An estimated 12.5 MILLION CHILDREN, ages 5 years or younger, spend 33 HOURS PER WEEK in CHILD CARE SETTINGS where they may CONSUME MOST OF THEIR DAILY CALORIES.

DEVELOPMENTALLY, BIRTH TO AGE FIVE, is an important time to TEACH children to PREFER HEALTHY FOODS and DEVELOP GROSS MOTOR SKILLS, setting positive patterns and habits.

1 IN 3 CHILDREN and adolescents, ages 2-19, ARE OVERWEIGHT OR OBESE and nearly NONE meet healthy diet and physical activity recommendations.

OBESITY is linked to MORE CHRONIC CONDITIONS THAN:

- SMOKING
- POVERTY
- DRINKING

increasing the RISK of more than 20 PREVENTABLE CONDITIONS, including sleep apnea, asthma, heart disease, Type 2 diabetes, osteoarthritis, high blood pressure and high cholesterol stroke.

The COST of obesity in the United States is staggering, totaling about $147 billion.

Nearly 1/2 OF PRESCHOOL-AGED CHILDREN DON'T get enough PHYSICAL ACTIVITY.

JUICE (which may lack important fiber found in whole fruit) makes up 40% of children's daily fruit intake.

FRENCH FRIES are the most common vegetable that children eat, making up 25% of their vegetable intake.

Between 40% and 50% OF TODDLERS, ages 12-35-months-old, watch MORE television than is recommended.

RISK FACTORS

- Children in their early teens who are obese and who have high triglyceride levels have arteries similar to those of 45-year-olds.
- Obese children as young as age 3 show indicators for developing heart disease later in life.
- Children who are overweight from the ages of 7 to 13 may develop heart disease as early as age 25.
- Obese children are twice as likely to die before age 55 than their slimmer peers.

OBESITY MAY BE PREVENTED BY

- PHYSICAL ACTIVITY
- GOOD NUTRITION
- LESS SCREEN TIME
- MORE SLEEP

Children who EAT HEALTHY FOODS and GET DAILY PHYSICAL ACTIVITY have:

- FEWER SCHOOL ABSENCES
- HIGHER ACADEMIC ACHIEVEMENT
- HIGHER SELF-ESTEEM
- FEWER BEHAVIORAL PROBLEMS

Children in their early teens who are obese and who have high triglyceride levels have arteries similar to those of 45-year-olds. Obese children as young as age 3 show indicators for developing heart disease later in life. Children who are overweight from the ages of 7 to 13 may develop heart disease as early as age 25. Obese children are twice as likely to die before age 55 than their slimmer peers.

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