

The "Healthy Kids" Nutrition & Growth Analysis

Executive Summary

Our analysis of child health data highlights clear links between dietary habits, lifestyle factors, and growth outcomes. Children with higher fruit and vegetable intake consistently maintained healthier BMI levels, while those with greater sugary drink consumption and longer screen time tended to have elevated BMI values, increasing the risk of overweight and obesity.

Significant regional differences were observed, with some regions showing lower average fruit servings and higher BMI, suggesting uneven access to or awareness of healthy dietary practices. Age-group analysis further revealed that children between 24–36 months are especially vulnerable, making early intervention critical.

Key Recommendations for Healthy Futures

1) Nutrition Education & Access: Introduce targeted programs to increase fruit and vegetable consumption, particularly in regions with lower intake levels.

2) Lifestyle Interventions: Implement campaigns that reduce sugary drink consumption and promote balanced screen time, focusing on families with younger children to instill healthy habits early.