

**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

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6. Office of the Surgeon General. [The Surgeon General's Vision for a Healthy and Fit Nation. Adobe PDF file [pdf 840K]](http://www.surgeongeneral.gov/library/obesityvision/obesityvision2010.pdf)[External Web Site Icon](http://www.cdc.gov/Other/disclaimer.html). Rockville, MD, U.S. Department of Health and Human Services; 2010.