

# HOW ARE YOUR HABITS SHAPING YOUR FUTURE?

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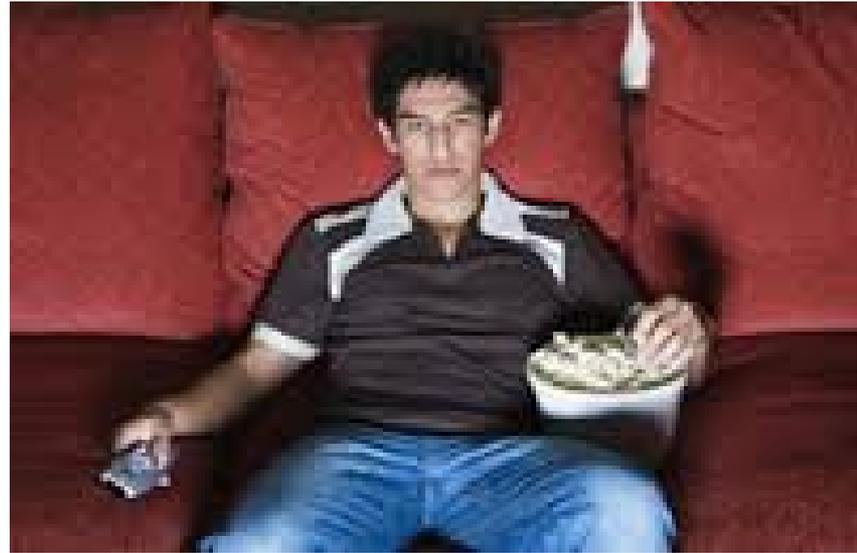
# WILL YOUR EATING HABITS AFFECT YOUR HEALTH IN THE FUTURE?



# OBESITY IN ADOLESCENTS

- In 2012, more than one third of children and adolescents were overweight or obese.
- *Obesity* is defined as having excess body fat.
- Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese youth had at least one risk factor for cardiovascular disease.

# WILL THE AMOUNT OF EXERCISE YOU DO AFFECT YOUR HEALTH LATER IN LIFE?



# HOW OFTEN DO YOU DO THE FOLLOWING?

- Recreational sport
- Walking
- Running
- Swimming
- Cycling
- Circuit Training
- Free-Weights
- Weight Training
- Group Classes
- Body Weight exercises

