Childhood obesity and you

Growing up unwell

Studies show that obesity in children and adolescents is on the rise.

More children and adolescents are developing adult diseases sooner:

- Hypertension and heart changes.
- Enlarged and scarred livers from fat or “non-alcoholic fatty liver disease.”
- Prediabetes and diabetes.

The heart of the matter

Cardiovascular disease kills 1 in 4 adult Americans.
Cardiovascular disease kills about 2 in 3 adult diabetics.
Adult progression risk from prediabetes to diabetes is over 5 years.
Children and adolescents can progress much faster, transitioning from prediabetes to diabetes in 12-21 months.
Children and adolescents with hypertension can develop unhealthy changes in their heart size and shape.
People with hypertension, non-alcoholic fatty liver disease, prediabetes and diabetes die earlier and more often from heart disease!

Healthy changes for Healthy kids

- Eat family meals rich in colorful vegetables, fruits, nuts, and lean meats.
- Reduce or eliminate sugary beverages and sweets.
- Grow your home cooking skills to stretch your family budget.
- Add 30 min of family exercise – cycling, dancing, swimming, and walking.
- Visit your healthcare provider to have your child checked.
- Visit your dietitian or nutritionist by a referral from your healthcare provider.
- Join our pediatric healthy living support group.