

Family Communication



March 4

World Obesity Day

Dear Eagle (Insert School Name or Mascot Here) Family,

Good morning Eagles Family (insert school name or mascot here)! Today is World Obesity Day. Obesity is a complex issue involving many failing systems including—health, food, regulatory, governmental, and the way our world is designed—that drive rising rates of obesity worldwide. It is time for change! Today, we will raise awareness about the factors that contribute to obesity and create a healthier future for our kids.

We challenge you to talk about this issue with your children and ask them how different systems in our world contribute to this issue. You and your children will have the opportunity to learn more _____ (insert text from checked boxes below).

- ☐ From our counselor, teacher, or nurse
- ☐ During a homeroom or advisory class activity
- ☐ At the information table in the library, lunchroom, or (other public area)
- ☐ In this week's health classes
- ☐ In the KnowYourNeuro.org website
- ☐ Other _____

Today, 59% of children will be obese by age 35. Ask your kids to get involved in healthier lifestyle patterns to protect brain and body health. Get more information on the KnowYourNeuro.org website and watch the video *Coping Skills* with your kids and use the handout to generate discussion.

For questions or more information, please contact me.

School Official's Signature and Contact Information