

National PTA Kicks Off Health Campaign

As statistics continue to show that more children today are suffering from obesity than ever before, parent-teacher associations, known as PTAs, across the country are taking action and doing something about it during PTA Healthy Lifestyles Month in November.

From experimenting with diverse fruits and vegetables, to teaching students about preventative health, PTAs nationwide will work with families and schools on different year-round efforts.

“Research shows that a child’s physical well-being has a significant effect on their

learning. So, we are very proud of all the PTAs across the country that are calling attention to the importance of being active and eating healthy. Every year we see new and original ideas to help prevent childhood obesity that teach our children the importance living a healthy lifestyle now,” said Betsy Landers, National PTA president.

In honor of Healthy Lifestyles Month, National PTA presented 10 PTAs with Healthy Lifestyles grants of up to \$1,000 to promote good nutrition and physical activity. In all, the 10 grantees expect

to impact approximately 11,000 students through their programs that will take place from November through April. The grants allow PTAs to implement five research-based strategies, including: limiting sugar sweetened beverages, emphasizing fruits and vegetables, moderating portion sizes, increasing physical activity, and reducing screen time.

National PTA’s Healthy Lifestyles Program is sponsored by Malt-O-Meal. For more information about the Healthy Lifestyles Grant, visit www.PTA.org/healthylifestyles