

# Children's health facts



Childhood obesity is on the rise. It's currently affecting one in every four school-age children and an enormous 80% of overweight children will become overweight adults.

Overweight children suffer an increased risk of several nasty health complications

## Including:

**Insulin resistance and type 2 diabetes**

**High blood pressure and high cholesterol**

**Heart disease and fatty liver disease**

**Arthritis, joint and breathing issues**

**Some forms of cancer**

We used to think children could just burn it off, our lifestyle has changed considerably and the food landscape has changed beyond recognition so, sadly that isn't the case!