



Reverse the trend... Our children's lives depend on it

Childhood obesity represents one of our greatest health challenges.

More than ever before Canadian children are overweight, and for the first time the country's younger generations are expected to live shorter lives than their parents because of obesity.

Canada, like many nations, is in the midst of an epidemic of being overweight and obese. Obesity rates in children and youth have tripled in the last 25 years.

More than one in four Canadian children ages 2-17 years old are currently overweight or obese.

Obesity has a profound effect on a child's life. Obesity increases the child's risk of numerous health problems, and it also can create emotional and social problems. Weight problems in childhood are likely to persist into the adult years, increasing the risk of serious health problems such as heart disease, stroke, type 2 diabetes, bone and joint problems, and the list goes on.

Teenagers who are obese have an 80% chance of remaining obese as adults.

Most overweight and obesity problems in childhood are caused by children eating too much and not exercising enough. A very small number of problems with obesity in childhood are related to uncommon

genetic diseases. Children at risk of becoming overweight or obese include children who:

- consume on a regular basis food and drinks that are high in sugar and fat such as fast food, candy, baked goods, and ESPECIALLY pop and other sugar-sweetened beverages
- are not physically active each day
- eat to help deal with stress or problems
- live in an environment where healthy eating and physical activity are not encouraged

There are many ways to involve the entire family in healthy habits. Parents who lead by example have a great impact on achieving positive health outcomes for their children. The purpose is not to make physical activity and following a healthy meal plan a chore, but to make the most of the opportunities you and your family have to be active and healthy.

Reversing the trend is possible, but it must start now. Talk to your Remedy'sRx Pharmacist about how you and your family can live healthier today and for generations to come.

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