



<https://www.choc.org/health-topics/childhood-obesity/>

Childhood Obesity

- Childhood obesity has almost doubled in 30 years.¹
- 1 in 3 kids are considered obese.²
- Common factors of obesity are eating and inactive behaviors and diet quality.²
- Obese children could have serious health issues as adults.¹⁻³
- Overweight and obese children can lead to overweight and obese adults.¹
- Low-income children have a greater chance of becoming obese.²
- Genetics can cause obesity in some families.^{1,2}

Helpful Websites for More Tips!

www.fueluptoplay60.com

www.choosemyplate.gov

www.cdc.gov/bam/index.html

www.eatright.org

Sources:

1. Nnakwe, 2018.
2. Domoff, Niec, 2018.
3. <https://www.cdc.gov/healthyweight/children/index.html>.
4. <https://www.mayoclinic.org/healthy-lifestyle>.
5. <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>.
6. <https://www.choosemyplate.gov>.

HAVING FUN



AND EATING HEALTHY



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Food Strategies

- Eat lean meats, like chicken or fish.^{4,5}
- Vegetables or fruit should be a big part of a meal.⁵
- The more colorful the fruits and vegetables, the more nutrients you will get!⁵
- Dark green leafy vegetables help with heart disease.⁵
- Including whole grains in meals helps with blood sugar.⁵
- Healthy food choices will be made if there are healthy foods to choose from!
- If fruit can be seen, it will most likely be picked as a snack.
- Try new recipes for different, healthier meals!

Strategies for Kids

- For a sweet snack, choose a piece of fruit.
- Walk or ride a bike to a friend's house.
- Spend less time in front of a screen.
- Sign up for school or community sports teams.
- Play games outside with friends, like Tag.
- Find new recipes for healthy snacks or meals.
- Grow a backyard garden, your family could help, too!
- Find outdoor activities to do during each season.



<https://www.cdc.gov/healthyweight/children/index.html>



<https://www.viachristi.org/blog/need-know-are-you-risk-prediabetes-and-diabetes#sthash.rlcospq.dpbs>

Strategies for Families

- Cook and prepare healthy meals together.
- Take walks together as a family.
- Play games outside that are active.
- Plant a family garden so fresh fruit and vegetables can be easily picked!⁶
- Turn off the TV and put mobile devices down during meal times.⁶
- Plan meals for the week together.
- Support each other and have fun as a family!