



Fall 2016 Newsletter

SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

The rise in obesity rates has had a tremendous effect on our youth. This epidemic has made conditions usually found in adults (type 2 diabetes, high blood pressure, heart disease, and stroke) now a risk factor for our youth.

During the month of September, GetUp wants to take the opportunity to build awareness of the childhood obesity problem and help take action in Montgomery County. We're asking all of our partners to help set the example of living a healthy lifestyle and continuing to share the GetUp message with our youth.

More information and resources about Childhood Obesity:

- www.coam-month.org
- <http://www.cdc.gov/Features/ChildhoodObesity/index.html>



Upcoming Events

- Not A Single Pound - November 2016
- 2017-2018 GetUp Healthy Child Care Award of Excellence - Assessment will be available December 2016

GetUp Recent News

This summer GetUp worked with Dayton Metro Library and Junior League of Dayton to offer free activities to kids at the newly renovated Northwest Library Branch.

Following the free summer lunch program offered daily, GetUp serviced over 75 kids with physical activity opportunities every Tuesday in June and July. GetUp partnered with Soccer Shots and a Wright State graduate student to provide those opportunities each week.

Special shout out to **Miamisburg City Schools** for participating in the GetUp Challenge for 5 years. Each year, you've added more employees, more points, and have improved your overall health!



GetUp partnered with Citywide and Dayton Children's Hospital with the new DaVinci Children's Garden to share the 521AN message! (Pictured above)

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