



Childhood Obesity

Michigan Child Health Facts

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**

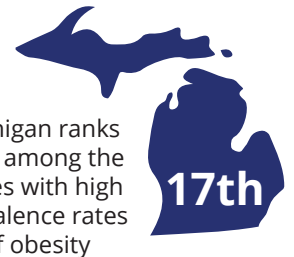
70-80% of obese children become obese adults

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



#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

MDHHS "Be Active, Eat Healthy Priority Strategies"

Governor's Dashboard "Know Your Numbers"



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



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

Michigan Chapter



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