



A MINUTE OF HEALTH WITH CDC

Stop Obesity Early

Trends in Obesity Among Participants Aged 2-4 Years in the Special Supplemental Nutrition Program for Women, Infants and Children — United States, 2000-2014

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Nearly one in 10 children who enter kindergarten have obesity, putting them at risk for bullying; breathing problems, like asthma; and bone and joint issues. Childhood obesity often carries into adulthood, and increases the risk for type 2 diabetes, heart disease, and cancer. Children from low-income families are more likely to have obesity but *all* children are at risk.

It's important for caregivers to provide and encourage children to eat nutritious meals with plenty of fruits and vegetables, avoid sugary drinks, have rules for screen time and bedtime, and engage in enjoyable physical activity.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.