

# Obesity in Children

## Audio Descriptive Text

Title: Chapter 2. The Burden of Obesity; Obesity in Children. Image of Active Child icon. Chart illustrating percentage of U.S. Children and Adolescents classified as obese, from 1963-2012 that shows an upward trend of 4.2% in 1963 to 17.7% in 2012 for children between 6-11 years old and 4.6% in 1963 to 20.5% in 2012 for children between 12-19 years old. Image of Active Child icon.

## Video Summary

- One in three children is either obese or overweight.
- More children are developing health problems that were previously considered adult health problems.
- Children with obesity have a 70-80% chance of becoming adults who are overweight or obese.
- Factors that contribute to obesity include lack of physical activity, sedentary lifestyles, and unhealthy diets.

## Audio Script

The Burden of Obesity: An Overview. Currently, one in three children and adolescents is either obese or overweight. Obesity affects youth of all races, ethnicities, and income levels in all 50 states. Obesity has been labeled a childhood epidemic, and unfortunately it leads to serious health problems.

We are seeing more children and adolescents develop health problems that previously were seen primarily in adults, such as:

- High cholesterol
- Type 2 diabetes and impaired glucose levels
- High blood pressure
- Social problems and poor self-esteem
- Sleep disturbances and sleep apnea
- Orthopedic problems

Children and adolescents who are obese have a 70% to 80% chance of becoming overweight or obese adults. Overweight and obese adults are at greater risk for heart disease, cancer, and stroke. These are leading causes of death among adults in the United States. A number of factors contribute to obesity, including:

- Lack of physical activity
- Sedentary lifestyle
- Unhealthy diet
- Environmental factors

The good news is that these factors are controllable and reversible.