

Childhood Obesity in Tennessee

1 in 3 Tennessee kids is overweight. 1 in 5 is obese.

240,000 have at least 1 chronic obesity-related health condition such as diabetes, hypertension or high cholesterol.



obese kids are more likely to experience discrimination, bullying, low self-esteem, eating disorders & depression



asthma diagnoses increased 85% for Tennessee students in the past 10 years



60% of kids 5-17 have at least 1 risk factor for heart disease and 20% have 2



30 years ago kids had 1 snack per day; today they have 3



14-18% of Tennessee kids spend 4+ hours per day in front of a screen



75% of kids are physically active less than 1 hour per day



obese kids are twice as likely to have sleep apnea and 10 times as likely to get type 2 diabetes



Obesity costs Tennessee \$1.8 billion per year



Obese kids cost 3x as much as average-weight kids



Over the past 30 years Tennessee's obesity rate has **doubled** for kids ages 2-5 and **tripled** for kids ages 6-11

The CDC reports the rate of preschool-age obesity is improving nationwide

Tennessee is 1 of only 3 states where **it got worse**

