Michigan Child Health Facts

Why it matters for MICHIGAN

1 in 3 Michigan children is overweight or obese

Why it matters for

Michigan

Child Health Facts

childhealthfactsmichigan.org

Childhood Obesity

Health risks NOW

70% of obese children have at least one risk factor for cardiovascular disease

Obese children and teens are more at risk for social and psychological problems

Michigan ranks 10th among the states with high prevalence rates of obesity

What needs to be done

Healthy Kids, Healthy MI Coalition

Better Federal School Nutrition Standards

MDCH’s “Be Active, Eat Healthy Priority Strategies”

What’s being done

Ensure all children receive health education and physical education at school

Improve nutrition of all food served on school grounds (i.e. vending machines, concessions, classroom parties, etc.)

Increase breastfeeding rates

Health risks LATER

70-80% of obese children become obese adults

Adult obesity is linked to heart disease, diabetes and some cancers

Michigan is expected to spend $12.5 billion on obesity related health care costs in 2018, if trends continue

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Michigan pediatricians rate childhood obesity as the most prevalent health concern they encounter

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More recommendations at childhealthfactsmichigan.org

American Academy of Pediatrics

School Community Health Alliance of Michigan

C.S. Mott Children’s Hospital

University of Michigan Health System

Michigan Chapter