13 MILLION

19% of US children aged 2 to 19 (13 million) have obesity.

Children with obesity are more likely to have serious diseases during childhood, such as asthma, type 2 diabetes, and depression.

Obesity affects some children more than others. Rate of obesity among children aged 2 to 19:

By Race/Ethnicity
- Hispanic: 26%
- Non-Hispanic black: 22%
- Non-Hispanic white: 14%
- Non-Hispanic Asian: 11%

By Household Income
- < 130% FPL: 19%
- 130% - < 350% FPL: 20%
- > 350% FPL: 11%

CONSEQUENCES CAN LAST A LIFETIME

Children with obesity are more likely to have obesity as adults.

Adults with obesity have higher risk for developing:
- Heart disease
- Type 2 diabetes
- Some types of cancer

An adult who had excess weight in childhood could spend $19,000 more on health care than those who were a normal weight.

HOW HEALTHCARE CAN HELP

Health care providers and health systems can address unhealthy weight gain before it causes serious health problems. The US Preventive Services Task Force (USPSTF) recommends that children and adolescents aged 6 years and older be screened for obesity, and those with obesity be offered or referred to high-quality weight management programs.
CDC works across the health system to put the USPSTF recommendation into practice, especially for those children most in need.

**We adapt programs to work for low-income communities**, by funding and supporting Childhood Obesity Research Demonstrations (CORD), projects that test how programs work in the real world.

**We help ensure that data from health IT systems are used to:**
1) improve patient care and
2) guide public health practice to help children with obesity.

**We improve the tools doctors use to track healthy growth**, making it easier to intervene early.

**We support health care and public health partners to share the USPSTF recommendation** in clinical and community settings.

**WE ARE MAKING A DIFFERENCE**

CORD 1.0 funded communities in Texas, Massachusetts, and California to use a whole-community approach to address childhood obesity. **Several sites saw reductions in children's BMI.** In Massachusetts, BMI decreased in children in the health center that fully implemented a high quality weight management program.

CORD 2.0 funds communities in Massachusetts and Arizona to focus on clinical and weight management program interventions to improve nutrition and physical activity behaviors of low-income children struggling with overweight and obesity.

The National Association of Community Health Centers project funds communities in Arizona, Mississippi, Illinois, and Florida to increase implementation of high quality weight management programs for Federally Qualified Health Centers.

June 2018

FOR MORE INFORMATION, VISIT: Division of Nutrition, Physical Activity, and Obesity www.cdc.gov/nccdphp/dnpao