



A MINUTE OF HEALTH WITH CDC

Preschool Weight Training

Obesity Trends and Geographic Differences among Low-Income Preschool-Aged Children — United States, 1998–2008

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Obesity is one of the leading public health problems in the U.S. A recent CDC study found that the number of preschool-aged children who are overweight has increased over the past decade. Obese children are at increased risk for health problems, such as diabetes, asthma, and high blood pressure.

Parents can help their children achieve and maintain a proper weight by ensuring they eat a healthy diet and get plenty of exercise. Routine screening by a healthcare provider will enable parents to assess their child's risk for obesity and learn ways to overcome the problem. Get an early start on maintaining a healthy weight and prevent health problems later in life.

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

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