



Childhood obesity news you can use at BeSmartBeWell.com

Posted by Susan Zimny

 [digg it](#) |  [reddit](#) |  [delicious](#) |  [StumbleUpon](#) |  [Facebook](#) |  [Twitter](#)

Tags: overweight kid, childhood obesity, overweight children

If you're the parent of an overweight child, are interested in childhood nutrition and health, or just want to help your family eat healthier, you're probably looking for the latest childhood obesity news and research. [BeSmartBeWell.com](#) features a weekly roundup of the top news stories relating to childhood obesity and is a reliable source for information and tips.

This week's top news stories on BeSmartBeWell.com:

Federal panel urges obesity screening for kids ages 6 and up

A federal panel of health experts has issued new recommendations.

How to Raise Healthy Eaters

Dr. Edward Abramson, author of "Emotional Eating," offers advice for parents with kids with unhealthy relationships to food.

CDC Study Finds 1 in 5 American Youths Have Abnormal Lipids

Twenty percent of young people aged 12-19 years in the United States have at least one abnormal lipid level, according to a study from the Centers for Disease Control and Prevention.

Read the latest articles, studies and opinions and then link to dozens of respected organizations and leading authorities on childhood obesity, nutrition and healthy eating. View tips for parents and visit sites just for kids. Hear national experts discussing childhood obesity, and watch personal video stories of parents and kids talking about practical solutions, all at [BeSmartBeWell.com](#).

###

BeSmartBeWell.com highlights important health topics like childhood obesity with real-people videos, practical advice from leading experts and resources that inform and empower consumers. Sponsored by Blue Cross and Blue Shield of Illinois, Blue Cross and Blue Shield of New Mexico, Blue Cross and Blue Shield of Oklahoma and Blue Cross and Blue Shield of Texas, Divisions of Health Care Service Corporation, a Mutual Legal Reserve Company, an independent licensee of the Blue Cross and Blue Shield Association. [See all topics at BeSmartBeWell.com](#).

MEDIA CONTACT: Ross_Blackstone@HCSC.com
ALL OTHER INQUIRIES: susan@besmartbewell.com

www.besmartbewell.com www.facebook.com/besmartbewell
www.youtube.com/besmartbewell www.twitter.com/BSBW