

What's Your Next Move?

HELP REDUCE CHILDHOOD OBESITY

..... No. 1 in a series of infographics on childhood obesity

CALL FOR ACTION



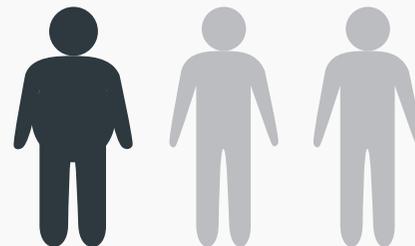
As a parent or caregiver, you can do a lot to help your child get to and stay at a healthy weight. Start making healthy changes for you and your child today.

KNOW THE FACTS

About

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**OF CHILDREN AND ADOLESCENTS
AGES 6 TO 19 ARE CONSIDERED
OVERWEIGHT OR OBESE.**



Source: National Health and Nutrition Examination Survey, 2009–2010
<http://www.cdc.gov/nchs/nhanes.htm>

WHAT'S YOUR NEXT MOVE?

Visit the Weight-control Information Network (WIN) website at <http://www.win.niddk.nih.gov> to learn more about how to reduce childhood obesity and download a free copy of WIN's recently updated brochure *Helping Your Overweight Child*.

WIN Weight-control
Information Network
A program of the National Institutes of Health

The Weight-control Information Network (WIN) is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH). WIN provides the general public, health professionals, and the media with science-based, up-to-date, culturally relevant materials and tips. Topics include healthy eating, barriers to physical activity, portion control, and eating and physical activity myths.