

# What's Your Next Move?

## HELP REDUCE CHILDHOOD OBESITY

### CALL FOR ACTION



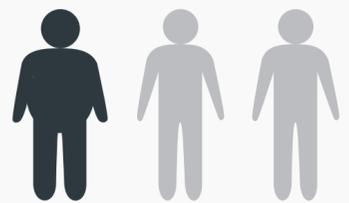
As a parent or caregiver, you can do a lot to help your child get to and stay at a healthy weight. Start making healthy changes for you and your child today.

### KNOW THE FACTS

About

# 1/3

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

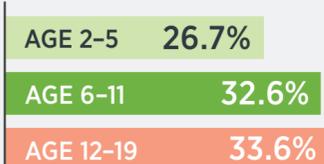


Source: National Health and Nutrition Examination Survey, 2009-2010  
<http://www.cdc.gov/nchs/nhanes.htm>

### Percentage of Youth in the United States with Overweight or Obesity, 2009-2010

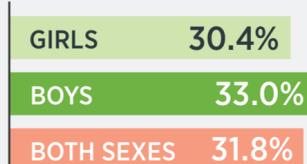
#### PERCENT BY AGE GROUP

Ages 2-19



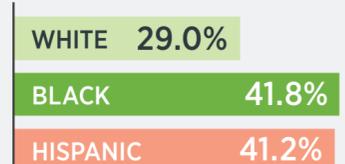
#### PERCENT BY SEX

Ages 2-19



#### PERCENT BY RACE

Ages 6-19

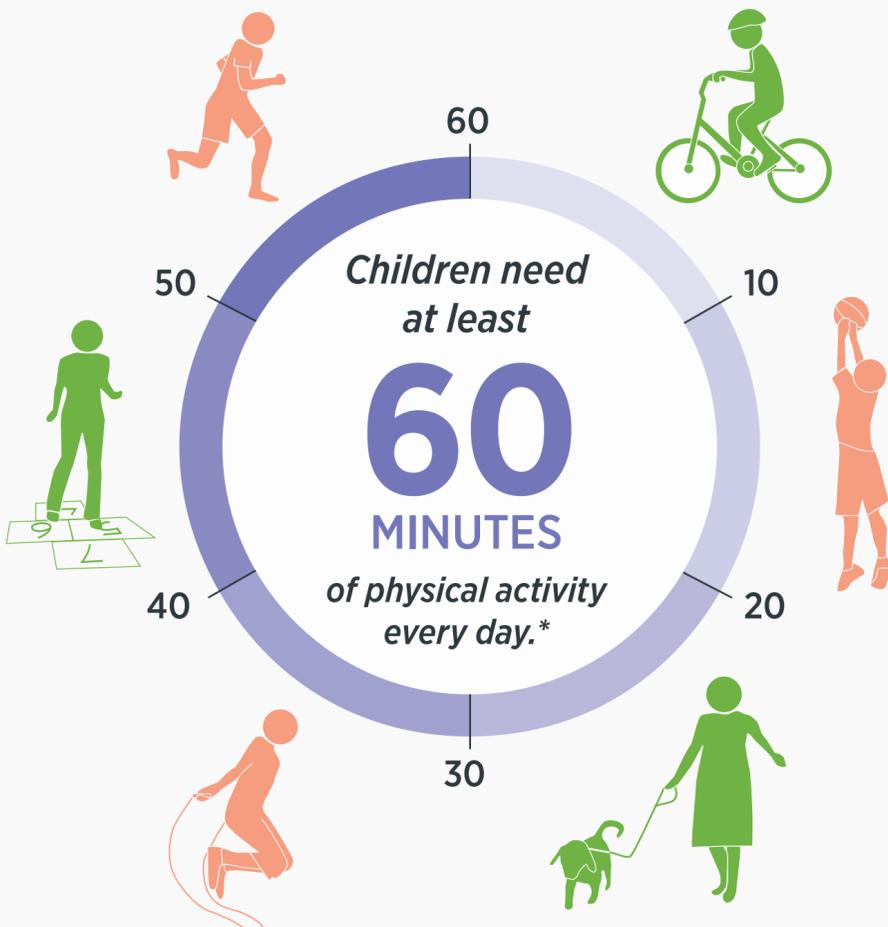


Source: National Health and Nutrition Examination Survey, 2009-2010  
<http://www.cdc.gov/nchs/nhanes.htm>

### BE ACTIVE EVERY DAY



To be healthy your child needs at least 60 minutes of physical activity every day. Break the time into smaller parts during the day; it all adds up. Here are some fun ways to get active with your child.

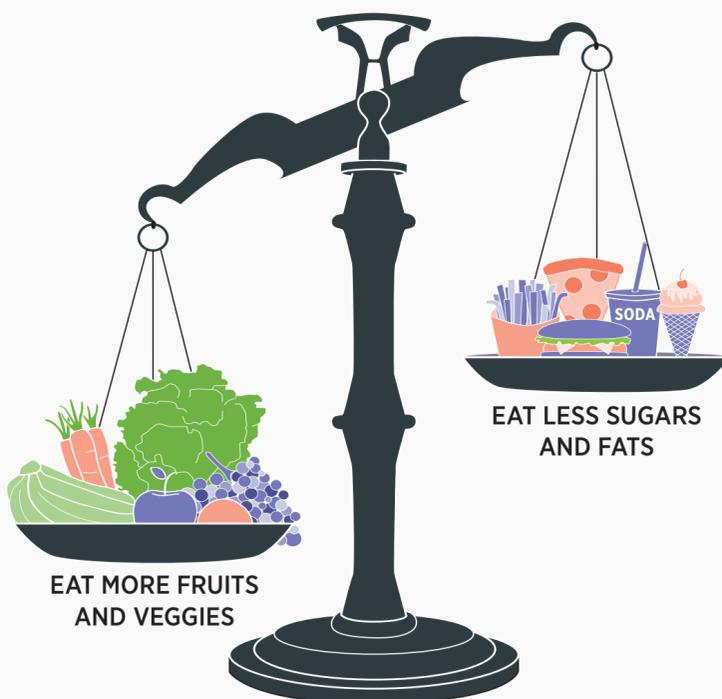


\*Source: U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans.  
<http://www.health.gov/paguidelines>

### EAT MORE HEALTHY FOODS



When you practice healthy eating habits as a family, everyone wins! Help your child get to and stay at a healthy weight by serving more fruits and veggies and setting limits on sugars and fats.



### 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*.

#### SOURCES

Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of obesity and trends in the distribution of body mass index among US adults, 1999-2010. *Journal of the American Medical Association*. 2012; 307(5):491-497. <http://jama.ama-assn.org/content/307/5/491>

Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of obesity and trends in body mass index among US children and adolescents, 1999-2010. *Journal of the American Medical Association*. 2012; 307(5):483-90. <http://jama.ama-assn.org/content/307/5/483>

U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. ODPHP Publication No. U0036. Washington, DC.: U.S. Department of Health and Human Services. <http://www.health.gov/paguidelines>

**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.