

## Head Start Health Services Newsletter September 2011 | Issue #13

### What's New?

#### [National Childhood Obesity Awareness Month](#)

On August 31, 2011, President Obama proclaimed September 2011 as National Childhood Obesity Awareness Month. This public acknowledgement of the seriousness of childhood obesity supports the philosophy that everyone plays a role in preventing and reversing this dangerous trend. The federal government is working to make healthier food choices, increased physical activity, and healthy lifelong habits a reality for all Americans.

### Featured Resources

#### [Let's Move! Child Care Initiative](#)

The Office of Head Start is joining the Let's Move! Child Care (LMCC) initiative. This [Physical Health and Development Information Memorandum](#) describes how the Head Start Program Performance Standards and the new Head Start Child Development and Early Learning Framework support the goals of LMCC, including:

- Increased moderate to vigorous physical activity;
- Reduction of screen (TV) time;
- Increased consumption of healthy foods, especially fruits and vegetables, at each meal;
- Reduction of sugary drinks and increased water consumption; and
- Increased support and information on the benefits of breastfeeding to pregnant and nursing mothers.

Resources to help programs implement strategies and track progress will be posted on the LMCC and ECLKC websites as they become available.

#### [Kids and Fiber](#)

Fiber plays an important role in maintaining good health by helping our digestive system work effectively, but getting kids to eat the fiber they need can be a challenge. In this video from the U.S. Food and Drug Administration (FDA), dietitian, nutritionist, and mom Shirley Blakley – and a group of hungry kids – highlight good-tasting, high fiber foods, such as beans, peas, fruits, vegetables, and whole grains. Explore other diet and nutrition resources from the FDA to learn about [nutrition basics](#) [PDF, 602KB] to help fight childhood obesity and how to read [food labels](#) [PDF, 2.15MB].

### National Health Observances

## September

- [Head Lice Prevention Month](#)
- [Child Passenger Safety Week](#) – September 18-24
- [Family Health & Fitness Day USA®](#) – September 24<sup>th</sup>
- [National Adult Immunization Awareness Week](#) – September 25-October 1

## October

- [National Breast Cancer Awareness Month](#)
- [Sudden Infant Death Syndrome Awareness Month](#)
- [Child Health Day](#) – October 3<sup>rd</sup>

## Did You Miss Anything?

View previous [Head Start Health Services Newsletters](#) on the ECLKC.

## We Want to Hear from You

The Head Start Health Services Newsletter is produced by Head Start Knowledge and Information Management Services. Select this link to [submit suggestions](#) for future Head Start Health topics. To receive additional alerts or to unsubscribe from this newsletter, log in to the [Alerts Management](#) page on the ECLKC.