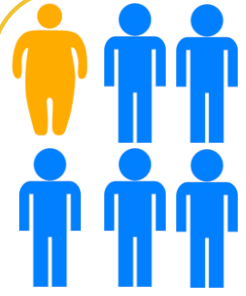


# Healthy Weight, Healthy Kids

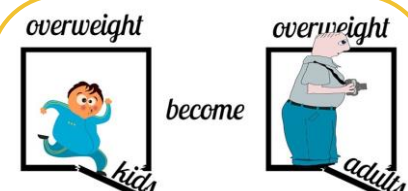
## Learn the facts of childhood obesity



**Becoming obese doesn't happen overnight.** Obesity happens over time when the energy we take in by eating is not in balance with the energy we burn from physical activity.



**1/6**  
of American children ages 2 to 19 are **obese**



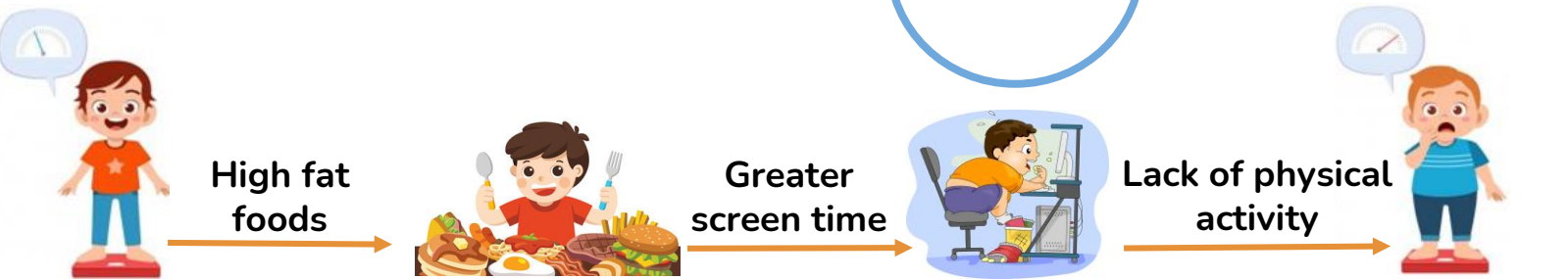
Obesity in childhood can add up to health problems — often for life. (see below)

### Health Problems Linked to Obesity

In a recent national study, **58%** of children diagnosed with type 2 diabetes were obese.



### How do kids become obese or overweight?



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