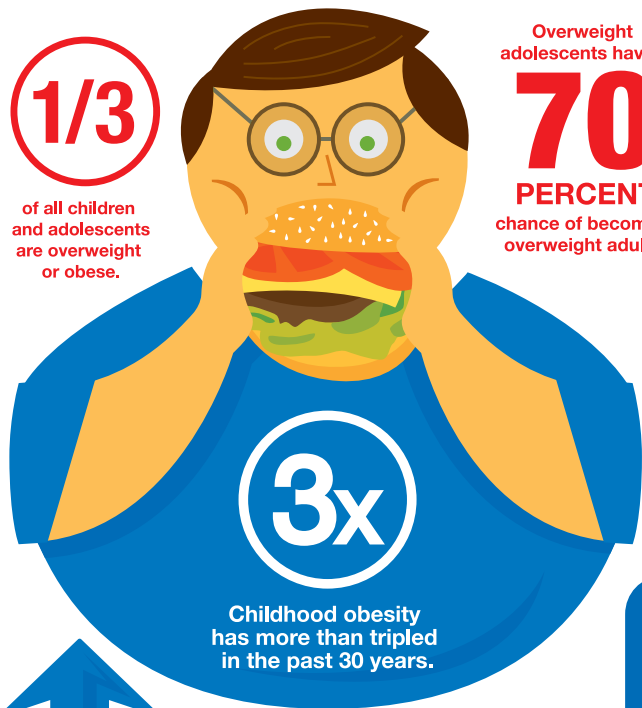


CHILDHOOD OBESITY

1/3

of all children
and adolescents
are overweight
or obese.



Childhood obesity
has more than tripled
in the past 30 years.

**INCREASED
RISK OF**
Heart Disease
Diabetes
Stroke
Cancer

**NEGATIVELY
IMPACTS:**
Self-Esteem
Sleep
Learning

Overweight
adolescents have a

70

PERCENT
chance of becoming
overweight adults.



2/3
of high school
kids consume
soda or sports
drinks 1+
times a day.

Children 8 to 18 years
old spend an average of

**3 Hrs.
Per
Day**

in front of the television.

SOLUTIONS



Parents and kids should eat more fruits, veggies and whole grains.



**60
mins.
DAILY**

**GET
MOVING!**

Source: CDC, U.S. Department of Health and Human Services, Mayo Clinic, College of William & Mary, Healthychildren.org