

**Childhood Obesity Facts**

**From http://www.cdc.gov/healthyyouth/obesity/facts.htm**

* Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.1, 2
* The percentage of children aged 6–11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12–19 years who were obese increased from 5% to nearly 21% over the same period.1, 2
* In 2012, more than one third of children and adolescents were overweight or obese.1
* *Overweight* is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors.3 *Obesity* is defined as having excess body fat.4
* Overweight and obesity are the result of “caloric imbalance”—too few calories expended for the amount of calories consumed—and are affected by various genetic, behavioral, and environmental factors.5,6

## References

1. Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011-2012. Journal of the American Medical Association 2014;311(8):806-814.
2. National Center for Health Statistics. Health, United States, 2011: With Special Features on Socioeconomic Status and Health. Hyattsville, MD; U.S. Department of Health and Human Services; 2012.
3. National Institutes of Health, National Heart, Lung, and Blood Institute. [Disease and Conditions Index: What Are Overweight and Obesity?](http://www.nhlbi.nih.gov/health/dci/Diseases/obe/obe_whatare.html) Bethesda, MD: National Institutes of Health; 2010.
4. Krebs NF, Himes JH, Jacobson D, Nicklas TA, Guilday P, Styne D. Assessment of child and adolescent overweight and obesity. Pediatrics 2007;120:S193–S228.
5. Daniels SR, Arnett DK, Eckel RH, et al. Overweight in children and adolescents: pathophysiology, consequences, prevention, and treatment. Circulation 2005;111;1999–2002.
6. Office of the Surgeon General. [The Surgeon General's Vision for a Healthy and Fit Nation.  [pdf 840K]](http://www.surgeongeneral.gov/library/obesityvision/obesityvision2010.pdf). Rockville, MD, U.S. Department of Health and Human Services; 2010.