

OVERWEIGHT CHILDREN BECOME OVERWEIGHT ADULTS



SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

PREVENTING CHILDHOOD OBESITY: TIPS FOR PARENTS

- Overweight children should not be put on a diet unless a physician supervises
- Promote a healthy lifestyle - focus on good health and eating healthy as a family
- Establish daily meal and snack times and eat together as a family as much as possible
- Watch portion sizes
- Increase consumption of fruits and vegetables
- Limit energy intake from total fats and sugars
- Be active – do fun activities together outdoors (i.e. tag, catch, hide and seek)
- Children up to age 8 spend an average of 2.5 hours per day in front of the screen
- Children ages 8-12 spend an average of 4.5 hours in front of the screen
- The recommended maximum daily intake for children ages 2-18 is 25 grams of sugar which equals 5 teaspoons
- Nearly 1 in 5 children and adolescents are obese which equals 124 million

