

What can your EAP do for you?

An Employee Assistance Program (EAP) is a unique, 100% employer-provided benefit. It is designed as an intervention program to help employees and their family members address personal, emotional, work related issues and other challenges.

Your
Wellbeing



What is an **EAP**

An EAP offers confidential, short-term counseling and referral services to employees and their families at no cost. Whether you are facing personal issues, relationship challenges or financial stress, the EAP provides guidance and support to help you navigate these difficulties.

How does an EAP work?

When you contact your EAP, you will be connected to an Intake Coordinator who will assess your concerns and match you with the right support. Referral services are available to help address concerns such as:

Stress Management

Anxiety

Depression

Trauma

Mental Wellness

Grief and Loss

Addiction and Recovery

Legal Concerns

Financial Guidance

Parenting

Eldercare Support

Relationship/Marriage

Why use your EAP?

Your EAP offers support to help address issues you and your family may be dealing with to help prevent minor situations from escalating into overwhelming problems.

Your EAP is voluntary

and completely

CONFIDENTIAL

help starts here



800-324-4327



info@ieap.com



4eap.com



Crisis
Counselors
24/7

WELLNESS @ MINUTE

September 2025



UNDERSTANDING CHILDHOOD OBESITY
THE ROLE OF SCHOOLS IN PREVENTING CHILDHOOD OBESITY
COLORFUL VEGGIE WRAPS
FAMILY FUN FITNESS CIRCUIT

UNDERSTANDING CHILDHOOD OBESITY

Childhood obesity is a pressing public health issue that has seen a dramatic increase over the past few decades. Defined as having excess body fat that negatively affects a child's health, childhood obesity can lead to numerous health complications both in the short and long term. Understanding the causes, consequences, and potential solutions is crucial for parents, educators, and policymakers alike.

CAUSES OF CHILDHOOD OBESITY

The causes of childhood obesity are multifaceted, involving a complex interplay of genetic, behavioral, and environmental factors. Genetics can predispose some children to gain weight more easily than others, but lifestyle choices often play a more significant role. Poor dietary habits, such as consuming high-calorie, low-nutrient foods and sugary beverages, are major contributors. Additionally, a sedentary lifestyle, characterized by excessive screen time and lack of physical activity, exacerbates the problem.

Environmental factors also play a critical role. Children living in neighborhoods with limited access to healthy foods or safe places to play are at a higher risk. Moreover, marketing of unhealthy foods and beverages targeted at children can influence their food preferences and consumption patterns.

CONSEQUENCES OF CHILDHOOD OBESITY

The health implications of childhood obesity are serious and far-reaching. Obese children are more likely to suffer from conditions such as type 2 diabetes, hypertension, and high cholesterol. These conditions, once considered adult illnesses, are now increasingly diagnosed in children. Beyond physical health, obesity can also affect mental well-being, leading to issues such as low self-esteem, depression, and social isolation.

Furthermore, childhood obesity often tracks into adulthood, increasing the risk of chronic diseases such as heart disease, stroke, and certain cancers. This underscores the importance of addressing obesity early in life to prevent long-term health consequences.

SOLUTIONS AND PREVENTION

Preventing childhood obesity requires a comprehensive approach that involves families, schools, and communities. Parents can play a pivotal role by modeling healthy eating habits and encouraging regular physical activity. Preparing balanced meals, limiting sugary snacks, and promoting active play are effective strategies.

