

Obesity does not only affect the childrens physical health, but can also damage them psychologically.

Obesity Prevention

Childhood obesity is of particular importance to the Continental Societies, Inc. because the organization recognizes it as a silent killer of children and youth. The National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health reports immediate and long-term health impacts of childhood obesity to include cardiovascular disease, such as high cholesterol or high blood pressure, greater risk for bone and joint problems, sleep apnea, social and psychological problems such as stigmatization and poor self-esteem. Working in tangent with First Lady Michelle Obama's May 2010 plan to reduce childhood obesity from 20% to 5% by 2030, the Continental Societies, Inc. facilitates programs such as community gardens, nutrition education, and physical fitness exercises at local schools and community centers.