

## National Childhood Obesity Awareness Month



### Childhood obesity is a national epidemic.

Nearly 1 in 3 children (2-19) in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

**The good news?** Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and get more active. **Ask your doctor for advice.**

**What can I do to help my child stay at a healthy weight?** Help your child stay at a healthy weight by balancing what your child eats with physical activity. Two of the best ways to prevent your child from becoming overweight or obese are to:

- Help your child eat healthier foods
- Be more physically active as a family

**You are a role model!** Parents are often the most important role models for children. When you choose to eat right and be physically active, your child will be more likely to make those choices, too.

**More Information: Speak to a Health Coach (209) 468-7900**

## National Suicide Prevention Week September 6-12, 2020



Just in the last year, you may have heard of some well-known people in entertainment who took their own lives. Some of us have seen this happen closer to home. You may ask yourself, "Is suicide preventable?" The answer is, "Yes, suicide is preventable!"

You can help by knowing what it is, how to support someone who is struggling with life and where to go for help. It is also important to know that families and friends of people affected by suicide understand that they should not blame themselves for it!

### Suicide is usually the result of multiple risk factors.

Researchers identified some of these risk factors:

- History of previous suicide attempts
- Family history of suicide
- History of depression/other mental illness
- History of alcohol or drug abuse
- Stressful life event or loss (e.g., job, financial, relationship)
- Easy access to lethal methods
- History of interpersonal violence
- Stigma associated with mental illness and help-seeking

**Know the Warning Signs and Get Help** There are warning signs for suicide, such as feeling hopeless, threatening to hurt oneself or talking about wanting to die, increasing alcohol and drug use, and withdrawing from friends and family. For more information on warning signs and what you can do, visit the following website:

[www.helpguide.org/articles/suicide-prevention/suicide-prevention.htm](http://www.helpguide.org/articles/suicide-prevention/suicide-prevention.htm)

**More Information at: American Association of Suicidology: <https://suicidology.org>**

If you or someone you know is having thoughts of suicide, contact the **San Joaquin County Crisis Line: (209)468-8686**

## TRUE & FALSE FACTS About The Flu

**The flu is just like a cold. False:** The flu can be very dangerous and can cause serious complications, even death.

**The flu shot does not protect from all flu viruses. True:** However, a flu shot will protect you from 3 strains that are predicted for that year.

**A flu shot can give you the flu. False:** Flu shots do not contain live viruses. They cannot give you the flu.

**I need a flu shot every year. True:** An annual flu shot compounds its benefit for your immunity.

**People with egg allergies should not get a flu shot. True:** Although most with mild egg allergies do not have a problem with flu vaccinations, **but always consult with your physician first to be sure.**



## OUR CLINICS ARE OPEN

**Your health and safety are important to us!**

### When you visit, you will notice:

- Carefully monitored entrance points
- All patients and visitors are being screened for symptoms and possible COVID-19 exposure before entering the building
- Universal masks are required for all patients, visitors, and staff
- Waiting areas are rearranged for social distancing
- Frequent cleaning of exam rooms and waiting areas

## FEELING COVID SYMPTOMS?

If you have a fever, cough and shortness of breath, and you may have been exposed to COVID-19, call your doctor.

If you are a patient of San Joaquin County Clinics, call (209) 468-6820 and ask to speak with the infection control nurse or your doctor.



**Available to All Clinic Patients**

**Every Saturday  
9:00 am - 3:30 pm  
(Sept. 19 - Oct. 31, 2020)**

**SJCC - California Street Clinics  
1414 N. California Street  
Stockton, CA 95202**