



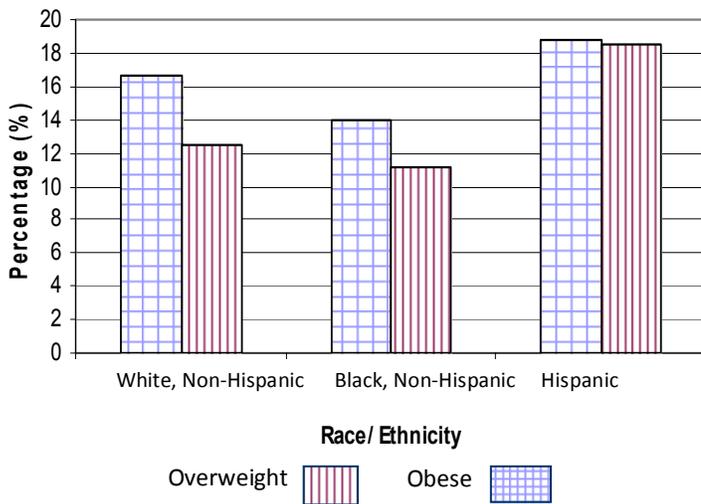
Healthy Kids, Healthy Michigan

Advocates for Healthy Weight in Children

Early Childhood Obesity Prevention

Health Risk Now and Later for Obese and Overweight Children

Prevalence of Overweight and Obesity by Race/Ethnicity among Michigan WIC children 2-5 yrs old.¹



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

In Michigan, among low-income children ages 2-5 years, an average of 16.3% were overweight and 13.3% were obese.⁴

Some experts warn that this is the first generation that will have a shorter life expectancy than their parents.⁵

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 adults.⁶

Research states that infant and toddler T.V. exposure was associated with obesity, language delay, inactivity, aggression and decreased attention span.⁷

Studies have concluded that preschool-aged children spend very little time in vigorous physical activity and the majority of their time is spent in inactivity.⁸

2009 State Obesity Prevalence Among Low-Income Children Aged 2 to 4 Yrs²

