



## **A MINUTE OF HEALTH WITH CDC**

### ***Avoiding Childhood Obesity***

*Obesity Among Low-Income, Preschool-Aged Children – New York City and Los Angeles County, 2003-2011*

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

Maintaining a healthy weight in childhood can prevent many health-related problems later in life. Childhood obesity is stabilizing and may be decreasing in New York City and Los Angeles County. One possible reason is the effectiveness of local public health efforts that promote regular physical activity, a healthy diet, breastfeeding among new mothers, and decreased TV time.

Parents - engage in physical activity with your children as early as possible and serve meals and snacks that include lots of fruits, vegetables, lean meat, and low-fat milk.

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

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*