

Nutrition Education



According to the Centers for Disease Control and Prevention (CDC), the percentage of children who are overweight has more than tripled since 1980. Among children and teens aged 6-19 years, an astounding 16% are considered overweight. Being overweight or obese increases the risk of many diseases and health conditions, including type 2 diabetes and other chronic illnesses.

RESOURCES

<http://bookstore.phf.org/>

- Childhood Obesity
- Prevent Health Quick Clips Volume 1: Focus on Preventive Health
- Plate Full of Color: Diabetes Prevention for Children
- Knees Lifted High: Diabetes Prevention for Children



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