



Obesity Care Week

February 28th - March 6th, 2021

CHILDHOOD OBESITY: GET THE FACTS

Childhood obesity affects more than 18% of children, making it the most common chronic disease of childhood.⁴

Healthy Eating is Key:

School-aged children and adolescents should increase the consumption of fruits, vegetables, whole grains, and nuts.³ These foods help children be better learners and improves brain development.⁷



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.⁸



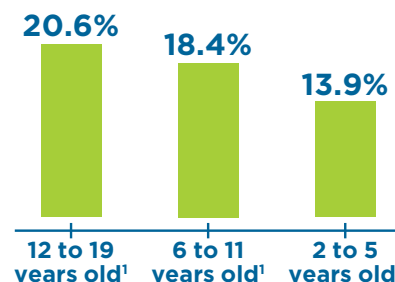
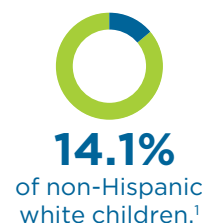
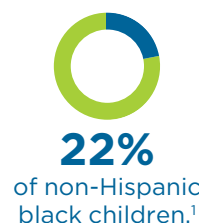
70% of a person's obesity risk comes from heredity factors.⁵



Every additional hour of watching TV per week increases the risk of developing obesity in school children by 3%.⁶



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.⁴
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.⁴



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](https://www.obesitycareweek.org) to show your support!

Sources:

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4. "Take Charge of Your Health: A Guide for Teenagers." National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, 1 Dec. 2016, www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers.
5. "The Blame Game: Nature, Nurture, and Obesity." ConscienHealth, 24 Nov. 2019, conscienhealth.org/2019/11/the-blame-game-nature-nurture-and-obesity/.
6. Rosiek, Anna, et al. "Effect of Television on Obesity and Excess of Weight and Consequences of Health." International Journal of Environmental Research and Public Health, MDPI, 12 Aug. 2015, www.ncbi.nlm.nih.gov/pmc/articles/PMC4555288/.
7. Tandon, Pooja S., et al. "The Relationship between Physical Activity and Diet and Young Children's Cognitive Development: A Systematic Review." Preventive Medicine Reports, Elsevier, 22 Apr. 2016, www.sciencedirect.com/science/article/pii/S2211335516300213.
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