Sutter Health reports “there are close to 50,000 fast food chains across the United States.”

The CDC reports in 2011 – 2012, “just over 1 one0third of children and adolescents consumed fast food on a given day . . . and 12.4% of their daily calories from fast food restaurants.” This intake was higher in adolescents ages 12 – 19 as opposed to children 2 -11

<http://www.cdc.gov/nchs/products/databriefs/db213.htm>

The CDC reports 12.7 million children and adolecscents ages 2 – 19 years were considered obese between the years 2011 – 2014.

Defining “overweight in children:”

Must consider both weight and body composition. The American Heart Association says “among children ages 2 – 19, the following percentages of children are obese, using the 95th percentile or higher of body mass index (BMI) values on the CDC growth chart:

~For non-Hispanic whites, 17.5 percent of males and 14.7 percent of females

~For non-Hispanic blacks, 22.6 percent of males and 24.8 percent of females

~For Mexican Americans, 28.9 percent of males and 18.6 percent of females

Childhood obesity “differs among racial/ethnic groups and also varies by age, sex and adult head of household’s and education level” (CDC).

Children’s with an adult head of the household who completed college “was approximately half that of those who adult head of household did not complete high school” (CDC).

One in three American kids and teens is overweight or obese, according to the American Heart Association. The American Heart Association also reports greater risks of high blood pressure, type 2 diabetes and elevated blood cholesterol levels as well as psychological effects such as low self – esteem, negative body image and depression.

Former Surgeon General Richard Carmona makes a startling statement:

“Because of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation that will be less healthy and have shorter life expectancy than their parents” (American Heart Association).

Tips from American Heart Association:

<http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/ChildhoodObesity/Preventing-Childhood-Obesity-Tips-for-Parents-and-Caretakers_UCM_456118_Article.jsp#.WBEtYI40daw>

Tips from CDC:

<http://www.cdc.gov/features/preventchildhoodobesity/>

According to the State of Obesity, “overweight and obesity rates tend to be higher among African American children compared with White children.” “From 1999 to 2012, 35.1 percent of African American children ages 2 to 19 were overweight, compared with 28.5 percent of White children; and 20.2 percent were obese compared with 14.3 percent of White children.” <http://stateofobesity.org/disparities/blacks/>

United states map:

<https://www.google.com/search?q=map+of+the+united+states&source=lnms&tbm=isch&sa=X&ved=0ahUKEwj6hfr6zfnPAhWHez4KHav4C5IQ_AUICSgC&biw=1146&bih=839#imgrc=ncoC7oTpSXxTsM%3A>

<http://www.fastfoodmaps.com/static.html>

have three child images, one in three obese, two normal looking weight and other overweight

Image of a plate: 12.4 percent filled to represent fastfood consumed on a daily basis

Images:

Excel Chart

Three children (one obese) for statistic

Plate: 12.4 percent filled for daily fastfood consumption

Gif: Kid running from fast food

<http://stateofobesity.org/disparities/>

<https://www.cdc.gov/healthyschools/obesity/facts.htm> prevention

<http://www.shapeamerica.org/advocacy/son/upload/shape-of-the-nation-infographic1.pdf>

<http://www.ncsl.org/research/health/childhood-obesity-trends-state-rates.aspx>

The Center for Disease Control says “childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.”

Children who are obese are at a higher risk of cardiovascular problems, high cholesterol or high blood pressure and also developing diabetes (CDC). Many also have difficulty sleeping, experience a higher risk for bone or joint problems, as well as “social and psychological problems such as stigmatization and poor self –esteem (CDC). These issues will only increase later in life if the child continues along the path of obesity.

What can we do?

Developing healthy lifestyle habits is key. Establishing a healthy lifestyle throughout one’s childhood plays a pivotal role that leads to similar habits later in life (CDC).

Reach out to the community and support nutrition plans and physical education in schools. Physical activity before, during and after school is also important.

Parents or authoritative figures should avoid giving their children sugary drinks. Encouraging physical activity and limiting foods high in fat and added sugars while providing plenty of fruits and vegetables is also highly recommended (CDC).

According to the CDC, children should have about 60 minutes of aerobic activity a day, muscle strengthening activity (gymnastics, push – ups, obstacles, etc.) at least three days a week as part of the 60 minutes of aerobic exercise and bone strengthening activity such as jumping rope or running at least three days a week as well.

So let’s run away from those fast – food habits and chase after a healthier and more active lifestyle!