

# **Five Things We Can Do Right Now to Prevent Childhood Obesity**

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- 1. Provide healthier foods to students.**
- 2. Improve availability of healthy foods in all households.**
- 3. Increase the frequency, intensity and duration of physical activity at school.**
- 4. Improve access to safe places where children can play.**
- 5. Limit screen time.**

For more details, click here: <http://www.rwjf.org/childhoodobesity/index.jsp>