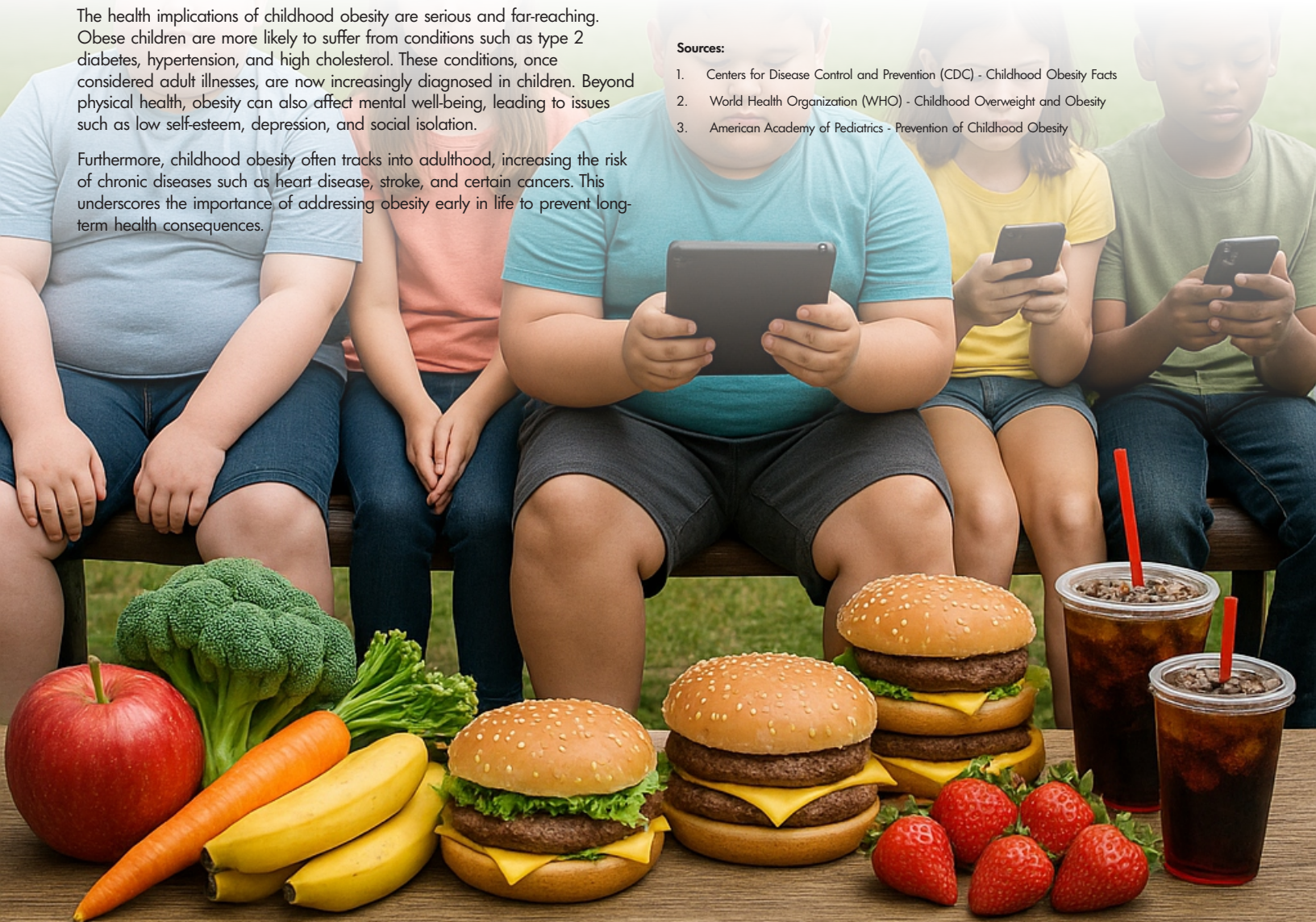
Schools are also crucial in the fight against childhood obesity. Implementing programs that promote physical activity and provide nutritious meals can make a significant difference. Daily physical education classes, healthier school lunches, and educational workshops on nutrition can help instill lifelong healthy habits in children.

Communities can support these efforts by ensuring access to healthy foods and safe recreational spaces. Policies that limit the marketing of unhealthy foods to children and promote active transportation, such as walking and biking, can also contribute to healthier environments.

Addressing childhood obesity is a shared responsibility that requires concerted efforts from individuals, families, schools, and communities. By understanding the causes and consequences of obesity, and implementing effective prevention strategies, we can work towards a healthier future for our children. As we observe Childhood Obesity Awareness Month, let us commit to making positive changes that support the well-being of the next generation.

Sources:

1. Centers for Disease Control and Prevention (CDC) - Childhood Obesity Facts
2. World Health Organization (WHO) - Childhood Overweight and Obesity
3. American Academy of Pediatrics - Prevention of Childhood Obesity



THE ROLE OF SCHOOLS IN PREVENTING CHILDHOOD OBESITY

Schools are uniquely positioned to influence children's health behaviors, making them a critical ally in the fight against childhood obesity. With children spending a significant portion of their day at school, these institutions have the opportunity to promote healthy lifestyles through education, nutrition, and physical activity.

PROMOTING PHYSICAL ACTIVITY

Physical education (PE) classes are a cornerstone of school-based obesity prevention efforts. Regular physical activity is essential for maintaining a healthy weight and overall well-being. Schools can enhance their PE programs by incorporating a variety of activities that cater to different interests and skill levels, ensuring that all students are engaged and active. Beyond PE classes, schools can encourage physical activity through extracurricular sports, active recess periods, and initiatives like walk-to-school programs.

