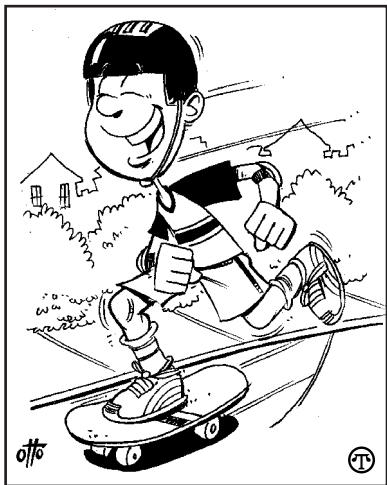


Pointers **For Parents**

Battling Child Obesity

(NAPSA)—The number of overweight 6- to 19-year-olds has tripled in recent years. Experts warn that overweight kids are more likely to become overweight adults, increasing their risk for heart disease, diabetes and more.



Getting kids moving can help prevent childhood obesity.

Nearly 9 in 10 Americans believe childhood obesity is a serious problem. Too much snack food and not enough exercise are factors cited in this dangerous trend.

- Only one in three school-aged kids regularly participates in vigorous activity.

- Access to junk food is rising—93 percent of high school students buy food from vending machines, school stores, or snack bars.

The American Public Health Association uses National Public Health Week to highlight ways communities can promote healthier habits, such as:

- Including healthy snacks and beverages in vending machines.

- Eliminating fast food from schools.

- Strengthening physical education programs and supporting youth sports programs.

For more information, visit www.apha.org and click on National Public Health Week.