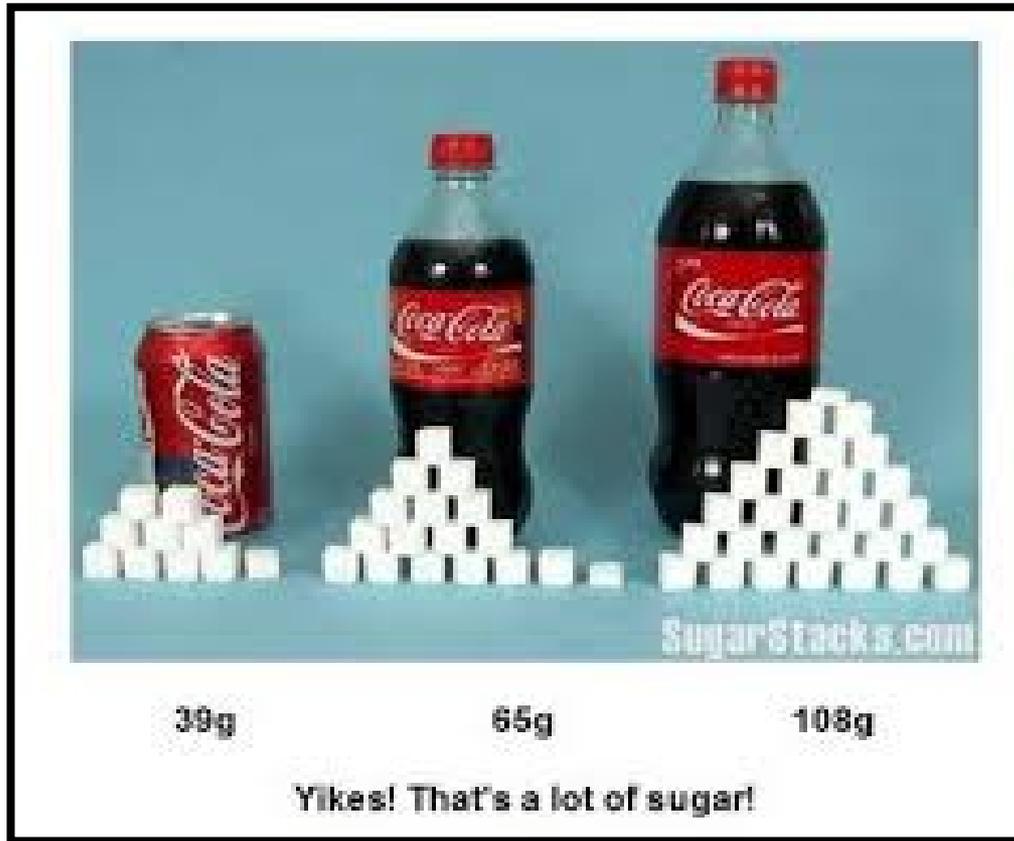
# OBESITY IN ADOLESCENTS

- Overweight and obesity are associated with increased risk for many types of cancer, including cancer of the breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, and prostate, as well as multiple myeloma and Hodgkin's lymphoma.
- Children and adolescents who are obese are likely to be obese as adults 11-14 and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis. One study showed that children who became obese as early as age 2 were more likely to be obese as adults.

# DOES THE AMOUNT OF SUGAR I EAT AFFECT MY HEALTH?



# SUGAR IN COCA-COLA



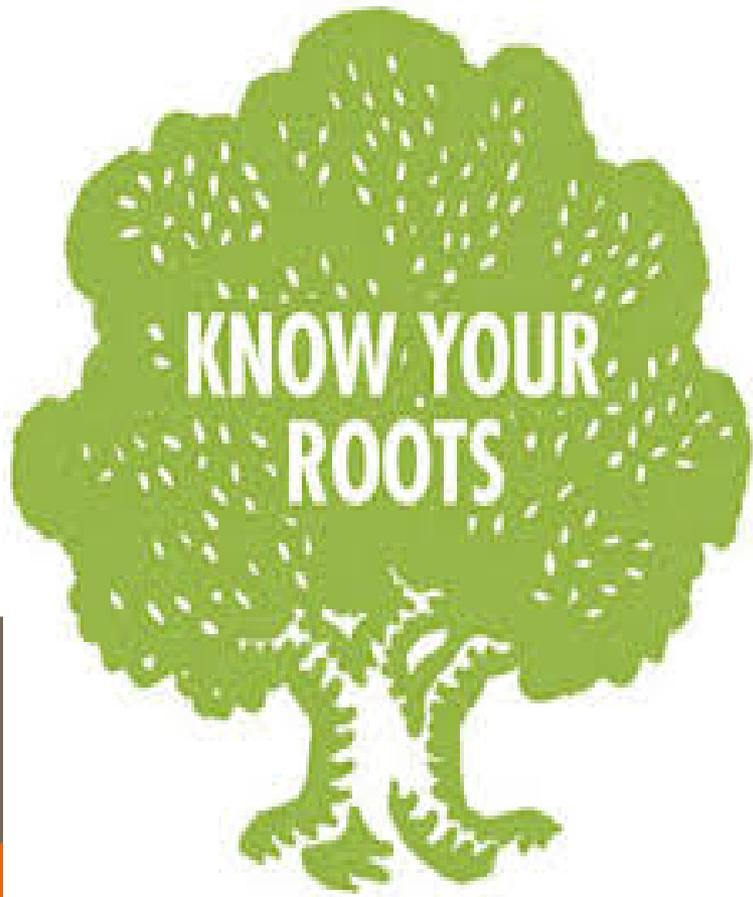
# SUGAR IN GATORADE



# SUGAR! SUGAR! SUGAR!



# DOES YOUR FAMILY MEDICAL HISTORY AFFECT YOUR HEALTH LATER IN LIFE?



- A family medical history is a record of health information about a person and his or her close relatives.
- Families have many factors in common, including their genes, environment, and lifestyle.
- Together, these factors can give clues to medical conditions that may run in a family.

# PREVENTION

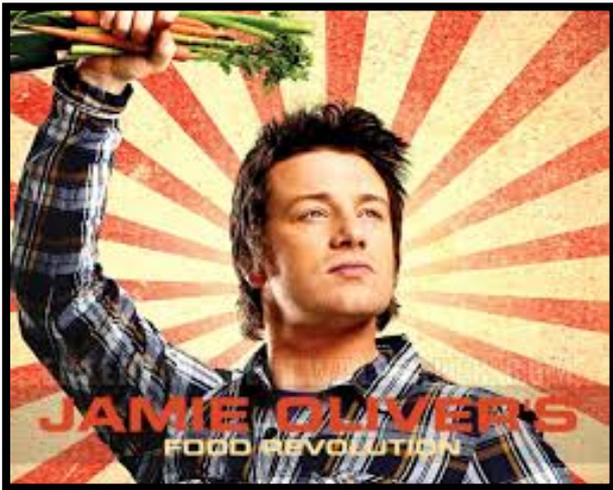
- Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.
- The dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, including families, communities, schools, child care settings, medical care providers, faith-based institutions, government agencies, the media, and the food and beverage industries and entertainment industries.

# WHAT CAN YOU DO AT SCHOOL?

- Schools play a particularly critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.



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**THANK YOU!**

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