



Nurses Obesity Network Newsletter

Obesity and the Family – National Childhood Obesity Awareness Month

September 2022

What is the Nurses Obesity Network?

The [Nurses Obesity Network](#) is a diverse group of nursing organizations committed to changing the conversation about obesity — among nurses and across the nation. We aim to change the way we view, treat, and advance care for those living with obesity — including nurses themselves.

Obesity and the Family



September is National Childhood Obesity Awareness Month, which is an ideal time to think about the impact of excess weight and obesity on the entire family and across generations.

Did you know that genetics - - not just a lack of physical activity and unhealthy eating - - play a leading role in determining the weight of our children? In fact, research tells us that weight can actually be more heritable than height. This is why excess weight is often a family challenge.

The CDC states that “obesity is a common, serious, and costly chronic disease,” and goes on to say, “childhood obesity in the US is a serious public health issue that puts children and adolescents at risk for poor health...”

Both childhood and adult obesity rates continue to rise at an alarming pace, with disproportionate impact on racial and ethnic minority groups.

Find the [2021 State of Obesity Report](#) as a featured resource in our [Nurses as Advocates for Better Obesity Care](#) section

As a result of rising childhood obesity rates, children are experiencing earlier onset of related diseases and conditions. This includes type 2 diabetes, risk factors for heart disease such as high blood pressure and high cholesterol, muscle and joint problems, fatty liver disease, and worse outcomes with illnesses like COVID-19.

The good news is that nurses can be part of a positive change!

Obesity **is treatable** at all ages with options across a full continuum of care - - in addition to diet and lifestyle changes. As trusted health care partners, nurses can educate themselves and help change the trajectory of this disease and its disproportionate impact on various communities.

- Visit the [Nurses Obesity Network](#) site for tools and resources that will help you better understand and discuss the impact of weight on overall health
- Learn how to avoid weight bias and stigma
- Counsel parents about the potential impact of obesity – on them and their children
- Connect families with appropriate community resources, education, and support services
- Refer patients to a specialist that can provide evidence-based, family-centered options when needed

Register for Upcoming Conferences and Events

Join Nurses Obesity Network member organizations at upcoming national conferences and events!
Visit [EVENTS - Nurses Obesity Network](#) for more details!



ANCC National Magnet Conference® and ANCC Pathway to Excellence Conference®

You're invited to the ANCC National Magnet Conference® and ANCC Pathway to Excellence Conference® in Philadelphia, **October 13-15!** There is so much to learn and do. Access both conferences for one price and choose from 120 educational sessions, hear from three inspiring keynote speakers, view 177 posters, explore the latest innovations and technologies in the Exhibit Hall, be a part of the Magnet® and Pathway to Excellence designation celebration, and attend the amazing Welcome Party at the Franklin Institute! Register today:
<https://hubs.ly/Q01fVpd00>. #ANCCMagnetCon #ANCCPathwayCon