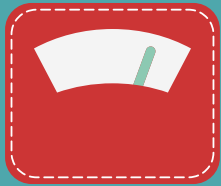
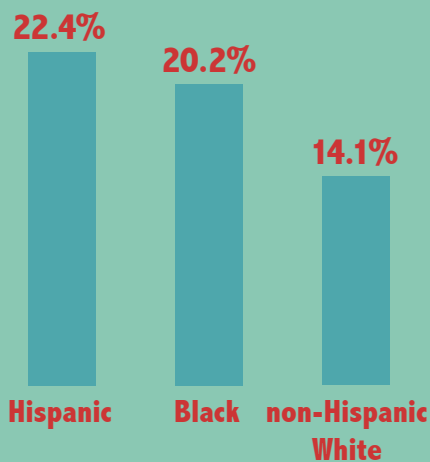


Per the CDC, **more than 33%** of US children and adolescents were overweight or obese in 2012.



World Health Organization warns there will be **70 million** obese children globally by 2025.

Obesity rates are **higher** among Hispanic youth and black youth compared with non-Hispanic white youths.



# CHILDHOOD OBESITY

“The risk of obesity starts early in life. Over half of obese children become overweight by the **age of 2**, and approximately **one in five** children are overweight or obese by their 6th birthday.”

-The White House Task Force on Childhood Obesity

## IMPACT

The prevalence of Type 2 diabetes rose more than 30% for children ages 10-19 compared to the last decade.

**30%**



**One in three babies** born today will develop diabetes in their lifetime.

Obese youth are more likely to have risk factors for cardiovascular disease. In a population-based sample of 5- to 17-year olds, **70%** had at least one risk factor!



## PREVENTION

Let's Move, an initiative dedicated to solving the problem of childhood obesity, **recommends small changes in five key areas:**

1. Eat more fruits and vegetables
2. Consume less sugar and fat
3. Eat healthier snacks
4. Watch portion size
5. Eat together as a family



A 10% weight loss in an overweight or obese child will help reduce their risks for diabetes and cardiovascular disease.

Children need a total of **60 minutes of play** with moderate to vigorous activity every day. Enjoy family activities like walking, bike riding or jumping rope.

