
ALLIANCE FOR A
HEALTHIER
GENERATION


Our Mission:
To reduce the prevalence of childhood obesity and to empower kids nationwide to make healthy lifestyle choices.
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Childhood obesity has almost tripled
in children and adolescents
in the past 30 years.

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Today about one out of three children

and adolescents (ages 2-19) in the United States is overweight or obese, putting them at risk for serious health problems.

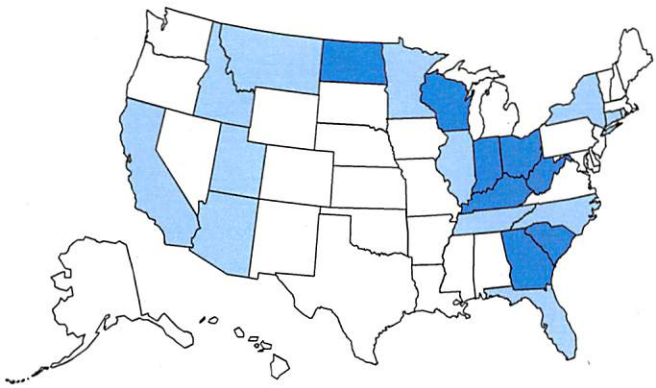




33%

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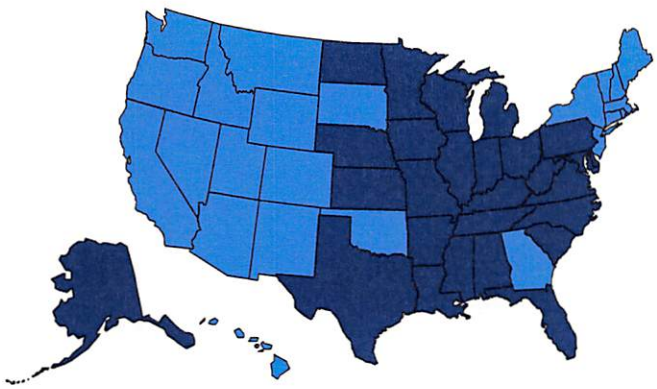
Obesity Trends* Among U.S. Adults
BRFSS, 1985
(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)



No Data | <10% | 10%–14%

Source: Behavioral Risk Factor Surveillance System, CDC.

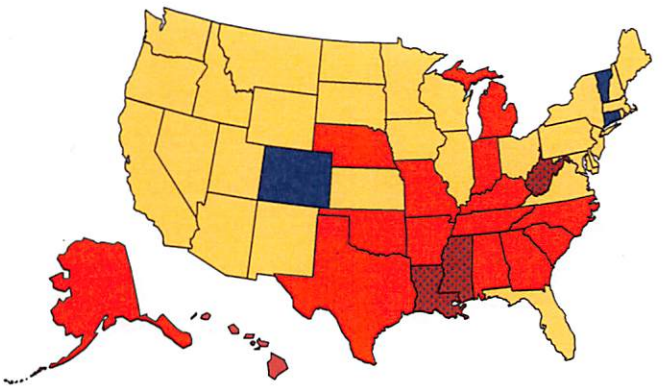
Obesity Trends* Among U.S. Adults
BRFSS, 1995
(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)



No Data | <10% | 10%–14% | 15%–19%

Source: Behavioral Risk Factor Surveillance System, CDC.

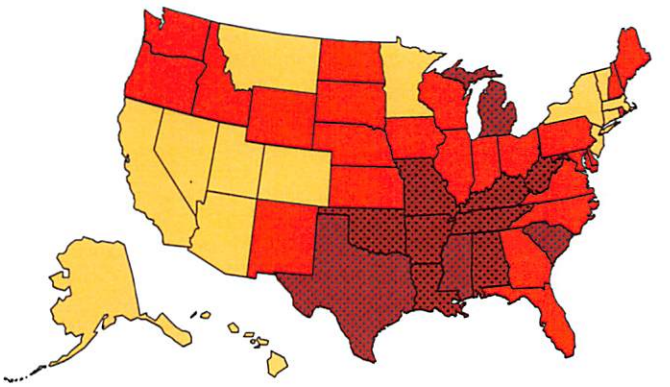
Obesity Trends* Among U.S. Adults
BRFSS, 2005
(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)



No Data | <10% | 10%–14% | 15%–19% | 20%–24% | 25%–29% | ≥30%

Source: Behavioral Risk Factor Surveillance System, CDC.

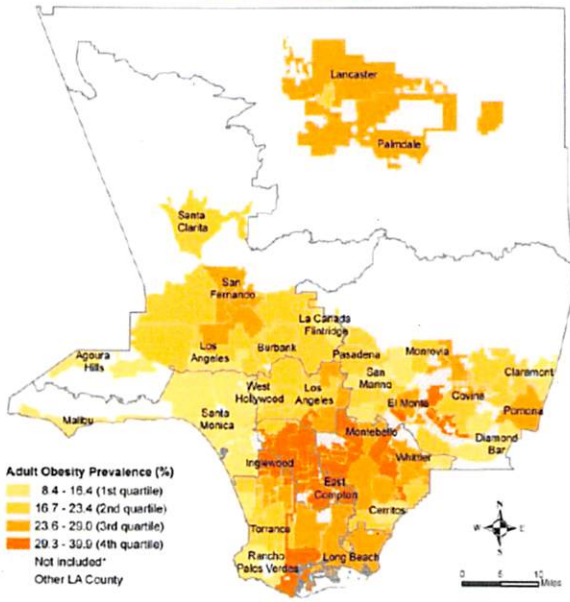
Obesity Trends* Among U.S. Adults
BRFSS, 2010
(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)



No Data | <10% | 10%–14% | 15%–19% | 20%–24% | 25%–29% | ≥30%

Source: Behavioral Risk Factor Surveillance System, CDC.

Figure 1: Adult Obesity Prevalence by City and Community, Los Angeles County, 2007



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Prevalence of Obesity Among Adults and Youth: United States, 2011–2014 National Center for Health Statistics Data Brief

November 2015

Among youth, prevalence of obesity did not change from 2003–2004 through 2013–2014 and no change in obesity prevalence among youth was noted between 2011–2012 and 2013–2014.

While we celebrate the progress that has been made to stop the growth of the childhood obesity epidemic, it is imperative that we double down on our efforts to go beyond flattening the rates so that we actually start decreasing childhood obesity rates.

Howell Wechsler, EdD, MPH
Chief Executive Officer
Alliance for a Healthier Generation

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Research shows a strong link between a young person's practice of healthy habits, including a good diet and regular physical activity, and an improvement in their overall life outcomes.
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EVERY DAY COLLEGE BOUN
When kids are physically active, they perform better academically, have better attendance, and **their behavior improves.**
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Reach & Impact



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Why Focus on OST?



- >10.2 million kids
- Positive youth development approach
- Creative/engaging methods
- Program quality efforts
- Snacks and meals served
- Physical activity opportunities

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