Childhood Obesity

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Why is it a health problem?

- Obesity can lead to diabetes, high cholesterol and blood pressure, breathing disorders, and mental illness
- It can carry over into adulthood
- The severity of health risks increases the older they get

What are the main contributors?

- **Media**
  - **Unhealthy food advertisements** permeate mainstream television, billboards, radio, magazines, and other communication channels
  - Many messages are specifically **catered to kids**
- **Inadequate resources**
  - Certain areas may have an **insufficient** number of nearby **grocery stores**
  - Fast food chains and stores with **packaged or processed foods** may be more readily available
  - Surrounding communities can be **dangerous** for children or mal-equipped with adequate resources for physical activity, such as sidewalks, parks, community recreation centers, or other **spaces to run and play**

- **Issues with food**
  - Places that sell or serve food have higher **portion sizes** than ever before
  - Children are drawn to **sugary drinks**, such as apple juice and lemonade

What can I do to prevent it?

- **Practice healthful behaviors**
  - Eat a **balanced diet**
  - Get **an hour** of daily **exercise**
  - Utilize **community resources**

To learn more about childhood obesity, visit
http://www.cdc.gov/obesity/childhood/index.html