



# Obesity Care Week

## March 1<sup>st</sup> - 7<sup>th</sup>, 2020

### CHILDHOOD OBESITY: GET THE FACTS

Childhood obesity affects more than 18% of children, making it the most common chronic disease of childhood.<sup>2</sup>

#### Healthy Eating is Key:

School-aged children and adolescents should increase the consumption of fruits, vegetables, whole grains, and nuts.<sup>2</sup> These foods help children be better learners and improves brain development.<sup>6</sup>



#### Genetics and Life at Home:

Children and adolescents aged 6 years and older should be screened for obesity, and those with obesity should be offered or referred to high quality weight management programs.<sup>7</sup>



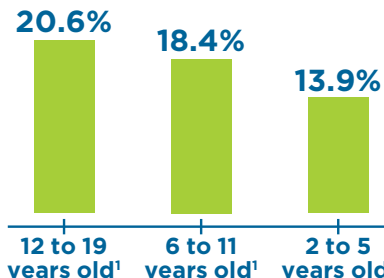
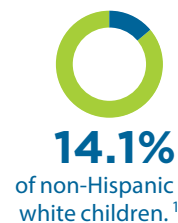
70% of a person's obesity risk comes from heredity factors.<sup>4</sup>



Every additional hour of watching TV per week increases the risk of developing obesity in school children by 3%.<sup>5</sup>



#### Obesity is prevalent in:



#### Let's Get Physical:

# 43%

of high school students spend 3 or more hours a day using a computer or playing video games.<sup>3</sup> A high percentage of kids do not meet the daily physical activity recommendations.



Children need to be active for at least 60 minutes a day.<sup>3</sup>



**OBESITY IS A DISEASE AT ANY AGE. Childhood obesity places kids at risk for diseases that were once only seen in adults, such as pre-diabetes and hypertension.. CHILDREN WITH OBESITY DESERVE ACCESS TO AND COVERAGE OF SCIENCE-BASED TREATMENTS. Visit [ObesityCareWeek.org](http://ObesityCareWeek.org) to show your support!**

#### Sources:

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