

Childhood Obesity

CDC works 24/7 to save lives and protect people.

This month's Vital Signs has good news. It looks as if childhood obesity rates have begun to decrease in many states among our nation's low-income preschoolers. The federal WIC program has improved nutritional standards, and communities across the nation are taking action—increasing breastfeeding rates, improving nutrition and physical activity in child care, making it easier for families to buy healthy food, and providing free, safe drinking water in parks and recreational areas. These are just a few things that are proven to work, but still, one in eight preschoolers is obese, and that's far too many. Obese children are much more likely to become obese as adults and have lifelong physical and mental health problems. Every community can work to make the healthy choice the easy choice so that our nation's children grow up and thrive.