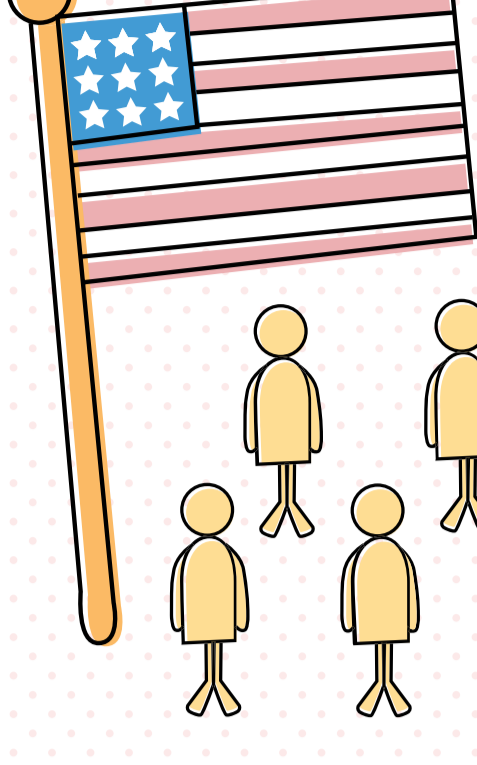




Be Wary of Childhood Obesity



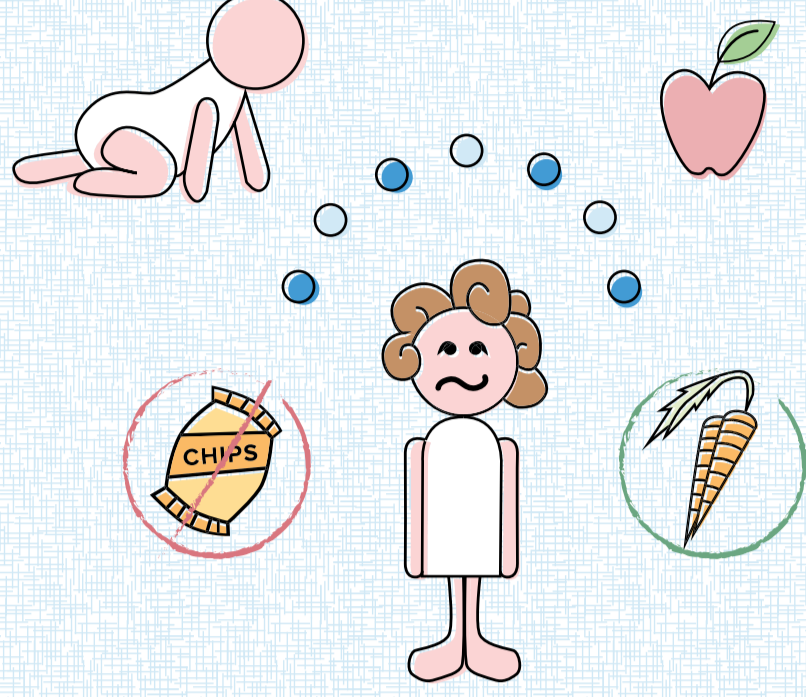
1 in 5 CHILDREN in the U.S. is considered overweight or obese.

Children who are considered **overweight** have a **higher risk** of:

- Staying overweight through adulthood
- Developing chronic diseases like heart disease and diabetes
- Experiencing feelings of stress, sadness and low self-esteem

Practice Healthy Eating Habits

Guiding children towards **healthy eating** choices when they are **younger** helps them practice healthy habits in the future.



Fill your kitchen with **healthy, low-sugar** snacks.

**Tip** Try fruits, veggies and nuts instead of chips, candy or soda.

**Prepare foods at home** instead of buying fast foods that are high in carbs and calories.

**Tip** Next time you cook spaghetti, try zucchini noodles or spaghetti squash instead of pasta noodles.

Encourage your children to **eat meals more slowly**.

**Tip** Wait 15 minutes before offering a second serving so the brain has time to register fullness.

Get in Touch with Nature

Spending time outdoors is an important part of every child's growth and development.

Staying physically active can help children **focus**, boost **positive attitude** and improve **strength** and **endurance**.

Spending Time Outside

- Improves Bone Health
- Prevents Heart Disease and Diabetes
- Improves Stamina
- Increases Vitamin D Levels

**Improves Attention Span**  
Studies have shown that seeing green in an outdoor setting may reduce ADHD symptoms in children.

