

# OBESITY



My Heart. My Life.™

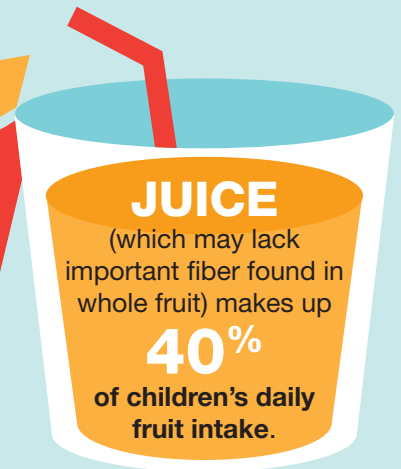
## IN INFANTS TO PRESCHOOLERS



**1 IN 3 CHILDREN**  
and adolescents, ages 2-19,  
**ARE OVERWEIGHT OR OBESE**  
and nearly **NONE** meet healthy diet  
and physical activity recommendations.



**FRENCH FRIES**  
are the most common  
vegetable that children  
eat, making up  
**25%**  
of their vegetable  
intake.



**JUICE**  
(which may lack  
important fiber found in  
whole fruit) makes up  
**40%**  
of children's daily  
fruit intake.

**FACT** An estimated **12.5 MILLION CHILDREN**, ages 5  
years or younger, spend **33 HOURS PER WEEK** in  
**CHILD CARE SETTINGS** where they may  
**CONSUME MOST OF THEIR DAILY CALORIES.**

**OBESITY** is linked to  
**MORE CHRONIC CONDITIONS THAN:**



SMOKING



POVERTY



DRINKING

increasing the **RISK** of more than **20 PREVENTABLE  
CONDITIONS**, including sleep apnea, asthma, heart  
disease, Type 2 diabetes, osteoarthritis, high blood  
pressure and high cholesterol stroke.

## RISK FACTORS

- Children in their early teens who are obese and who have high triglyceride levels have arteries similar to those of 45-year-olds.
- Obese children as young as age 3 show indicators for developing heart disease later in life.
- Children who are overweight from the ages of 7 to 13 may develop heart disease as early as age 25.
- Obese children are twice as likely to die before age 55 than their slimmer peers.

## OBESITY MAY BE PREVENTED BY



PHYSICAL  
ACTIVITY



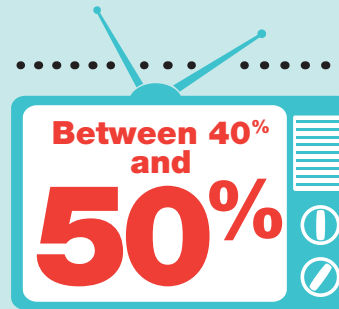
GOOD  
NUTRITION



LESS  
SCREEN TIME



MORE  
SLEEP



Between **40%**  
and  
**50%**

**OF TODDLERS**,  
ages 12- to 35-months-old,  
watch **MORE** television  
than is recommended.

Nearly **1/2** **OF PRESCHOOL-AGED CHILDREN  
DON'T** get enough  
**PHYSICAL ACTIVITY.**

## The **COST** of obesity

in the United States is staggering, totaling about  
**\$147 billion.**

Children who **EAT HEALTHY FOODS** and  
**GET DAILY PHYSICAL ACTIVITY** have:

- FEWER SCHOOL ABSENCES
- HIGHER ACADEMIC ACHIEVEMENT
- HIGHER SELF-ESTEEM
- FEWER BEHAVIORAL PROBLEMS



## DEVELOPMENTALLY, BIRTH TO AGE FIVE,

is an important time to **TEACH** children to  
**PREFER HEALTHY FOODS** and  
**DEVELOP GROSS MOTOR SKILLS**,  
setting positive patterns and habits.

[heart.org/healthierkids](http://heart.org/healthierkids)