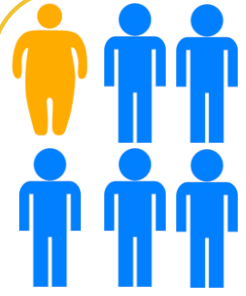


Healthy Weight, Healthy Kids

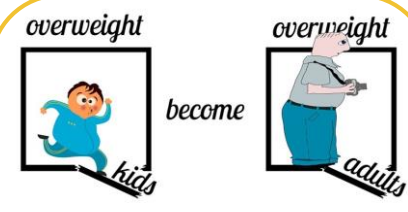
Learn the facts of childhood obesity



Becoming obese doesn't happen overnight. Obesity happens over time when the energy we take in by eating is not in balance with the energy we burn from physical activity.



1/6
of American children ages 2 to 19 are **obese**



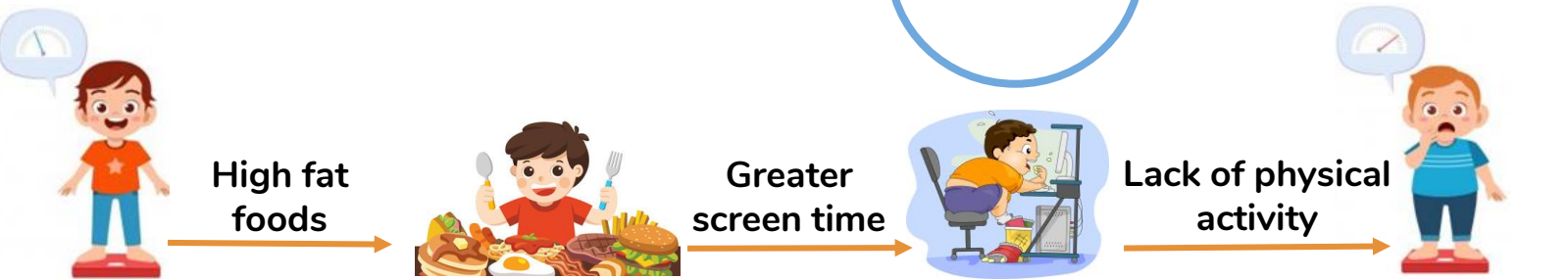
Obesity in childhood can add up to health problems — often for life. (see below)

Health Problems Linked to Obesity

In a recent national study, **58%** of children diagnosed with type 2 diabetes were obese.



How do kids become obese or overweight?



To learn more about our doctor's group, call Member Relations: (415) 590-7418

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健康體重，健康兒童

瞭解兒童肥胖症的真相



肥胖並非一朝一夕造成的。當我們通過飲食攝取的能量與體育鍛煉燃燒的能量不平衡時，肥胖就會逐漸形成。



的2至19歲的美國兒童屬於肥胖

overweight



become

overweight



兒童時期的肥胖症可能會加重各種健康問題-通常伴隨一生。(見下文)

與肥胖相關的健康問題

在最近一項全國性研究中，診斷為2型糖尿病的兒童中有**58%**屬於肥胖。



兒童是如何變成超重或肥胖的？



高脂肪食物



屏幕時間過長



缺乏體育鍛煉



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