

Childhood Obesity



Since 1980, childhood obesity rates in the U.S. have more than **tripled**

25,000,000

children in the United States are overweight or obese



That's equal to

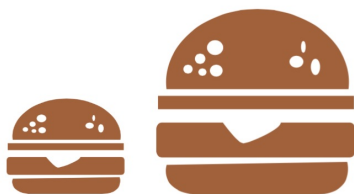


1 of every **3** kids



Our kids spend nearly **8 hours** every day watching TV, playing video games, using computers, talking on cell phones, and texting.

Fast food portions have increased between ~~200-300%~~ since **200-500%**



In 2011, Americans spent **\$168,000,000** on fast food



Since 1970, the average daily calorie intake has increased by **31%**

Kids consume an extra **200** calories a day from snacks alone



92% of elementary schools don't have year-round physical education programs



Almost **1** in **4** children do not participate in any free time physical activity



By 2018, the US will spend **\$343,000,000** on obesity-related health care costs

70% of obese children have at least one risk factor for heart disease

39% have at least two or more risk factors



Today's children will be the first generation since the Great Depression projected to have a shorter lifespan than their parents

adapted from Dr. J Renae Norton. <http://eatingdisorderpro.com>



REFERENCES

For more information on these statistics, please view the following resources:

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