



OBESITY

CHILDHOOD STATISTICS



1 IN 3

children and adolescents (age 2-19)

ARE OVERWEIGHT

OR OBESE and almost **NONE** meet recommended healthy diet and physical activity amount.



An estimated

12.5 MILLION

children (ages 5 years or younger), spend

33 HOURS / WEEK

in child care settings and consume nearly all of their daily calories.

OBESITY IS LINKED TO MORE CHRONIC CONDITIONS THAN:

increasing the risk of more than 20 preventable diseases, including sleep apnea, asthma, heart disease, Type 2 diabetes, osteoarthritis, high blood pressure and high-cholesterol stroke.



RISK FACTORS

Children in their early teens who are obese and who have **high triglyceride levels** have arteries similar to those of 45-year olds.



FRENCH FRIES

are the most common vegetable that children eat, comprising

25% of their vegetable intake.



JUICE

(which may lack important fibre found in whole fruit) makes up

40%

of children's daily fruit intake.

40%-50% OF TODDLERS

watch more television than is recommended.



NEARLY 1/2 OF
PRESCHOOLERS
don't get enough physical activity.



The cost of obesity in the
United States is staggering
totaling about

\$ 147 BILLION



**CHILDREN WHO
EAT HEALTHY
FOODS AND GET
DAILY PHYSICAL
ACTIVITY HAVE:**

Fewer school absences
Higher academic achievement
Higher self esteem
Fewer behavioral problems