

Childhood Obesity

- In 2003-2004, an estimated 17% of children and adolescents ages 2-19 were overweight. This rate has more than tripled since 1980.
- Journal of the American Medical Association, April 2006
- According to the 2003-2004 National Survey of Children's Health, 10.8% of 10-17 year olds in Washington State are overweight. This is slightly lower than the national average (14.8%).
- National Center for Health Statistics, 2005
- Many obesity related health conditions once seen only in adults, are now being seen in children with increasing frequency, including type 2 diabetes and high blood pressure.
- Journal of the American Medical Association, April 2006
- If left unchecked, obesity and related negative health outcomes could shorten the average life expectancy over the next few decades. This would be the first sustained decrease in life expectancy in the modern era.
- The New England Journal of Medicine, March 2005
- It is estimated that 1 in 3 American children born in 2000 will develop type 2 diabetes in their lifetime.
- Journal of the American Medical Association, 2003
- Washington State spends \$1.3 billion annually on health care costs related to adult obesity.
- Obesity Research, 2004
- A 2002 survey of the eating habits of 3,000 infants and toddlers revealed that French fries are the most commonly consumed vegetable of 15-24 month olds.
- Mathematica, 2002
- Eighty percent of high school students do not get the recommended number of servings of fruits and vegetables.
- Morbidity and Mortality Weekly Report, 2006
- Children age six and under spend about two hours a day watching TV and videos, playing video games or using the computer. Nearly two-thirds of children under two years of age spend two hours in front of a screen.
- Kaiser Family Foundation, 2003
- Only 8% of elementary schools, 6.4% of middle or junior high schools and 5.8% of senior high schools provide adequate daily physical education at the recommended levels (150 minutes for elementary schools; 225 minutes for middle/junior and senior high schools).
- Youth Risk Behavior Surveillance System, 2003

- Marketing and advertising of food and beverages high in calories, sugars, salt and fat and low in nutrients has steadily increased over the past decade.
- Institute of Medicine, 2006
- Research shows that television advertising influences the food and beverage preferences, purchasing requests and beliefs of children ages 2–11 years.
- Institute of Medicine, 2006