

PARENTS, did you know that...

- One out of five children in the U. S. is overweight.
- 300,000 deaths occur each year due to unhealthy weight gain from poor diet and lack of exercise.
- The average child spends 24 hours each week watching TV!
- Children today have a shorter life expectancy than their parents.

Obese children are at risk for a number of conditions, including:

- **High cholesterol**
- **High blood pressure**
- **Early heart disease**
- **Diabetes Mellitus**
- **Bone problems**
- **Breathing problems**
- **Difficulty sleeping**
- **Depression**
- **Anxiety**

How Do You Know if Your Child Is Overweight?

The best person to determine whether or not your child is overweight is your child's doctor.

How Can You Help Your Child?

- If your child is overweight, be supportive.
- Focus on gradually changing the family's physical activity and eating habits. By involving the entire family, everyone is taught healthful habits and the overweight child doesn't feel singled out.
- Lead by example. If your children see that you are active and having fun, they are more likely to be active and stay active for the rest of their lives.
- Plan family activities that provide everyone with exercise, like walking, biking, or swimming.
- A healthy diet is not only what your child eats, but how much. All children should eat regularly, including healthy snacks. If your child is overweight, the advice of a health professional is important.
- Reduce the amount of time you and your family spend in sedentary activities, such as watching TV or playing video games.



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