



1 out of 3 kids are now considered overweight or obese



Risk Factors

- Diet
- Inactivity
- Genetics
- Psychological factors
- Family factors
- Socioeconomic Factors

Health, Social, and Emotional Complications

- Type 2 diabetes
- High blood pressure
- Asthma
- Sleep disorders
- Early puberty
- Low self-esteem
- Depression

Prevention is Key!

- ✓ Set a good example
- ✓ Avoid offering sweet foods as a reward
- ✓ Find fun ways to incorporate exercise
- ✓ Get the whole family involved
- ✓ Meal time should be family time
- ✓ Decrease television time
- ✓ Make healthier versions of favorite dishes

For Further
Information Visit:
www.kidshealth.org
www.aacap.org
www.aspe.hhs.gov

80% of overweight or obese children will be
overweight adults

For more information visit us at www.kanehealth.com/coalition.htm
Or contact Maureen Obuchowski at 630-264-7670