



A MINUTE OF HEALTH WITH CDC

Young and Fit

Obesity Among Low-Income Preschool-Aged Children – United States, 2008-2011

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

In the U.S., too many children are overweight. Although rates are improving, still, one in six kids between the ages of two and 19 is obese. Children who have weight problems are more likely to be obese as adults, which can lead to heart disease, diabetes, asthma, and mental health problems.

You can help kids get a healthy start. Encourage them to exercise regularly and eat a diet that's low in fat and includes fruits, vegetables, and whole grains. Be a role model for healthy eating and physical activity, and support your community's efforts to provide healthy food options and safe places for children to play.

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

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