
One in five children ages 6-19 has excess body fat, increasing their risk of having obesity as adults and potentially suffering from chronic diseases such as type 2 diabetes and hypertension. But there is good news! Children who reach the age of 5 or 6 without having excess body fat are more likely than their peers to continue to have a healthy body weight as they get older.

As parents and community partners, we can help children avoid having excess weight, and to be healthy on all counts. We can model healthy eating and being physically active, and we can also do our best to expose young children to a variety of healthful foods. The first two years of life are particularly important for helping children develop healthy dietary habits.

During this lunch and learn, we will discuss healthy feeding practices for infants and toddlers. You will walk away with concrete ideas on how to instill healthy habits in children.