



## WHY TEACH HEALTHY CHOICES?

One in three children in the United States are overweight or obese. Today's generation may be the first to have a shorter life-expectancy than their parents.

Approximately 19% of 6 to 11 year olds are classified as overweight or obese, a significant increase from the past 3 decades. Not only are more children overweight and obese - overweight children are becoming heavier.

Overweight children are at risk for significant physical and emotional difficulties.

### **Physical problems include:**

Type-II diabetes  
sleep apnea  
heart disease  
asthma  
orthopedic problems  
hypertension  
malnutrition

### **Psychological consequences include:**

low self-esteem  
poor social functioning  
depression  
body image disturbance  
eating-disordered behavior  
behavior problems

In schools it has been found that heavier children tend to be absent more often than their under or normal weight peers. Poor academic performance is also associated with children who are overweight or obese.

If overweight or obesity continues into adulthood, the physical and psychological problems will follow along with long-term complications.

More than one-third of U.S. adults are obese. According to the 2008 CDC Behavioral Risk Factor Surveillance Survey (BRFSS), 32 States have adult obesity rates over 25 percent. In six of the 32 states over 30 percent of the adult population are obese. The struggle to lose weight as an adult is a difficult task. It means changing life-long unhealthy habits and many adults are unsuccessful in maintaining weight loss.

The prevention of childhood obesity is the key. The **Oliver Kids Team**® is a program that starts kids on the right path at an early age.