

FACTS ABOUT KIDS WEIGHT PATTERNS

Did you know that?

- Today there are nearly twice as many overweight children and almost three times as many overweight adolescents as there were in 1980.
- About 50 percent of children and adolescents who are obese will become obese adults.
- Poor diet and inadequate physical activity are the second leading cause of death in the United States.
- Adult obesity is a risk factor for major health conditions, including diabetes, heart disease, high blood pressure, stroke, gallbladder disease and cancer.

Please visit the following Web sites for more information...

HOW COMMUNITIES CAN HELP KIDS

Action for Healthy Kids

<http://ActionforHealthyKids.org>

Action for Healthy Kids (AFHK) is a nationwide initiative dedicated to improving children's health and fitness and reversing the alarming increase in childhood overweight, obesity and undernutrition. Visit this site to learn more about AFHK, find out what is happening in your state and how you can get involved or use the resources and tools for action.



Pennsylvania Advocates for Nutrition and Activity

<http://www.panaonline.org>

This site, hosted by the Pennsylvania Advocates for Nutrition and Activity (PANA), is a communication clearinghouse and state-wide resource for improving nutrition and physical activity.

The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity

www.surgeongeneral.gov/topics/obesity/default.htm

The Surgeon General's report outlines strategies that communities can use to help address the obesity epidemic. Options include requiring physical education at all school grades, providing more healthful food options on school campuses and providing safe and accessible recreational facilities for residents of all ages. Visitors to the site can download the full report and fact sheets addressing issues such as overweight in children and adolescents, the health consequences of overweight and obesity and healthy weight advice for consumers.