



September is **NATIONAL CHILDHOOD OBESITY** Awareness Month

CHILDHOOD OBESITY FACTS

- Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.
- The percentage of children aged 6-11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12-19 years who were obese increased from 5% to nearly 21% over the same period.
- In 2012, more than one third of children and adolescents were overweight or obese.
- Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. Obesity is defined as having excess body fat.
- Overweight and obesity 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.

The good news is that childhood obesity can be prevented!

In honor of National Childhood Obesity Awareness Month, we would like to encourage you and your family to make healthy changes together.

Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time: Keep screen times (time spend on the computer, watching TV, or playing video games) to 2 hours or less a day.

Make Healthy meals: Buy and serve more vegetables, fruits and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight!

Stay Active MIAMI





September is **NATIONAL CHILDHOOD OBESITY** Awareness Month

CHILDHOOD OBESITY FACTS

- Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.
- The percentage of children aged 6-11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12-19 years who were obese increased from 5% to nearly 21% over the same period.
- In 2012, more than one third of children and adolescents were overweight or obese.
- Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. Obesity is defined as having excess body fat.
- Overweight and obesity 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.

The good news is that childhood obesity can be prevented!

In honor of National Childhood Obesity Awareness Month, we would like to encourage you and your family to make healthy changes together.

Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time: Keep screen times (time spend on the computer, watching TV, or playing video games) to 2 hours or less a day.

Make Healthy meals: Buy and serve more vegetables, fruits and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight!

Stay Active MIAMI





September is **NATIONAL CHILDHOOD OBESITY** Awareness Month

CHILDHOOD OBESITY FACTS

- Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.
- The percentage of children aged 6-11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12-19 years who were obese increased from 5% to nearly 21% over the same period.
- In 2012, more than one third of children and adolescents were overweight or obese.
- Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. Obesity is defined as having excess body fat.
- Overweight and obesity 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.

The good news is that childhood obesity can be prevented!

In honor of National Childhood Obesity Awareness Month, we would like to encourage you and your family to make healthy changes together.

Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time: Keep screen times (time spend on the computer, watching TV, or playing video games) to 2 hours or less a day.

Make Healthy meals: Buy and serve more vegetables, fruits and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight!

Stay Active **MIAMI**





September is **NATIONAL CHILDHOOD OBESITY** Awareness Month

CHILDHOOD OBESITY FACTS

- Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.
- The percentage of children aged 6-11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12-19 years who were obese increased from 5% to nearly 21% over the same period.
- In 2012, more than one third of children and adolescents were overweight or obese.
- Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. Obesity is defined as having excess body fat.
- Overweight and obesity 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.

The good news is that childhood obesity can be prevented!

In honor of National Childhood Obesity Awareness Month, we would like to encourage you and your family to make healthy changes together.

Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time: Keep screen times (time spend on the computer, watching TV, or playing video games) to 2 hours or less a day.

Make Healthy meals: Buy and serve more vegetables, fruits and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight!

Stay Active MIAMI





September is **NATIONAL CHILDHOOD OBESITY** Awareness Month

CHILDHOOD OBESITY FACTS

- Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.
- The percentage of children aged 6-11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12-19 years who were obese increased from 5% to nearly 21% over the same period.
- In 2012, more than one third of children and adolescents were overweight or obese.
- Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. Obesity is defined as having excess body fat.
- Overweight and obesity 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.

The good news is that childhood obesity can be prevented!

In honor of National Childhood Obesity Awareness Month, we would like to encourage you and your family to make healthy changes together.

Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.

Limit screen time: Keep screen times (time spend on the computer, watching TV, or playing video games) to 2 hours or less a day.

Make Healthy meals: Buy and serve more vegetables, fruits and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight!

Stay Active MIAMI

