



# September is National Childhood Obesity Month

The Kansas Department of Health and Environment invites you to share these resources on social media during the month of September in recognition of National Childhood Obesity Month. Modeled after the #MoveYourWay campaign from the Centers for Disease Control and Prevention (CDC), find sample graphics and messages below. Additional resources are available:

<https://www.cdc.gov/nccdphp/dnpao/features/childhood-obesity/>

Need more info? Contact Elisa Nehrbass at [elisa.b.nehrbass@ks.gov](mailto:elisa.b.nehrbass@ks.gov) or call 785-296-1305.

## GRAPHIC 1

NATIONAL  
CHILDHOOD  
OBESITY MONTH



Children & teens need 60 minutes of daily activity. Every minute counts, so get your move on before school, at recess & after school.



### **Sample Social Message**

Children and teens need 60 minutes of physical activity every day. Learn how to get your move on before, during and after school:

[https://health.gov/themes/custom/healthgov/src/microsite\\_resources/myw\\_microsite/pdf/PAG\\_MYW\\_Kids\\_FS.pdf](https://health.gov/themes/custom/healthgov/src/microsite_resources/myw_microsite/pdf/PAG_MYW_Kids_FS.pdf) #MoveYourWay #PAGuidelines

### **Sample Social Message (Spanish)**

Los niños y los adolescentes necesitan 60 minutos de actividad física todos los días. Aprenda a moverse antes, durante y después de la escuela:

[https://health.gov/themes/custom/healthgov/src/microsite\\_resources/myw\\_microsite/pdf/PAG\\_MYW\\_Kids\\_FS\\_es.pdf](https://health.gov/themes/custom/healthgov/src/microsite_resources/myw_microsite/pdf/PAG_MYW_Kids_FS_es.pdf) #MuéveteATuManera

## GRAPHIC 2



### **Sample Social Message**

When the whole family moves together, everyone gets the health benefits. Find an activity planner and more resources for adults and kids from health.gov:  
<https://health.gov/MoveYourWay/Activity-Planner/At-Home/> #MoveYourWay

### **Sample Social Message (Spanish)**

Cuando toda la familia se muda junta, todos obtienen los beneficios para la salud. Encuentre un planificador de actividades y más recursos para adultos y niños en health.gov:  
<https://health.gov/espanol/MoveYourWay/Activity-Planner/At-Home/>  
#MuéveteATuManera

## GRAPHIC 3



### **Sample Social Message**

ALL children and youth need time to move and exercise. Check out these activity ideas for children with limited mobility: <https://www.goodplayguide.com/2018/08/16/active-play-for-a-child-with-limited-mobility/> #MoveYourWay

OR

<https://www.youtube.com/watch?v=rNvgYEg1um0&feature=youtu.be&list=PLwMObYmlSHaPe7TYjFd-XXylGWhLvETLX> (Zero to 60: Youth Activity; exercise video)

### **GRAPHIC 4**



### **Sample Social Message**

It's show and tell time! How did you and your family #MoveYourWay this month? Share a photo or story in the comments.