

Morning Announcements

March 4

World Obesity Day



Good morning Eagles (insert school name or mascot here)! Today is World Obesity Day. Obesity has been a rising challenge for the last two decades. It affects people of all ages, genders and ethnicities, but it is still poorly understood by many. Ultra-processed food, genetic risks, as well as sugar-dense, high calorie food marketing are contributing to the rise of obesity. By learning more about the root causes of obesity and raising awareness about the disease, we can act and halt the rise of the epidemic. Because everybody needs everybody.

We encourage our Eagles (insert school name or mascot here) to support each other in understanding in understanding how this issues, where to get help and what you can do to keep your brain and body healthy! You will have the opportunity to learn more _____(insert text from checked boxes below).

- ☐ From your counselor, teacher, or nurse
- ☐ During the 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 _____