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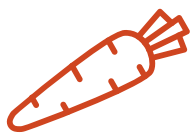
Every Kid Healthy Week Spotlights Healthy Habits for Our Kids



This year, Every Kid Healthy Week runs April 24 through 28. It's the perfect time to evaluate your child or children's healthy habits and ensure you're helping them set themselves up for a healthier future.

Take a few moments to think about if you have the basics covered.

Ask yourself:



Is my child **eating enough vegetables and fruits** every day?



Are there **healthier options** than what I provide for snacks and drinks?



Do I allow the **time and space for active play**?



Is my child getting **enough sleep**?



Enabling children to grow up with poor dietary and sleeping habits along with a lack of physical activity **will be detrimental to their health as they age.**

12%

The Centers for Disease Control and Prevention estimates that 12% of children ages 2 to 5 live with obesity.

21.2%

The percentage is higher for older children, rising to 21.2% for ages 12 to 19.

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Children with obesity are likely to have obesity as adults, which opens the door to additional health concerns.



You can discuss specifics with your child's pediatrician or provider about what kind of diet, amount of sleep and level of exercise your child should get, as it will vary based on your child's age, size and any existing health conditions. Celebrate Every Kid Healthy Week by setting your child up for success.

Need a supportive pediatrician or provider to help guide your child to a healthier future? Find one today at weillcornell.org/doctors



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