**The Problem**

Overnutrition in the United States has led to an alarming increase in the rate of childhood obesity.

**The Cause**

- Physical Inactivity
- Overeating
- Genetics
- Poor nutritional knowledge
- Psychological problems
- Stress
- Lack of sleep

**The Solution**

**Approach**

Educate new parents on how to prevent obesity in their own children, covering:

- Proper nutrition
- Shop on a budget
- Control how and when you children eat
- Control portion sizes
- Keeping kids active and away from the TV
- Cope with stress
- Get enough sleep

**Means**

An 8 week program run as a class at the Charleston Area Medical Center

**Why Charleston, WV?**

- 22% of pre-schoolchildren are overweight and 10% are obese
- nearly 8% of children 4 to 5 years of age are overweight
- Elevated blood pressure, dyslipidemia, and a greater chance of type 2 diabetes is more likely due to childhood obesity

**Data**

**Trends in obesity among children and adolescents:**

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**References**