alone. Limit sugary drinks and choose water or seltzer and put colorful fresh fruit in it instead.

## Sneak in Healthy Items

Instead of butter or sour cream in mashed potatoes, use low-fat or nonfat Greek yogurt. Replace up to a quarter of the butter or oil you'd use in baking with applesauce for muffins or brownies.

## Fruits & Veggies can be Fun & Healthy

Arrange with a theme – like a rainbow pizza loaded with colorful veggies. Even better, get the kids to help shop and make easy and fun snacks like “ants on a log” celery stuffed with nut butter and topped with raisins or chia seeds.

## Get Shredded

Grab a box grater or the grating attachment on your food processor to shred zucchini, beets, carrots or parsnips to add to all sorts of recipes. Add a vegetable serving to your favorite whole grain muffins and quick breads by mixing shredded zucchini into your batter before baking.

## Get Cheesy

Cooked and pureed orange vegetables like butternut squash, sweet potatoes and carrots can be blended, unnoticed, into cheesy dishes we all love like macaroni and cheese, lasagna, or baked enchiladas. You end up using less cheese, which cuts some of the saturated fat and sodium.



## The 5-2-1-0 Rule

### RULE 5

**5 or more servings of vegetables and fruit per day.** Vegetables and fruits contain many nutrients that a child's body needs and they should be taking the place of high-calorie, nutrient-poor food from a child's daily food menu.

### RULE 2

**2 hours of screen time or less per day.** Children who watch more than 2 hours of recreational screen time (TV, computer, video games) per day have double the incidence of overweight and obesity when compared to children who watch less than 1 hour per day.

### RULE 1

**At least 1 hour of activity per day.** More than half of 5-17 year olds are not reaching activity levels sufficient for optimal growth and development. Encourage your child to be active!

### RULE 0

**No sugary drinks.** Provide your child with plain milk and water to drink. Give your child fresh fruit instead of juice. Pack water in your child's school lunch instead of a juice box.





## National Recovery Month Suicide Awareness Month

September is National Recovery Month as well as Suicide Awareness Month. Addiction and depression have a very close relationship and can affect anyone regardless of age, gender, or background. More than 90% of people who fall victim to suicide suffer from depression. National Recovery Month highlights those actively using mental health services and substance use treatment for recovery and those services and treatments are also part of suicide awareness and prevention.

### *- Recovery is for Everyone: Every Person, Every Family, Every Community. -*

Recovery is continued growth and improvement in health and wellness but may involve setbacks. Setbacks are a natural part of life; persistence is a key part of recovery. Four things support recovery:

**Health**—overcoming or managing one's physical and mental disease(s) or symptoms to make healthy choices for physical and emotional well-being.

**Home**—having a stable and safe place to live.

**Purpose**—participating in meaningful daily activities, having the independence, income, and resources to participate in society.

**Community**—having relationships and social networks that provide support to you and you provide to others.

### Reasons why recovery isn't a one size fits all:

- » Recovery, like life, is a journey, not a destination. People don't all struggle with the same addictions, so they won't all recover in the same way.
- » Some people quit "cold turkey"; others use Medication Assisted Treatment (MAT) which can help detox, stabilize, and prevent risk of relapse.
- » Introverts and extroverts might have different recovery needs. Different types of support groups work for different people.
- » Everyone will not need inpatient treatment overseen by a medical team. An intensive outpatient program (IOP) plus ongoing aftercare might be a better fit. Don't self-diagnose – or diagnose a loved one. Get an assessment from a doctor or a psychiatrist who has experience treating substance use disorders.

If you or a loved one would like more information about mental health or substance use or need support to start or continue the recovery path, contact your employer's employee assistance program and/or primary care doctor.

For information on suicide awareness and prevention call the U.S. National Suicide Prevention Lifeline 800-273-8255.

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## Don't miss our September webinar



*This Month's Featured Webinar*

### **Suicide Prevention and Awareness**

**Wed, Sept 8, 2021 12:00 PM - 1:00 PM PDT**

Suicide affects people from all walks of life. Knowing the warning signs and risk factors for suicide and feeling confident about how to help someone who is at risk, could be the difference between life and death. Join us for this important session, where we will: differentiate myths from facts, identify risk factors and warning signs, review questions to ask and steps to take to provide supportive resources and strategies.

**Register using the link below**

<https://www.ibhsolutions.com/september-webinar-2021/>