

1-N-3

- 1 in 3 of America's children are overweight or obese. North Carolina ranks 5th in the childhood obesity rates in the nation.
- Obesity is determined by the Body Mass Index (BMI), a measure of body weight adjusted for height. Children with a BMI over the 85th but less than the 95th percentile are considered overweight. Children with a BMI greater than the 95th percentile are considered obese.
- Childhood obesity is more prevalent among low-income and children of color.
- Obesity increases significant health risks for heart disease, type II diabetes, some cancers, strokes, hypertension, respiratory problems, arthritis, and psychological consequences such as low self-esteem, anxiety, depression, and isolation.
- Obesity significant health risks impose a heavy financial burden on our families, our health care system, and our economy. Nearly \$150 billion per year are spent to treat obesity-related conditions.
- Obesity is second only to cigarette smoking as the major preventable cause of mortality in America. In 2007, almost 50% of preventable causes of death in North Carolina were associated with the obesity-related behaviors of diet and physical inactivity.
- It is projected that unless our dietary and activity habits change, 86% of Americans will be overweight or obese by 2030 and this generation of children could be the first to die before their parents.
- Guilford County statistics on overweight and obesity show that 44% elementary, 29% middle school, and 30% high school students are overweight or obese.

It's time to... *D-UP*

- **Develop skills-Understand Nutrition-Power Up to Fight Obesity**
- **Website: www.itstime2dup.com Telephone: 336-383-6048**