



Childhood Obesity

Michigan Child Health Facts

childhealthfactsmichigan.org

Health risks **NOW** →

70% of obese children have at least one risk factor for cardiovascular disease

Obese children and teens are more at risk for social and psychological problems

Health risks **LATER**

70-80% of obese children become obese adults

Adult obesity is linked to heart disease, diabetes and some cancers

Why it matters for MICHIGAN



1 in 3 Michigan children is overweight or obese



Michigan ranks 10th among the states with high prevalence rates of obesity

10th

#1

Michigan pediatricians rate childhood obesity as the **most prevalent** health concern they encounter

\$

Michigan is expected to spend **\$12.5 billion** on obesity related health care costs in 2018, if trends continue



What's being done

Healthy Kids, Healthy MI Coalition

Better Federal School Nutrition Standards

MDCH's "Be Active, Eat Healthy Priority Strategies"



What needs to be done

- ✓ Ensure all children receive health education and physical education at school
- ✓ Improve nutrition of all food served on school grounds (i.e. vending machines, concessions, classroom parties, etc.)
- ✓ Increase breastfeeding rates

More recommendations at childhealthfactsmichigan.org



American Academy of Pediatrics

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Michigan Chapter



C.S. MOTT CHILDREN'S HOSPITAL
UNIVERSITY OF MICHIGAN HEALTH SYSTEM