

CHILDHOOD OBESITY

Many U.S. kids are overweight or obese, and most don't exercise.



1 in 3

Children and teens age 2 to 19 are considered overweight or obese.

2 out of 3
Don't get **any daily physical activity.**



96%

Of elementary schools offer **no physical education classes.**

1 out of 3

Children are obese or overweight before their 5th birthday.

Average U.S. child spends **75% OF WAKING HOURS** in sedentary positions (aka sitting).

(Source CDC)

+1

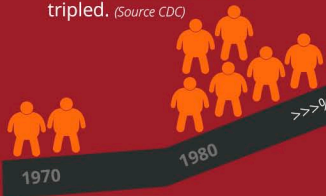
In children 12-17 years, for every additional **HOUR OF TV VIEWED** per day, the prevalence of being **OVERWEIGHT INCREASES 2%**

(Source: The Center for Weight & Health - The University of California at Berkeley)

Approximately **12.5 MILLION OR 17%** of children and adolescents aged 2 to 19 years are **OBESSE.** (Source: CDC)



SINCE 1980, obesity prevalence among children and adolescents has almost tripled. (Source: CDC)



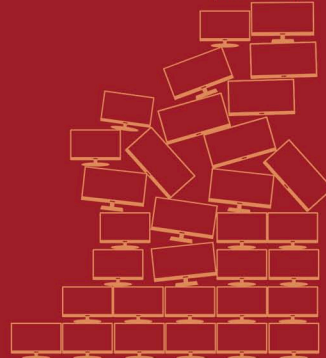
327,470,000 TVs in America, 2.86 TVs per household by **2009** (Source: Nielsen)

81,040,000 TVs in America, 1.39 TVs per household by **1970** (Source: TVB.org)

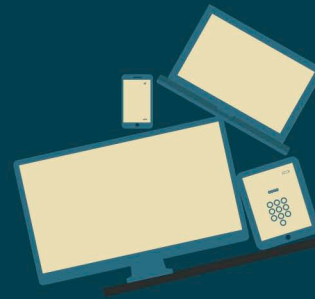


Children who are overweight or obese as preschoolers are **FIVE TIMES AS LIKELY** to be obese as adults.

(Source: CDC)



In an average day, children ages 8-18 spend **SITTING:**
4.5 hrs watching TV
1.5 hrs on the computer
1+ hrs playing video games
= 7 hours daily "SCREEN TIME"



Obesity Levels

The **MORE SCREEN TIME**, the more you sit.
The **MORE YOU SIT**, the more likely you'll **INCREASE YOUR WEIGHT** and become obese.