

SHOCKING FACTS



Watching TV

More than 60% of overweight incidents can be linked to too much TV viewing.



Drawing

One in five kids ages 2-5 are overweight or at risk for being overweight.

50% of obese children and adolescents will be **overweight as adults.**

Less than half of United States schoolchildren have access to **physical education** classes on a daily basis.

Kids who watch more than 3 hours of TV a day are **50% more likely** to be obese than those watching less than 2 hours.

Obesity puts children at risk for a variety of **health problems** including diabetes and heart disease.

40% of **Mendocino County** children, ages 5-19, were considered overweight or at risk for overweight in 2002!

In a study of preschoolers (ages 1-4), a child's risk of being overweight increased by **6% for every hour of television** watched per day. If that child had a **television in his or her bedroom**, the odds of being overweight jumped an additional 31% for every hour watched.