

September Health and Wellness Observances

The Health & Well-being Interest Group has reviewed several sources of information on national health-related observances held throughout the year, with the objective of selecting activities of interest to our employer members. These tools, educational resources and other relevant information are shared with our members in advance to support their workforce education and communication activities. The spotlighted observances for September appear below and in the Members Only section at www.gpbch.org.

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

According to the [Centers for Disease Control and Prevention \(CDC\)](http://www.cdc.gov), **one in 5 children** in the United States is considered **obese**. Childhood obesity puts kids at risk for developing asthma, sleep apnea, bone and joint problems, type 2 diabetes, as well as other health issues. While there is no simple solution, there are [many ways](#) parents and caregivers can help children reach a healthy weight!

Kid's Healthy Eating Plate

Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients—both mac-ro-nutrients ([carbohydrate](#), [protein](#), and [fat](#)) and micronutrients ([vitamins](#) and minerals). The Kid's Healthy Eating Plate, created by the Harvard School of Public Health, provides a blueprint to help us make the best eating choices. Along with filling half of our plate with colorful **vegetables** and **fruits** (and choosing them as snacks), split the other half between **whole grains** and **healthy protein**. This is a very useful resource as they break down each of the suggested food categories and provide great detail on WHY they're important for aiding children in staying healthy. <https://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate/>



There are many benefits to be had from **making changes to curb childhood obesity** and these changes start in the home. Here are some [simple steps you can take](#): Eat together as a family, Be a role model, Limit high fat and high sugar foods, Limit screen time to 2 hours or less and Promote physical activity.

Physical Activity Basics – Children & Adolescents

The evidence is clear—physical activity can make you feel better, function better, and sleep better. Even one session of moderate-to-vigorous physical activity reduces anxiety, and even short bouts of physical activity are beneficial. Being physically active also fosters normal growth and development, improves overall health, can reduce the risk of various chronic diseases. Visit the CDC's page on [Physical Activity Basics](#) to learn more about the following: [How much physical activity do children need](#), [Making physical activity a part of a child's life](#), and [Aerobic, muscle- and bone-strengthening: what counts for school-aged children and adolescents](#).

Additional Resources:

[About Child & Teen BMI](#)

[Drinking Water & Intake](#)

[Good Nutrition Starts Early](#)

[HALF Implementation Guide](#)

[Click here to access the update September Spotlighted Observance](#) – Kid's Healthy Eating Plate. This document is a ready-to-distribute flyer for your employees and colleagues.

NATIONAL RECOVERY MONTH

National Recovery Month (Recovery Month), sponsored by the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible. <https://recoverymonth.gov/>

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. The observance reinforces the positive message that **behavioral health is essential** to overall health, prevention works, treatment is effective, and people can and do recover.

<https://www.naadac.org/national-recovery-month>

SAMHSA Programs & Campaigns: SAMHSA's programs and campaigns offer information, training, and technical assistance to improve the quality and delivery of behavioral health services across the nation. To learn more, visit: <https://www.samhsa.gov/programs>.



Need to locate a behavioral health treatment center? SAMHSA

offers a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems:

<https://findtreatment.samhsa.gov/>.

National Recovery Month

Every Person. Every Family. Every Community.



SAMHSA
Substance Abuse and Mental Health
Services Administration