

# Children in crisis:

## The trends are alarming

- Nearly one in three children are overweight or at risk for becoming overweight.<sup>1</sup>
- Being overweight is now the most common health problem facing U.S. children.<sup>2</sup>
- 21%-25% of obese children and adolescents have the first signs of Type II diabetes.<sup>3</sup>
- There is substantial evidence that obesity in childhood lays the groundwork for adult cardiovascular disease.<sup>4</sup>
- Overweight adolescents have a 70% chance of becoming overweight or obese as adults, with a greater risk of chronic disease.<sup>5</sup>



## Most children are flunking health

- Only 2% of children meet all the recommendations of the Food Guide Pyramid, 16% do not meet any recommendations.<sup>6</sup>
- Four out of five children don't consume the minimum recommended amount of five fruits and vegetables daily.<sup>6</sup>
- Two out of three children consume more than the recommended amount of fat.<sup>7</sup>
- Teenagers drink twice as much carbonated soda as milk; 4 out of 5 children are not consuming enough calcium for bone health.<sup>8</sup>
- Nearly half of adolescents do not engage in vigorous physical activity on a regular basis.<sup>7</sup>



## What about Illinois?

*Illinois is one of twenty-two states with the highest rate of adult obesity.*<sup>9</sup>

- One in four Illinois high school students are overweight or at risk for becoming overweight. In Chicago public schools, one in three are overweight or at risk for becoming overweight.<sup>10</sup>
- Three out of four Illinois high school students eat less than five serving of fruits and vegetables per day.<sup>10</sup>
- Nearly four out of five drink less than the recommended 3 servings of milk a day.<sup>10</sup>
- 29% of Illinois high school students do not attend daily fitness instruction.<sup>10</sup>
- Only one in five high school students exercise 20 minutes or more during an average physical education class.<sup>10</sup>
- 21.9% of Illinois school districts submitted requests for physical education waivers through October 2001.<sup>11</sup>

## References

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