

# HELP KIDS SLIM DOWN & LIVE LONGER

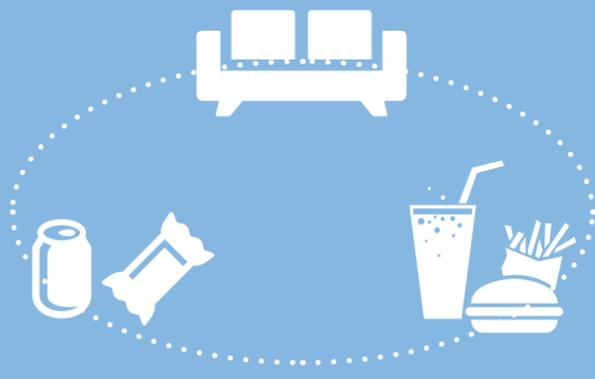
**U.S. kids are heavier than they used to be** and pediatricians are concerned. Children are now developing adult health problems due to their extra weight. **Their lives are likely to be shorter than their parents' unless we take action.**

## HOW OBESITY AFFECTS KIDS' HEALTH

- Type 2 diabetes
- High blood pressure
- High cholesterol
- Sleep apnea
- Fatty liver disease
- Heart disease
- Asthma

## HOW IT AFFECTS THEIR SCHOOL & SOCIAL LIVES

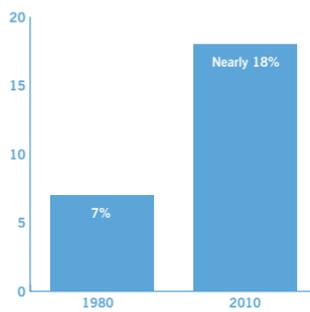
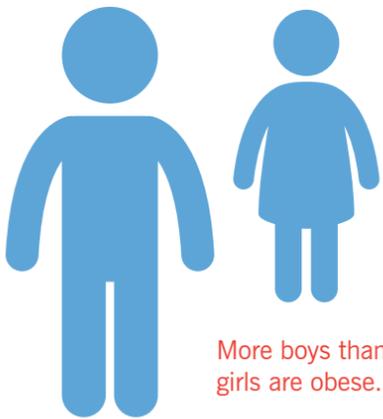
- Difficulty playing games & sports
- Trouble making friends
- Teasing and bullying
- Falling grades
- Poor self-esteem
- Negative body image
- Discrimination from colleges



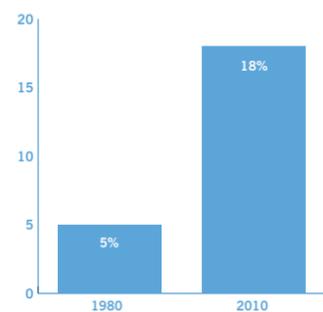
## WHY KIDS HAVE GOTTEN HEAVIER

- A sedentary lifestyle
- Family eating patterns
- A culture that encourages it
- Urban deserts

**A TREND THAT NEEDS TO STOP.** Nearly 20 percent of all U.S. kids — 12 million 2-to-19-year-olds — are obese. The change over 30 years has been dramatic:



Ages 6 – 11



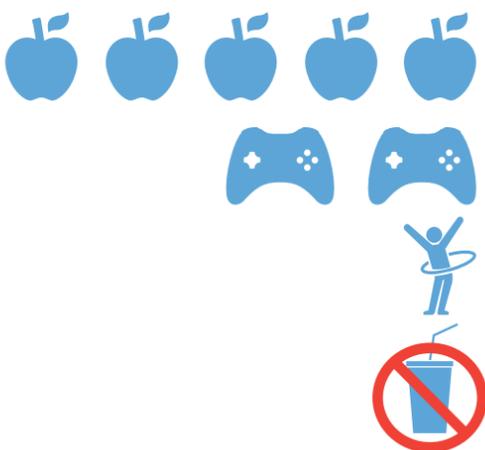
Ages 12 – 19



## FIVE WARNING SIGNS TO WATCH FOR

Worried that your child may be getting too heavy? Talk to your pediatrician if your son or daughter:

- Can't keep up with other kids when playing
- Has aches and pains when moving
- Snores at night
- Acts nervous, sad or moody
- Has darkening of skin around neck (acanthosis nigricans)



## FOLLOW THESE TIPS FOR A HEALTHY FUTURE

Kids who are obese after age 6 are 50 percent more likely to be obese in adulthood. Start as early as you can to encourage healthy habits:

- **5** fruits and vegetables per day
- **2** hours or less of TV, computer, video or phone use
- **1** hour of physical activity every day
- **0** sodas and sugary drinks