



Childhood obesity (Infographic)

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Childhood obesity is a major public health challenge. The problem is growing and it is estimated that in Europe, 1 in 3 eleven-year-olds is affected by overweight or obesity. Having healthy habits is not only good for children's general well-being, but also reduces life-time risks of diabetes and heart disease. This infographic presents 10 science-based tips to encourage healthy habits in kids.

Download the printable PDF version [here](#).

HEALTHY CHILDREN!

Healthy habits are good
for the body and soul

They help kids feel:



HAPPY & WELL

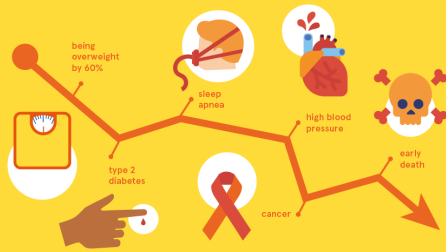


ENERGISED



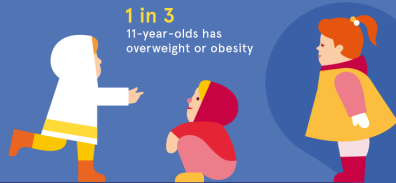
CONFIDENT

Healthy behaviours reduce
the life-time risk of:



Sadly,
a growing number of children has
overweight or obesity in Europe

1 in 3
11-year-olds has
overweight or obesity



10 ways to encourage healthy habits



1
EMPOWER AND ENCOURAGE
praise their efforts
and avoid mentioning weight



2
LEAD BY EXAMPLE
be active together
If you eat your veggies,
your child is more likely to do so too



3
BRING THEM SHOPPING
let them choose
a new vegetable to try



4
COOK TOGETHER
It's fun, cheaper, and an opportunity
to stimulate healthy habits



5
EAT TOGETHER AT THE TABLE



6
OFFER SMALLER PORTIONS



7
AVOID USING FOOD AS A REWARD
stimulate and reward good behaviour
with stickers, play, or exercise instead
Be creative!



8
DRINK WATER
(avoid sugary drinks)



9
REDUCE SCREEN TIME
get out and get active

10



GET ENOUGH SLEEP

- INFANTS (4 – 11 MONTHS)
12 – 15 hours
- TODDLERS (1 – 2 YEARS)
11 – 14 hours
- PRE-SCHOOLERS (3 – 5 YEARS)
10 – 13 hours
- SCHOOL AGE CHILDREN (6 – 13 YEARS)
9 – 11 hours
- TEENAGERS (14 – 17 YEARS)
8 – 10 hours