

# PICTURE THE FACTS OF YOUR CHILD'S FUTURE.

Low risk of  
asthma, orthopedic  
problems and  
clinical depression

Signs of  
diabetes  
may appear  
around age 50

Signs of  
heart disease  
may appear  
around age 50

Life expectancy  
of age 84



High risk of  
asthma, orthopedic  
problems and  
clinical depression

Signs of  
diabetes  
may appear  
around age 20

Signs of  
heart disease  
may appear  
around age 35

Life expectancy  
of age 72

Age: 8  
Weight: 60 lbs.  
Height: 51"  
Body Mass Index: 16  
BMI Percentile: 50<sup>th</sup>

Age: 8  
Weight: 75 lbs.  
Height: 51"  
Body Mass Index: 20  
BMI Percentile: 95<sup>th</sup>

Overweight children suffer adult health problems.

Ask a health professional how you can  
play a role in managing your child's weight.

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