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

Data
**Figure 1. Trends in obesity among children and adolescents: United States, 1963–2008**
- 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

Why Charleston, WV?

References
- Deckelbaum, R. J., & Williams, C. L. (2012). Childhood obesity: the health issue. Obesity research, 9(S4), 239S-243S.