

Get Active, For the Health of It!

Obesity Facts

- In a population-based sample of 5- to 17-year-olds, almost 60 percent of overweight children had at least one CVD risk factor while 25 percent of overweight children had two or more CVD risk factors. (The Bogalusa Heart Study. *Pediatrics* 1999)
- Among children and teens aged 6- to 19-years, 16 percent (over 9 million young people) are overweight. Obese and overweight children are at much greater risk to develop diabetes, high blood pressure and heart disease than children of normal weight. (Shape of the Nation 2006)
- The number of overweight children aged 6-11 more than doubled the past 20 years according to the Centers for Disease Control and Prevention.
- 12.5 million young people between the ages of 2 and 19 are considered overweight (National Center for Health Statistics) and about 10 percent of children aged 2- to 5-years are overweight. (Shape of the Nation 2006)
- Nearly 1 in 3 children are overweight or at risk of becoming overweight and 25 percent of obese adults were overweight as children. (CDC)
- Almost 80 percent of children who are overweight become obese adults. (New England Journal of Medicine)
- 17 percent of children who have parents that do not exercise are overweight as compared to 13.6 percent who have at least one parent that exercises. (Overweight and Physical Activity Among Children: A Portrait of States and the Nation 2005)

Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People

(According to Centers for Disease Control, 1997)

- Promote after-school activities
- Encourage regular exercise
- Encourage sport participation
- Provide a healthy diet
- Limit TV, video games, and computer time

Parents Need to Help!

Parents Should:

- Encourage new activities and plan parties with active themes
- Give gifts that promote fitness (pedometers, scooters, skates, jump ropes, etc.)
- Strive to be an active family for at least 60 minutes or more each day (walk, hike, bike, dance, skate, backpack, climb, kayak, etc.)