



## **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

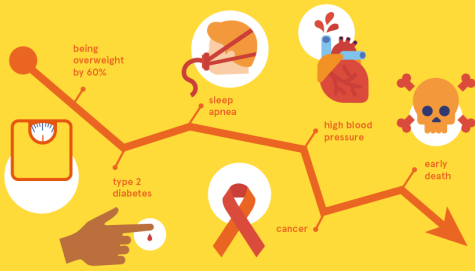


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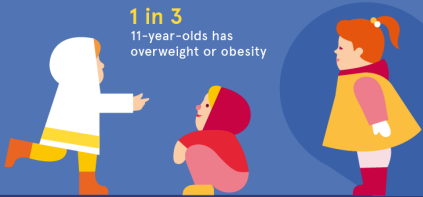
CONFIDENT

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