



Childhood Obesity

Childhood obesity statistics are startling, but increased awareness of the problem is prompting parents, teachers, communities, businesses and concerned individuals to take action. Here are some facts you should know about childhood obesity.

America's childhood obesity rates have tripled in the last 30 years, exposing nine million kids to a lifetime of health consequences. If we don't act to reverse this alarming trend, we're in danger of raising the first generation of American children who will live sicker and die younger than the generation before them. (The Daily Record, November 2006)

Preventing obesity during childhood is critical, as overweight adolescents have up to an 80 percent chance of becoming overweight or obese adults. With the earlier onset of obesity, we can expect to see the earlier onset of related illnesses such as heart disease, stroke, diabetes and certain types of cancer. (The Daily Record, November 2006)

Obesity poses a tremendous financial burden, with estimated costs topping \$100 billion. (The Daily Record, November 2006)

Due to sedentary lifestyle and poor nutrition, today's children are the least fit and the most fat of any generation on record. Experts who predict longevity believe that these youngsters could be the first generation that does not live as long as their parents. (Reprinted with permission from FIT KIDS'SMARTER KIDS by Olympian Jeff Galloway www.RunInjuryFree.com)

How can you help? Make a donation to ING Run For Something Better which helps fund running and physical fitness education programs in schools. The program offers children a healthy start to life and fosters their desire to exercise before obesity ever begins.

