Is Obesity a Problem?

YES. Due to obesity-related illness, today’s children may be the first generation to have a shorter lifespan than that of their parents.

- Drinking sugar-sweetened drinks is associated with obesity in children.
- Watching TV more than 2 hours per day is associated with obesity in children.
- Less than 1 hour of physical activity per day is associated with obesity in children.

Eating fruits and vegetables is important to weight control, and healthy growth and development in children.

Fruits and vegetables help prevent diseases such as high blood pressure, diabetes and heart disease.

Try healthier snacks such as apples with peanut butter, yogurt with berries, and fresh salsa with tortilla chips.

Add fruits and vegetables to foods you already enjoy such as sandwiches, pizzas and salads.

Cut fruits and vegetables into bite-size pieces to have it ready to eat.

Exercise helps to control your weight, improve your mood, and strengthen bones and muscles.

Adults need to model active living for children and encourage healthy habits.

Make exercise easy. Park your car on the far end of the parking lot, take the stairs, or play tag on the beach with the kids.

Drinking sugar-sweetened beverages is linked with obesity and dental cavities.

A can of soda contains an average of 150 calories. Drinking one soda a day causes an average weight gain of 10 pounds in a year.

Keep a pitcher of water in the refrigerator at home. When away from home, carry a reusable water bottle.