HELP REDUCE CHILDHOOD OBESITY

CALL FOR ACTION

As a parent or caregiver, you can do a lot to help your child get to and stay at a healthy weight. Start making healthy changes for you and your child today.

KNOW THE FACTS

OF CHILDREN AND ADOLESCENTS AGES 6 TO 19 ARE CONSIDERED OVERWEIGHT OR OBSESE.

<table>
<thead>
<tr>
<th>PERCENT BY AGE GROUP</th>
<th>PERCENT BY SEX</th>
<th>PERCENT BY RACE</th>
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</thead>
<tbody>
<tr>
<td>Ages 6-11</td>
<td>Ages 6-11</td>
<td>Ages 6-11</td>
</tr>
<tr>
<td>Girls</td>
<td>Boys</td>
<td>White</td>
</tr>
<tr>
<td>32.6%</td>
<td>33.6%</td>
<td>29.0%</td>
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<tr>
<td>30.4%</td>
<td>33.0%</td>
<td>41.8%</td>
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<tr>
<td>31.6%</td>
<td>31.8%</td>
<td>41.2%</td>
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</tbody>
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Percentage of Youth in the United States with Overweight or Obesity, 2009–2010

http://www.cdc.gov/nchs/nhanes.htm

BE ACTIVE EVERY DAY

To be healthy your child needs at least 60 minutes of physical activity every day. Break the time into smaller parts during the day; it all adds up. Here are some fun ways to get active with your child.

Children need at least
60 MINUTES of physical activity every day.*

What’s Your Next Move?

Visit the Weight-control Information Network (WIN) website at http://www.win.niddk.nih.gov to learn more about how to reduce childhood obesity and download a free copy of WIN’s recently updated brochure Helping Your Overweight Child.

EAT MORE HEALTHY FOODS

When you practice healthy eating habits as a family, everyone wins! Help your child get to and stay at a healthy weight by serving more fruits and veggies and setting limits on sugars and fats.


SOURCES


WIN Weight control Information Network

A program of the National Institutes of Health

The Weight-control Information Network (WIN) is a national information service of the National Institutes of Diabetes and Digestive and Kidney Diseases (NIDDK). WIN provides science-based, up-to-date, culturally relevant materials and tips. Topics include healthy eating, barriers to physical activity, portion control, and eating and physical activity myths.

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