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OBESITY/HEALTH FACTS & STATS

- The Limiting Factors Resulting from institutions are the lack of sufficient and quality open and closed spaces for physical activities, lack of equipment for the basic motor skills and the classrooms being overcrowded (International Journal of Academic Research. Nov2013, Vol. 5 Issue 6, p9-16. 8p.)
- Not only are obese children at an increased risk of developing serious medical and psychological complications, they are also likely to stay obese into adolescence and adulthood (Canadian Journal Of Public Health = Revue Canadienne De Santé Publique [Can J Public Health] 2013 Jan 07; Vol. 104 (1), pp. e69-74. *Date of Electronic Publication:* 2013 Jan 07.)
- Childhood obesity has tripled in the past 30 years from less than 5% to nearly 20%. Thirty-two percent of all US children are overweight or obese and, tragically, most of these children will go on to become obese adults (Journal of School Health Mar2013, Vol. 83 Issue 3, p137 2p.)
- Overweight and obesity are linked to more deaths worldwide than underweight (http://www.who.int/topics/obesity/en/)
- Obesity has reached epidemic proportions globally, with at least 2.8 million people dying each year as a result of being overweight or obese. (http://www.who.int/topics/obesity/en/)
- Childhood obesity is partly caused by poor nutrition and sedentary lifestyle including television watching and video game playing. (Galson, S. K. (2008, May). CHILDHOOD OVERWEIGHT AND OBESITY PREVENTION. *Public Health Reports*. pp. 258-259.)
- Parents serve both as a source of authority and a role model for the obese child, providing a family environment that fosters healthy practices related to weight control issues and de-emphasizing personal responsibility for control of health behavior. (Golan, M. (2001). Familial Approach to the Treatment of Childhood Obesity: Conceptual Model. *Journal Of Nutrition Education*, *33*(2), 102.)
- Overweight children are also more likely to become overweight adults, with higher risks for heart disease, stroke, hypertension, diabetes, and some types of cancers. (Southard, D. H. (2006). Promoting Physical Activity in Children with Meta Kenkoh. *Clinical & Investigative Medicine*, *29*(5), 293-297.)
- Overweight children are at higher risk for diabetes, high blood pressure, high cholesterol, and orthopedic problems, as well as psychological problems. (Southard, D. H. (2006). Promoting Physical Activity in Children with Meta Kenkoh. *Clinical & Investigative Medicine*, *29*(5), 293-297.)

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- Over 15% of children aged 6 to 11 yr were overweight [in the year 2006], more than three times as high as [the] generation earlier. (Southard, D. H. (2006). Promoting Physical Activity in Children with Meta Kenkoh. *Clinical & Investigative Medicine*, *29*(5), 293-297.)
- Parents and schools provide important opportunities for public health initiatives for reducing childhood overweight and obesity. (Veugelers, P. L. (2005). Prevalence of and risk factors for childhood overweight and obesity. *CMAJ: Canadian Medical Association Journal*, *173*(6), 607-613.)
- In 2009 to 2011, 67% of Canadian men and 54% of Canadian women aged 18 to 79 were overweight or obese based on results from the Canadian Health Measures Survey. (http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11708-eng.pdf)
- There was no significant difference in the likelihood of being classified as overweight between sexes, however boys (15%) were significantly more likely to be obese than girls (8%). This appears to be a result of a higher prevalence of obesity in boys aged 5 to 11 (20%) than girls of the same age (6%) as older boys and girls show no significant difference in their rates of obesity. Boys aged 5 to 11 were also significantly more likely to be obese than boys aged 12 to 17 (11%) (http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11712-eng.pdf)
- Overweight and obese children have a higher risk of type 2 diabetes, hypertension, poor emotional health and diminished social well-being. (http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11712-eng.pdf)
- Overall, 32% of Canadian children aged 5 to 17 had a BMI that classifies them as overweight or obese, while 66% had a normal BMI. (http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11712-eng.pdf)
- Based on their measured body mass index (BMI), 32% of Canadian children and youth aged 5 to 17 years were overweight or obese in 2009 to 2011. (http://www.statcan.gc.ca/pub/82-625-x/2012001/article/11712-eng.pdf)
- 26% of Canadian children are currently obese and 59% of Canadian adults are currently overweight or obese (http://www.childhoodobesityfoundation.ca/statistics)
- Obesity rates have tripled in the last 25 years (http://www.childhoodobesityfoundation.ca/statistics)
- Over half of those aged 5-17 years old are not active enough for optimal growth and development (http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.3581729/k.359A/Statistics.htm)
- The health of Canadian children has continued to deteriorate in the past few decades (http://www.statcan.gc.ca/pub/82-003-x/2011001/article/11397-eng.htm)
- Regular physical activity can reduce risk for the development of chronic diseases which includes cardiovascular disease, cancer, and diabetes (Pubished October 2007) (Lee, S. M., Burgeson, C. R., Fulton, J. E., & Spain, C. G. (2007). Physical Education and Physical Activity: Results From the School Health Policies and Programs Study 2006. *Journal Of School Health*, *77*(8), 435-463. doi:10.1111/j.1746-1561.2007.00229.x)

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- Physical activity as a child influences your physical activity participation levels as an adult (Published October 2007) (Lee, S. M., Burgeson, C. R., Fulton, J. E., & Spain, C. G. (2007). Physical Education and Physical Activity: Results From the School Health Policies and Programs Study 2006. *Journal Of School Health*, *77*(8), 435-463. doi:10.1111/j.1746-1561.2007.00229.x)
- At a young age, physical activity contributes to healthy bone and muscle development (Published October 2007) (Lee, S. M., Burgeson, C. R., Fulton, J. E., & Spain, C. G. (2007). Physical Education and Physical Activity: Results From the School Health Policies and Programs Study 2006. *Journal Of School Health*, *77*(8), 435-463. doi:10.1111/j.1746-1561.2007.00229.x)
- Regular physical activity reduces risk for the development of obesity amongst children and youth (Published October 2007) (Lee, S. M., Burgeson, C. R., Fulton, J. E., & Spain, C. G. (2007). Physical Education and Physical Activity: Results From the School Health Policies and Programs Study 2006. *Journal Of School Health*, *77*(8), 435-463. doi:10.1111/j.1746-1561.2007.00229.x)
- Extended sedentary time (including time spent sitting and time spent indoors) are associated with adverse health effects. (Tremblay, M., LeBlanc, A., Kho, M., Saunders, T., Larouche, R., Colley, R., Goldfield, G., & Gorber, S. (2011). International Journal of Behavioral Nutrition and Physical Activity, 1, 8:98 doi:10.1186/1479-5868-8-98)
- Regular participation in aerobic activity increases blood flow to the brain and results in better memory retention. (Godman, H. (2011). Does Exercise Boosts Brain Power? http://www.livestrong.com/article/457161-does-exercise-boosts-brain-power/#ixzz23AXRSvNp)

**All links live as of June 2014