

# CHILDHOOD OBESITY

**SOLUTIONS**

- 1 in 3 CHILDREN OVER WEIGHT
- 33% WATCH 3 HOURS TV
- EAT 50% VEGETABLES
- 1 MEALS 3 FAST FOOD
- 30% HEALTH COST
- PORTIONS 2 TO 5 BIGGER
- SNACK GROWN
- LESS POP WATER
- HEALTHIER CHOICES
- INCREASE PLAY 60 MINUTES



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



INCREASED RISK OF Heart Disease Diabetes Stroke Cancer

Children 8 to 18 years old spend an average of **3 Hrs. Per Day** in front of the television.



NEGATIVELY IMPACTS: Learning Sleep Self Esteem

“Americans need to understand that **overweight & obesity** are literally killing us”

—SECRETARY TOMMY G. THOMPSON  
Department of Health and Human Services

Overweight adolescents have a **70 PERCENT** chance of becoming overweight adults.

**1/3** of all children and adolescents are overweight or obese.

brought to you by:

