**That kids are now 14 pounds heavier and an inch taller than in the 60's. Also a 15% in upper arm girth increase. How can a child have a 27 inch waist and calf that is 12 inches around?**

**The national center for health shows how American kids are getting bigger in height and in weight, but the weight is increasing at a faster rate than the height, causing kids to be overweight.**

**The national center for heath statics says kids have gotten 1 inch taller and 14 pounds heavier, on average. This could be because the kids don't get important nutrients from vital foods, such as veggies and fruits.**