

# Go Outside

Children and adolescents in the United States are spending significantly less time playing and exploring outside. This decrease in outdoor activity can be linked to a critical rise in obesity, attention disorders and depression.

- The Center for Disease Control (CDC) states that children are actually engaging in less than 1 hour of daily physical activity, particularly as they approach adolescence.
- The American Academy of Pediatrics states that almost half of American children are not getting enough exercise to develop healthy hearts and lungs.
- The Kaiser Family Foundation found that 30.7% of youth and 65.9% of adults in the United States are overweight or obese.
- 4.8 million American children and adolescents are overweight or obese.
- Since 1980, the obesity prevalence among children and adolescents has almost tripled.
- The American Heart Association states that physical inactivity is a major risk factor for developing coronary artery disease. It also increases the risk of stroke and such other major cardiovascular risk factors as obesity, high blood pressure, low HDL ("good") cholesterol and diabetes.
- Weight-related health issues can dramatically cut short children's life expectancy.
- Thirty three percent (33%) of the children born after 2000 in this country will develop diabetes during their lifetime.
- Children with obesity have three times more healthcare expenditures than children at healthy weights, costing an estimated \$14 billion every year.
- We spend an estimated \$190 billion every year to treat obesity-related conditions in America.
- An overweight adolescent has a 70 percent chance of becoming an overweight or obese adult.
- Overweight children have shown a significantly higher incidence of low self-esteem and depression.
- Compared to healthy-weight children and adolescents, there is a consistent heightened risk of psychological conditions including depression, anxiety, low self-esteem, eating disorders and behavioral disorders in obese and overweight children and adolescents.

The decrease in the amount of time children spend in outdoor physical activity is creating a generation with epidemic numbers of obese children and children with severe psychological disorders.