

Preventing Childhood Obesity

Over 20% of children in New Jersey are significantly overweight. Being overweight makes a child much more likely to develop painful conditions such as heart disease, diabetes, joint and bone diseases, and problems sleeping. Overweight children often feel badly about themselves. The cause of obesity is eating too much and not exercising enough. Many families eat more of their meals at restaurants. The portions are large and one meal can have enough calories and salt to last a person several days! Many children are not getting the recommended one hour per day of exercise either. Children seldom walk to school or the store. Watching TV, using the computer, and playing video games use very little energy. The average child spends 4 hours each day watching TV and eating snacks.

Help your family stay healthy:

- Limit TV to less than 2 hours per day
- No TV for children under age 2
- Encourage outside play
- Encourage walking to school and the stores, perhaps with a buddy
- Drink reduced fat milk and water
- Keep fruits and vegetables available as snacks
- Eat a low-fat breakfast

Normal Heights & Weights for Boys & Girls

Age	Height	Weight	Age	Height	Weight
4	37"-43"	30-45 lbs.	9	48"-57"	50-90 lbs.
5	38"-46"	32-55lbs	10	50"-59"	55-105 lbs.
6	41"-49"	35-60 lbs.	11	52"-62"	60-120 lbs.

7	44"-51"	39-70 lbs.	12	54"-65"	65-135 lbs.
8	46"-54"	45-75 lbs.	13	57"-67"	75-145 lbs.

