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.¹²

Helpful Websites for More Tips!

- [www.fueluptoplay60.com](http://www.fueluptoplay60.com)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.cdc.gov/bam/index.html](http://www.cdc.gov/bam/index.html)
- [www.eatright.org](http://www.eatright.org)

Sources:
5. [https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/](https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/).
6. [https://www.choosemyplate.gov](https://www.choosemyplate.gov).
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.

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!