

# Special Bulletin

For professional providers

March 14, 2024

## National Nutrition Month: Helping Patients and Parents Make Informed Food Choices

National Nutrition Month<sup>®</sup> — which is celebrated throughout March — is an excellent time to encourage patients (and parents) to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets.

While proper nutrition is vital for everyone to live healthier lives, it is even more critical for children — from newborns to teenagers — as their bodies are still growing and developing. With childhood obesity at high levels, providing parents and patients with education and encouragement can lead to healthier eating and better overall health.

### Additional Resources on Childhood Nutrition

The Provider Resource Center (PRC) has a variety of free educational resources available, including:

- Childhood Obesity Bookmarks
- Childhood Obesity Preventive Health Benefit
- Childhood Obesity Resources
- Preventive Health Reminder Poster

To access these resources, go to the PRC, select **EDUCATION/MANUALS** from the left menu, and then click **Educational Resources – Member And Provider**. To order free copies of the bookmarks and poster for your practice, go to the PRC > **EDUCATION/MANUALS** > **Inventory Request Form** > Select **Printable Item**. Click the down arrow and then select the items you wish to order. Complete the form and click the **ADD TO ORDER** button.

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