



## September 2021 Health Tip

Featuring Dr. Matthew Brothers, MD  
Pediatric Cardiologist

## Good Health Practices for Children During COVID 19 Pandemic

### Childhood Obesity Prevention

Based on American Academy of Pediatrics report "The Role of the Pediatrician in Primary Prevention of Obesity".

Recent data has shown that childhood obesity continues to increase dramatically. One in five kindergartners are overweight or obese. This has increased further during the COVID-19 pandemic.

### Practical tips to help children develop healthy habits to reduce obesity:

- Make available water, fruits, vegetable, and other healthy snacks.
- Limit treats, snacks, and sugar-sweetened drink.
- Encourage naps and proper sleep. Insufficiency and inadequate sleep are at increased risk of obesity.
- Exercise as a family. Children walks, outdoor play, and inside activities can all meet the recommended 60 minutes on of physical activity.

### Safe Schools During the COVID-19 Pandemic

Based on American Academy of Pediatrics [www.healthychildren.org](http://www.healthychildren.org)

Over the last year, we've learned the importance of in person school to the health and well being of our children. Vaccinations are the single best tool to prevent severe illness. Additionally, **many** children become infected from an adult. This further emphasizes the importance of all **adults** received the vaccine.



**Dr. Matthew Brothers**, a pediatric cardiologist at Novant Health Pediatric Cardiology in Charlotte, NC states, "Your children take their cues from you, the adult. Remember, the food our children eat, their exercise routine and classroom practices will have lasting effects on their health during COVID 19 pandemic, and as adults."

## Safe Schools During the COVID-19 Pandemic, continued.....

In children who are not eligible for vaccinations, there are several additional strategies that, when done, can keep our children safe. These include:

- Have children, including toddlers, wear face masks over the nose and mouth. There is no harm in wearing a mask for long periods of time.
- Encourage outdoor activities over indoor activities.
- Have children remain at least 3 feet apart in the classroom.



Remember the **ABC's**

**A**- Allow space between people so not to spread disease. Always wash your hands, wear mask, and practice social distancing. Ask your pediatrician about COVID 19 screening for children.

**B**- Be physically active at all ages, start with children.

**C**- Choose to eat healthy.

For More Information  
[www.healthychildren.org](http://www.healthychildren.org)

For information about health prevention tips, please visit  
[communityhealthcoalition.com](http://communityhealthcoalition.com), call (919)470-8680 and/or  
email [contact@communityhealthcoalition.com](mailto:contact@communityhealthcoalition.com)

Health Tip is a message from Community Health Coalition, Inc. with support from

 **eurofins foundation**