



# September is Childhood Obesity Awareness Month.

## Facts about Childhood Obesity

- Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.
- In 2012, more than one third of children and adolescents were overweight or obese.
- Being overweight and obese are the result of caloric imbalance — too few calories expended for the amount of calories consumed — and are affected by various genetic, behavioral, and environmental factors.

## Health Effects

- Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure.
- Obese adolescents are more likely to have prediabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.
- Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

- Children and adolescents who are obese are likely to be obese as adults, and are more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, and osteoarthritis, and several types of cancer.

## Prevention

- Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.
- Encourage outdoor play.
- Limit TV time and snacking.



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