IMPROVING SCHOOL NUTRITION

Nutrition is another critical area where schools can make a significant impact. By providing balanced, nutritious meals, schools can help students develop healthy eating habits. This includes offering a variety of fruits, vegetables, whole grains, and lean proteins while limiting the availability of sugary drinks and snacks. Schools can also involve students in the process by incorporating nutrition education into the curriculum, teaching them about the benefits of healthy eating and how to make informed food choices.

EDUCATIONAL WORKSHOPS AND INITIATIVES

Educational workshops and initiatives can further support obesity prevention efforts. Schools can organize events that involve parents and the community, such as health fairs, cooking classes, and nutrition seminars. These events can provide valuable information and resources to families, empowering them to make healthier choices at home. Additionally, integrating health education into the broader curriculum can reinforce the importance of maintaining a healthy lifestyle.

CREATING A SUPPORTIVE ENVIRONMENT

Creating a supportive environment is essential for the success of school-based obesity prevention programs. This includes fostering a culture that values health and wellness, where



students feel encouraged and motivated to adopt healthy behaviors. Schools can achieve this by training staff to model healthy habits and by promoting positive messaging around body image and self-esteem.

Schools have a vital role to play in preventing childhood obesity. By promoting physical activity, improving nutrition, and providing education and support, schools can help shape healthier futures for their students. As we observe Childhood Obesity Awareness Month, it's important to recognize and support the efforts of schools in creating environments that nurture the health and well-being of our children.

Sources:

1. National Institutes of Health (NIH) - School-Based Obesity Prevention Strategies
2. Harvard T.H. Chan School of Public Health - The Nutrition Source: Schools
3. U.S. Department of Agriculture (USDA) - School Nutrition Environment and Wellness Resources

COLORFUL VEGGIE WRAPS

In celebration of Childhood Obesity Awareness Month, we're featuring a simple, nutritious, and fun recipe that kids will love: Colorful Veggie Wraps. These wraps are perfect for lunchboxes or as a healthy snack, packed with vitamins and fiber.

INGREDIENTS:

- Whole wheat tortillas
- Hummus
- Sliced bell peppers (red, yellow, green)
- Shredded carrots
- Spinach leaves
- Sliced cucumbers

INSTRUCTIONS:

1. **Spread the Base:** Begin by spreading a generous layer of hummus over a whole wheat tortilla. Hummus adds flavor and provides a good source of protein and healthy fats.
2. **Add the Veggies:** Layer a variety of

colorful vegetables on top of the hummus. Use sliced bell peppers, shredded carrots, spinach leaves, and sliced cucumbers for a vibrant and crunchy combination.

3. **Roll and Slice:** Roll the tortilla tightly to enclose the filling. Slice the wrap into pinwheels for easy handling and a fun presentation.
4. **Serve and Enjoy:** These wraps can be served immediately or stored in the refrigerator for later. They make a great addition to any meal or as a standalone snack.

BENEFITS:

This recipe is not only visually appealing but also packed with nutrients. The variety of vegetables provides essential vitamins and minerals, while the whole wheat tortilla offers fiber to keep kids feeling full and satisfied. Plus, involving children in the preparation can make them more excited about eating healthy foods.



FAMILY FUN FITNESS CIRCUIT

This September, in honor of Childhood Obesity Awareness Month, we're highlighting a fun and engaging way to get the whole family moving: the Family Fun Fitness Circuit. This activity not only promotes physical fitness but also strengthens family bonds through shared exercise.

SETTING UP YOUR CIRCUIT

Creating a fitness circuit at home or in a local park is simple and requires minimal equipment. Choose 4-5 stations, each featuring a different activity. Here's a sample circuit to get you started:

- Jumping Jacks: A classic cardio exercise that boosts heart rate and warms up the body.
- Hula Hooping: Great for core strength and coordination, plus it's a lot of fun!
- Skipping Rope: Enhances cardiovascular fitness and agility.
- Mini Obstacle Course: Use cones, chairs, or other household items to create a course that involves crawling, jumping, and balancing.
- Plank Hold: Builds core strength and stability.

HOW IT WORKS

Spend 1-2 minutes at each station, with a short rest in between. Repeat the circuit 2-3 times, depending on the time and energy levels. Encourage each family member to go at their own pace, and make it a fun challenge by timing each round or counting repetitions.

BENEFITS

This circuit not only helps combat childhood obesity by promoting physical activity but also provides an opportunity for families to enjoy quality time together. It's a great way to instill healthy habits in children while having fun.



Your EAP Can Help

Anxiety • Stress • Depression • Financial Matters
Legal Concerns • Parenting Support • Coping with Grief
Trauma • Family Challenges • Substance Use



Toll-free: 800-324-4327

Español: 800-324-2490

Online: www.4eap.com

No cost & confidential

Crisis Counseling 24/7