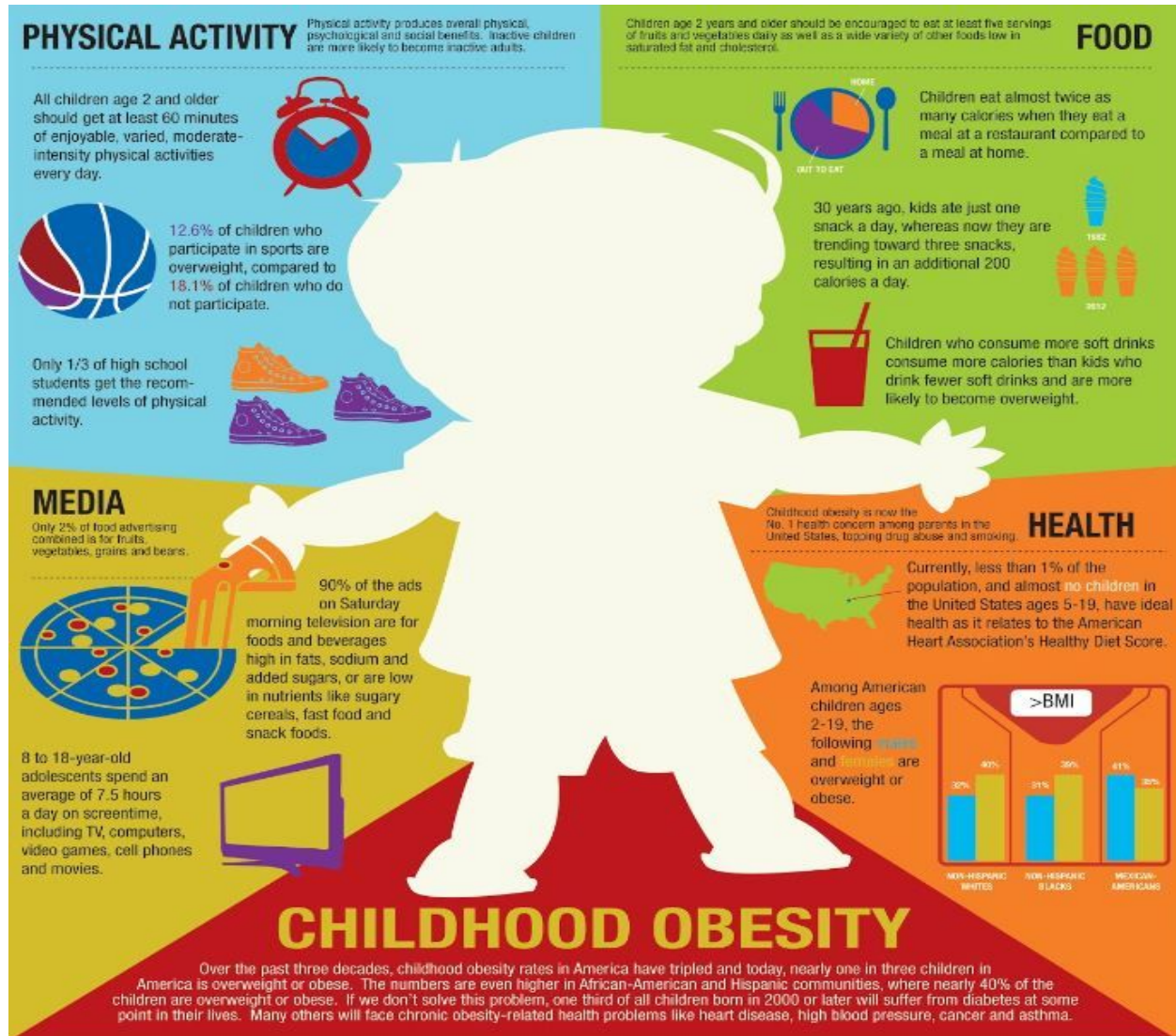


September is “National Childhood Obesity Awareness Month”

Below is a graphic that shows all of the things that affect childhood obesity



WHAT THE AMERICAN HEART ASSOCIATION IS DOING

JUMP ROPE 100 YEARS

Through our educational and fundraising programs for elementary and middle school students, we've helped generations of kids learn physical education skills, community responsibility and how to keep hearts healthy. www.heart.org/Jump or www.heart.org/Hoops

Be the Beat is an online Sudden Cardiac Arrest awareness initiative to teach teens the simple steps that can save a life — and create the next generation of lifesavers. Anyone can utilize these free tools to help start and sustain CPR and AED programs. www.bethebeat.heart.org/schools

TEACHING GARDEN

We've teamed with noted child-nutrition activist and philanthropist Kelly Meyer to create the American Heart Association Teaching Gardens. These real-life learning laboratories in elementary schools across the country are teaching students what it means to be healthy. www.heart.org/teachinggardens

you're the cure

Our You're the Cure advocates are the moving force behind policy change for physical education, school and childhood nutrition and other childhood obesity issues at the local, state and national levels for the AHA/ASA. www.YoureTheCure.org