



Topic: Nutrition

What We Need to Know

According to statistics provided by Let's Move, a government initiative to raise a generation of healthier children, over the past three decades, childhood obesity rates in America have tripled, and today, nearly one in three children in America are overweight or obese. The numbers are even higher in African American and Hispanic communities, where nearly 40% of the children are overweight or obese. If we don't solve this problem, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives. Many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma.

Experts cite a number of causes: inactivity, portion sizes, fast food, excess snacking, and sweetened beverages, to name a few.

Conversation Starters

Body Mass Index (BMI) measures weight in relation to height. Lot on to the Centers for Disease Control and Prevention website and find out what your BMI is.

<http://www.cdc.gov/healthyweight/assessing/bmi/index.html> Are lifestyle changes in order to try to lower that calculation?

Why are diets so frustrating?

How can we change our eating habits? How can we get more exercise? What can we do as a family?

Resources

[Let's Move – Eat Healthy](#)

[Centers for Disease Control and Prevention Healthy Weight Index](#)