

# Nutrition & Health news for families

## Childhood Obesity

“The risk of obesity starts early in life. Over half of obese children become overweight by the age of 2, and approximately one in five children are overweight or obese by their 6th birthday.”

*-The White House Task Force  
on Childhood Obesity*

One out of three American kids and teens are overweight or obese. Obesity in children causes health problems such as high blood pressure, type 2 diabetes, and elevated cholesterol levels. It also leads to poor self-esteem and depression. The good news is a 10% weight loss in an obese or overweight child reduces their risk for diabetes and cardiovascular disease.

[Let's Move](#), an initiative dedicated to solving the problem of childhood obesity, recommends small changes in five key areas:

1. Eat more fruits and vegetables
2. Consume less sugar and fat
3. Eat healthier snacks
4. Watch portion size
5. Eat together as a family

Children also need a total of 60 minutes of play with moderate to vigorous activity every day. Enjoy family activities like walking, bike riding, or jumping rope.

