

## Public Health Toolkit **SOCIAL MEDIA**



### Childhood Obesity

**POST:** Concerned about a child's weight? Assessing obesity in children is difficult because children grow in unpredictable spurts. Parents, before making changes to your child's diet or physical activity, check with your health care provider. They can use the child's height and weight relative to their growth history to make a determination.

<http://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**TWEET:** Parents: avoid changes to a child's diet based on perceptions of overweight. Speak with your child's provider first. <http://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**POST:** Did you know that a weight loss diet is not a good approach for young children who are overweight, since their bodies are growing and developing? A restrictive diet may not supply the energy and nutrients needed for normal growth and development. Children who are overweight should not be put on a weight loss diet unless a physician prescribes it for medical reasons. Get the support you need as a parent. <http://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**TWEET:** Weight loss is not a good approach for young kids with overweight since they're growing & developing. Get the facts. <http://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**POST:** In our fast-paced, fast food world, portion size can be hard to determine. Learn more about what defines one serving. <http://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**TWEET:** In our fast-paced, fast food world, portion size can be hard to determine. Learn more about what defines one serving. <http://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**POST:** Kids love snacks, but continuous snacking may lead to overeating. Plan healthy snacks at specific times. Include two food groups (such as apple wedges and whole grain crackers) and focus on maximum nutrition (fruits, vegetables, grains, low-sugar cereals, low-fat dairy products, lean meats and meat alternatives). Get more healthy snacking tips at:

<http://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**TWEET:** Kids love snacks, but too many can lead to overeating. Plan healthy snacks at specific times & get more tips @ <http://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**POST:** The average American child spends about 24 hours each week watching television. Limit the amount of time children over age 2 watch TV, play video games, and work on the computer to 1 to 2 hours per day. Reducing sedentary activities helps increase physical activity, keeping your child healthier. <http://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**TWEET:** Limit screen time for kids 2+ to 1-2 hours p/day. Reducing sedentary activities helps increase physical activity. <http://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>