

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: 9
Weight: 53 lbs.
Height: 48"
Body Mass Index: 16
BMI Percentile: 50th

Age: 9
Weight: 70 lbs.
Height: 48"
Body Mass Index: 21.5
BMI Percentile: 95th

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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