



## CHILDHOOD OBESITY FACTS AND STATISTICS

- According to the American Heart Association, twice as many children and three times as many teens are overweight today than in the 1980s.
- In 2005, 26.6% of children in Nevada were considered obese. Two years later, the number rose to 34.2%.
- More than 75% of high school students do not eat the recommended servings of fruits and vegetables each day.
- According to the National Center for Chronic Disease Prevention and Health Promotion, childhood obesity has more than tripled in the past 30 years.
- 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.
- Obesity is the number two cause of preventable death in the United States.
- Nine million children and teens ages 6 to 19 are overweight.
- Being overweight or obese increases the risk of health conditions and diseases, including breast cancer, coronary heart disease, type II diabetes, sleep apnea, gallbladder disease, osteoarthritis, colon cancer, hypertension and stroke.
- Lost productivity related to obesity among Americans ages 17 to 64 costs \$3.9 billion a year.
- Obese individuals spend 36% more on health care costs and 77% more on medications per year than individuals of normal weight.