

# Children's health facts



It isn't just the weight of our children that we should be concerned about! Did you know that despite living in an overweight and obese society we are also **malnourished**?

According to the Global Nutrition report 2016, **44% of countries were experiencing under-nutrition and obesity within the same populations.** The report suggests that hundreds of millions of people are malnourished because they are overweight, as well as having too much sugar, salt or cholesterol in their blood.

Within the report, one statement said the study "*redefined what the world thinks of as being malnourished*". Malnutrition literally means bad nutrition – that's anyone who isn't adequately nourished, not people who are actually starving.

**I offer realistic and practical advice on how to address these issues and to show you the importance of nutrients for health, weight, mood, sleep, IQ, behaviour and much more!**

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