

OPEN SCHOOLYARDS

PROMOTE ACTIVE LIVING

Children in the US Face AN OBESITY EPIDEMIC

Obesity
in the US has more than
DOUBLED
in children
in the last 30 years¹, and
TRIPLED
in adolescents.²



75%
of overweight teens
are likely to be
obese as adults.³

Chronic diseases
associated with overweight & obesity include:

High blood pressure	Osteoarthritis
High cholesterol	Sleep apnea
Type II diabetes	Respiratory problems
Coronary heart disease	Endometrial cancer
Stroke	Breast cancer
Gallbladder disease	Prostate & colon cancer ⁴

Physical Activity can REDUCE OVERWEIGHT & OBESITY

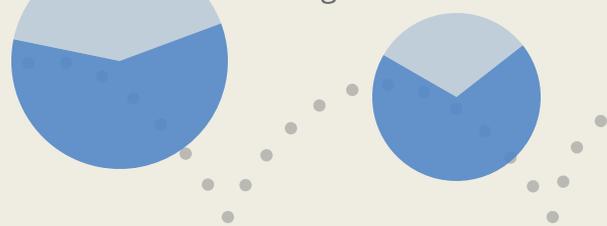


Two-thirds of kids
fall far short of the recommended
60 min
of moderate-to-vigorous
physical activity every day.⁵

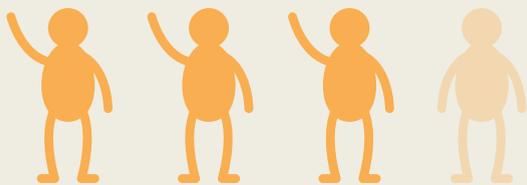
59% of parents
said there is no
place to play
in walking distance
of their homes...



... and that
number grows to
69%
in poorer
neighborhoods.⁵



Promote Activity by OPENING SCHOOLYARDS



Three out of four parents
said that citizens and government officials
should take action to increase
opportunities to play
for children in their communities.⁵

The American Academy of Pediatrics recommends
opening schoolyards to the public
as a way to increase access to
physical activity opportunities.⁵



SOURCES

- 1 — Ogden CL, Carroll MD, Kit BK, Flegal KM. "Prevalence of obesity and trends in body mass index among US children and adolescents, 1999-2010." *Journal of the American Medical Association*, 201,307(5):483-490.
- 2 — *Health, United States, 2011: With Special Features on Socioeconomic Status and Health*. National Center for Health Statistics. Hyattsville, MD; U.S. Department of Health and Human Services, 2012.
- 3 — Guo SS, Wu W, Chumlea WC, Roche AF. "Predicting overweight and obesity in adulthood from body mass index values in childhood and adolescence." *The American Journal of Clinical Nutrition*, 2002, 76:653-658.
- 4 — *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults - The Evidence Report*. National Institutes of Health, September 1998.
- 5 — *Play Matters: A study of best practices to inform local policy and process in support of children's play*. KaBOOM, (2009).



INFOGRAPHIC BY
mixed greens
DESIGN