

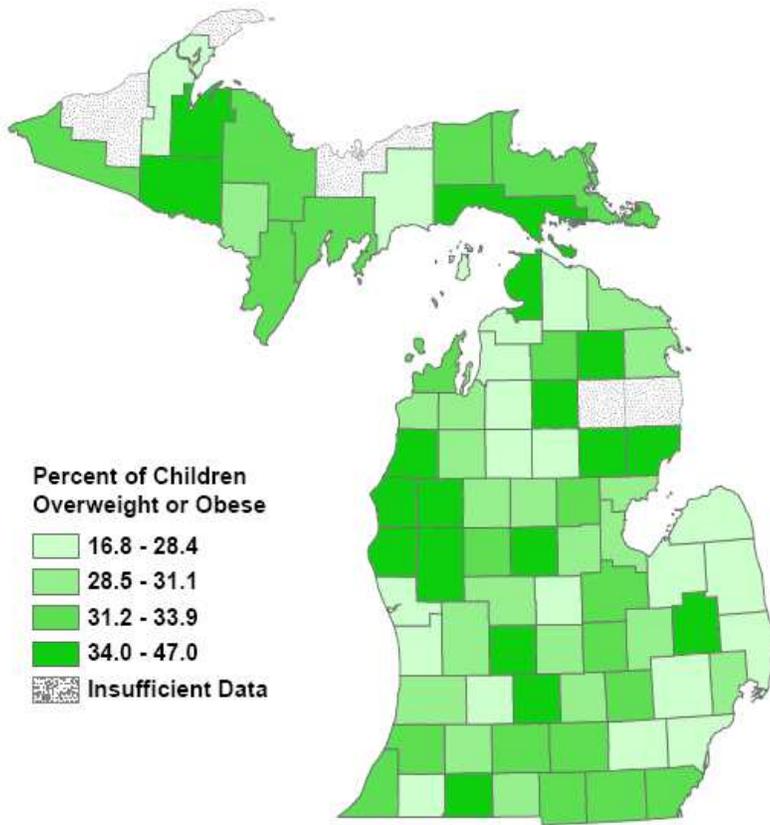


Healthy Kids, Healthy Michigan

Early Childhood Obesity Prevention

Health Risks Now and Later for Obese and Overweight Children

Percent of Children Who are Overweight* or Obese**
Aged 2 to <5, by County, Michigan, 2010¹.



*Overweight: >85th-95th percentile BMI-for-age
**Obese: ≥95th percentile BMI-for-age

1 in 3 children are obese or overweight before their 5th birthday².

In Michigan, among low-income children ages 2-5 years, an average of 16.3% were overweight and 13.3% were obese³.

Some experts warn that this is the first generation that will have a shorter life expectancy than their parents⁴.

Obese children are more likely to have high blood pressure, high cholesterol, and type 2 diabetes, which are risk factors for cardiovascular disease. Obese children are more likely to become obese adults⁵.

Research states that infant and toddler T.V. exposure was associated with obesity, language delay, inactivity, aggression and decreased attention span⁶.

Studies have concluded that preschool-aged children spend very little time in vigorous physical activity and the majority of their time is spent in inactivity⁷.

Simply replacing 6oz of "juice drinks" with water daily could potentially prevent 11 lbs of excess weight gain over the course of a year⁸.

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Early Childhood Obesity Prevention

Early learning and care settings, including both child care centers and informal care, present tremendous opportunities to prevent obesity by making an impact at a pivotal phase in children's lives⁹. Nationally, over 62% of preschoolers with working mothers are in some form of child care¹⁰, with those aged 3-6 spending an average of 24.8 hours per week in childcare centers¹¹. **Michigan has approximately 4,470 licensed childcare centers with a capacity of 294,362 children¹².**



Michigan is working to change policies in licensed child care centers to reduce childhood obesity in preschoolers.



Strengthening nutrition standards specific to beverages¹³ to include:

- Serving skim or 1% milk after age 2,
- Limiting 100% fruit juice, and
- Providing access to self-serve drinking water

Increasing required daily physical activity to a minimum of 60 minutes per day¹⁴ through:

- Teacher-lead activities
- Free, active play
- Requiring annual physical activity education for child care providers

Limiting television, video and computer time¹⁵.

- To a maximum of 60 minutes a day for children 2 and older

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