



## Obesity Prevention Is a Part of Injury Prevention

The Injury Free Coalition for Kids helps parents and communities make safer and healthier places for children. The Coalition is a community oriented organization located in 43 hospitals in 38 cities across the country.

Because childhood obesity can affect a family's health, cause children to be injured more easily and make them more likely to develop diseases like diabetes, high blood pressure and high cholesterol at earlier ages, the Coalition is helping parents and communities prevent obesity in children.

Injury Free is helping to prevent obesity by:

- providing healthy food in the community
- teaching parents and children to make better food choices
- encouraging families to exercise safely everyday

The Robert Wood Johnson Foundation funds the Coalition's obesity prevention efforts in 8 cities where doctors, registered dietitians, health educators, community partners and schools work together to:

- offer affordable nutritious foods through neighborhood farmers' markets
- make school lunch choices more nutritious
- provide cooking classes and nutrition information
- set up new ways to increase daily physical activities in school and at home
- measure how body fat is changing in children

### You Should Be Concerned About the Weight of Children

One out of 3 children in the United States is overweight or at risk of being overweight.

- 14% of 2-5 year olds are overweight and 10% are obese
- 19% of children ages 6 - 11 are overweight
- 17% of teenagers are overweight

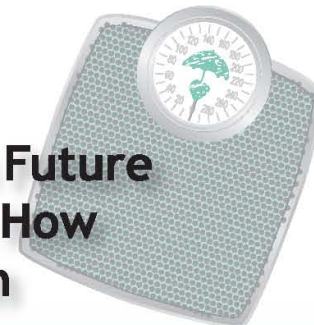
African-American and Latino children are at a higher risk for being overweight and suffering from health problems.

Overweight African-American and Latino children are at high risk for developing Type 2 diabetes when young.

All overweight children are at risk for high blood pressure, high cholesterol, asthma, shortness of breath, sleep problems, bone and joint problems, as well as being depressed, teased, bullied or discriminated against.

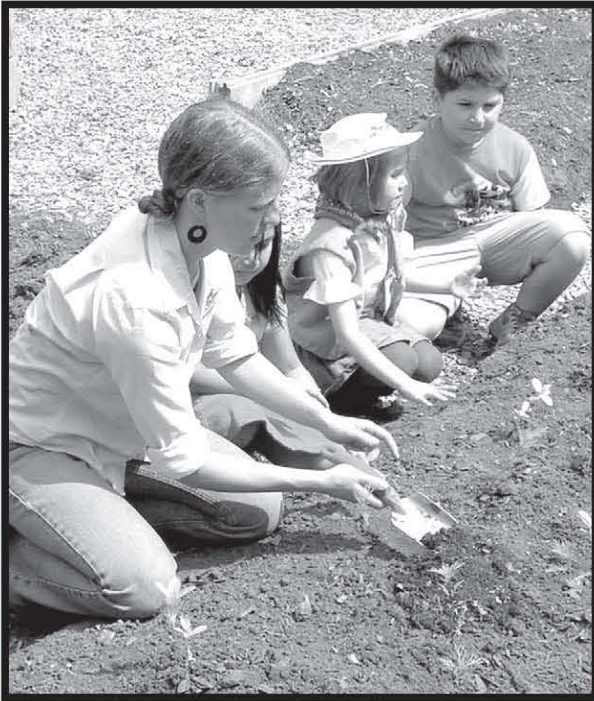
Two out of every 3 adults in the United States are overweight or obese and a child's risk of obesity goes up if 1 of their parents is overweight.

## Your Child's Future Depends on How You Weigh In



It is better to develop healthy habits as children than to change poor ones as adults.

## Tips to Help Your Child Be Healthier



- Plant vegetables or herbs like rosemary, thyme, chives, mint, oregano, or basil in a garden with your child. Herbs will grow year round in a window box.
- Give your child 5 servings of fruit and vegetables every day. Have them at home and ready to eat. They can be frozen, canned in natural juices, or fresh. You can buy high quality fresh produce at farmers' markets. Find the nearest farmers' market on the internet at: [www.ams.usda.gov/farmersmarkets/map.htm](http://www.ams.usda.gov/farmersmarkets/map.htm) If there isn't one nearby, try to start one at an area school.
- Drink no more than 1 small glass of juice a day. Limit tempting sweets and high fat foods. Soda, sweets, and salty snacks should be "once in awhile" not "everyday" foods.

- When you eat out order children's portions and ask for a nutrition chart and order the foods that have the fewest calories and least amount of fat. Don't eat at fast food restaurants more than once a week. Remember "value meals" that over-feed you are not a value.
- Provide lots of time for your child to be active. It's good to have time for free play outdoors. Family walks and dancing to music at home are also fun activities.
- Limit your child's TV and computer time to 2 hours a day or less.



For more information about the Injury Free Coalition for Kids® go to:

[www.injuryfree.org](http://www.injuryfree.org)

*The Injury Free Coalition for Kids is a national program of the Robert Wood Johnson Foundation located in Columbia University's Mailman School of Public Health.*



## You Can See Results by Making Small Changes

If you reduce your calories by just 150 calories per day, you can lose 1 pound each month. 150 calories is:

- ✓ 1 can of regular soda or,
- ✓ 1 oz. bag of chips or,
- ✓ 1 scoop of ice cream or
- ✓ 3 cookies

Losing 12 pounds can make a big difference in your health!

**Now is the Time to Set a Good Example and Help your Children win the Battle of the Bulge!**

It is never too early to start. A chubby baby is no longer considered a healthy baby. Babies can be overfed. This happens less often in breastfed babies.

## How to Tell Whether a Child is Overweight

Your child's doctor or school nurse should check your child's height and weight every year. This will measure the amount of body fat they have. This is called their Body Mass Index (BMI). It is hard to tell if your child is overweight just by looking at them.

