



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

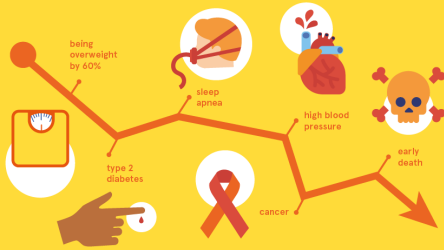


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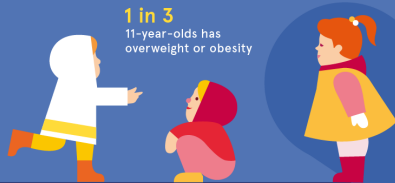
CONFIDENT

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