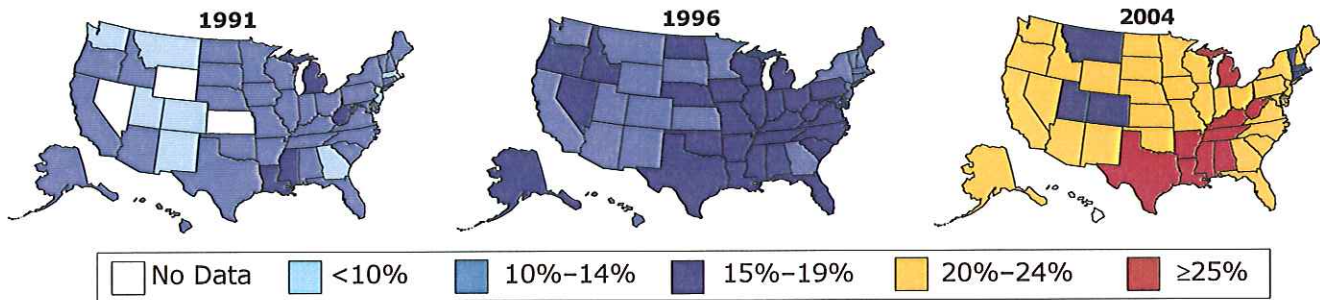


Did you know...?

The scope of the problem:

We face an **epidemic** of obesity in the United States



With respect to overweight: Today, 62% of US adults are overweight, and 17% of children. Just twenty years ago the rate of childhood overweight was about 5%

The risks: Overweight children are at much greater risk for:

- Diabetes or “pre-Diabetes” (higher bodily resistance to insulin)
- Higher cholesterol, leading to future risk of heart attack
- Elevated blood pressure, leading to elevated risk for heart disease and stroke
- Being teased by peers, with resulting low self-esteem and depression
- Joint problems
- Fatigue
- Sleep disorders
- Chronic headache
- Bulimia

Some interesting facts:

- Only 38% of meals in the US today are home-cooked, and on a typical day more than 30% of children and adolescents eat at least one meal at a fast food restaurant
- On average children 2-18 years old spend 5 ½ hours a day watching TV, using computers or playing video games
- Your risk of obesity increases by 2% for every 1 extra hour/day average of TV
- Your risk of obesity is 1.6 times higher for every increase by 1 in average number of pops drunk per day
- 1 in 3 US children will develop Diabetes in their lifetime (1 in 2 African American females)

What you can do to make a difference:

- *Modify your food intake:* eat more home-cooked and family-centered meals, make healthier food choices, watch portion sizes, aim for 5 servings of combined fruits and vegetables daily, cut out or significantly decrease pops and sports drinks
- *Limit screen time* (TV plus video games): to no more than 2 hours per day
- *Increase your exercise level:* to a goal of 1 hour per day of active play or exercise



Play hard. Eat smart. Gain energy!