**Improves Vision**  
Studies have found that children who spend time outside have better far-sighted vision.

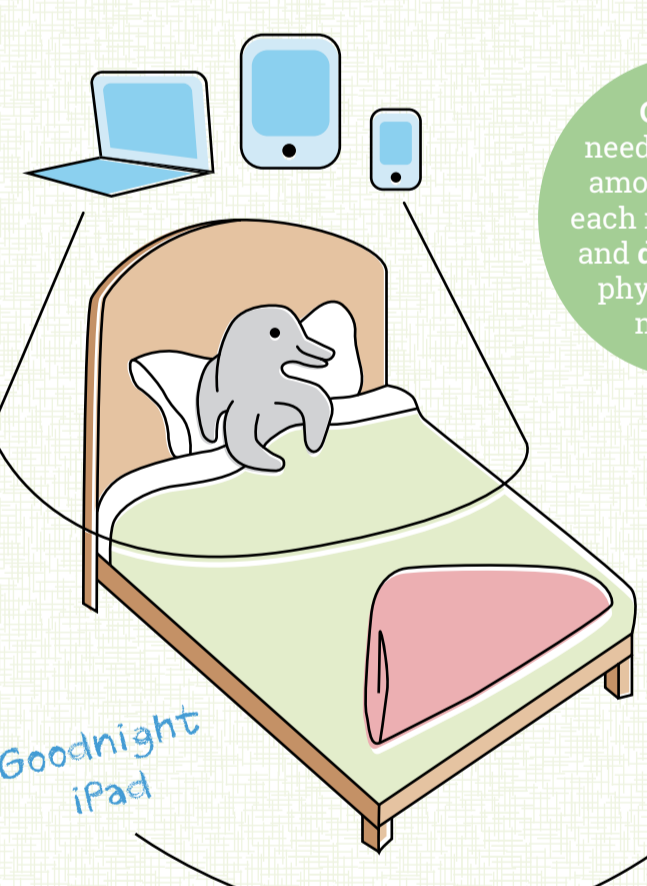
**Decreases Stress Levels**  
Exposure to nature can reduce stress levels in children by approximately 30%.

**Kids ages 6-17** should be physically active for at least **1 hour** each day.



Children who live within **2/3** of a mile from a **playground** are up to **5 times** more likely to have a healthy weight.

Turn the Lights Off



Children need a sufficient amount of sleep each night to **grow** and **develop**, both physically and mentally.

People ages 12-27

**TEXT** ~60 times a day

An electronic device light from a cellphone, laptop or iPad can keep the brain awake in an excited state.

The **Average American Child** Spends Approximately

**7** hours a day

In Front of an **ELECTRONIC DEVICE**

Research shows that adolescents who get enough sleep have **better grades** and score higher on standardized tests.

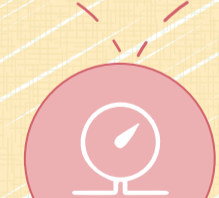
**MORE SLEEP Better Grades**



Adequate Sleep



Improves



Stress Levels



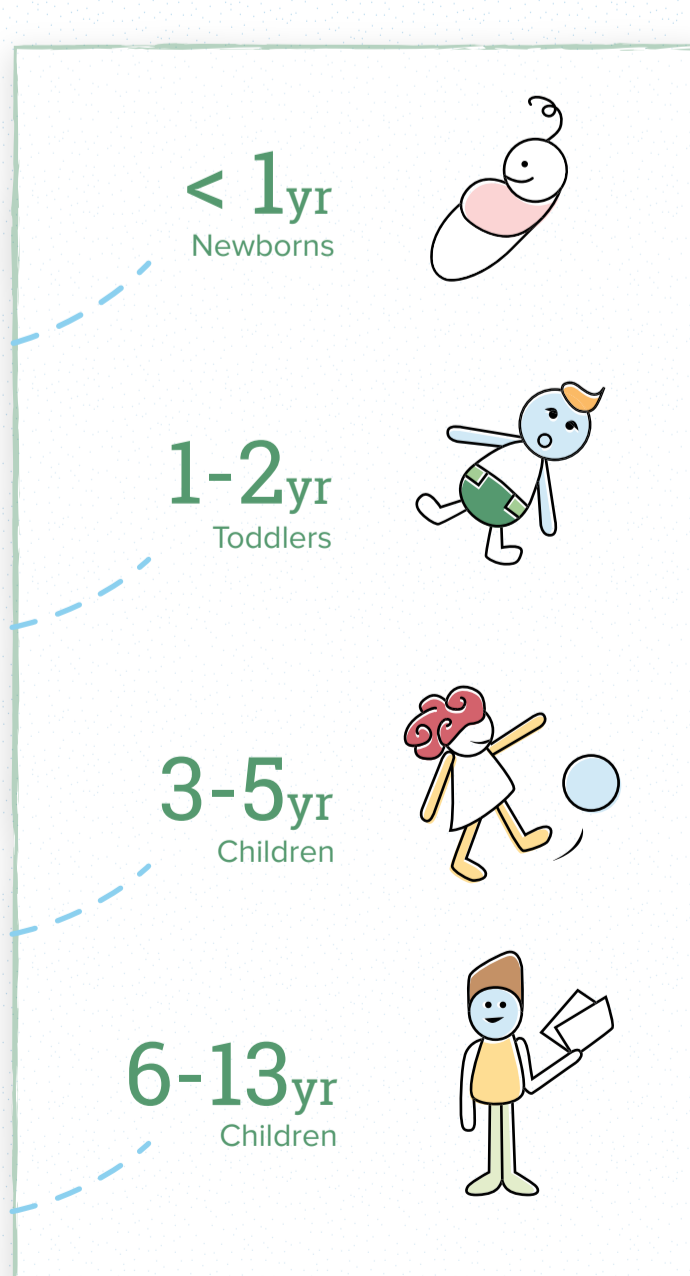
Brain Health



Quality of Life



How Many Hours of Sleep Are Enough?



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Nicklaus Children's Hospital® – part of Miami Children's Health System – is South Florida's only licensed specialty hospital exclusively for children, with more than 650 attending physicians and over 130 pediatric sub-specialists. The 289-bed hospital is renowned for excellence in all aspects of pediatric medicine with many specialty programs consistently ranked among the best in the nation.

Sources: mch.com, care.com, huffingtonpost.com, nbcnews.com, neefusa.org, sleepfoundation.org, webmd.com