

Childhood Obesity

Percentage overweight + Obese

	Adults	Children
	65%	33%
Northland total	71%	39%
Northland non-Maori	66%	30%
Northland Maori	82%	46%

Nearly Half

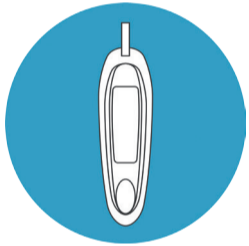


... of Northland Maori children aged 2-14 are obese or overweight

46%

Health Impacts of Obesity

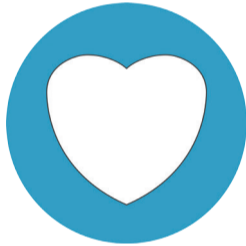
Type 2 Diabetes



Stroke



Heart Disease



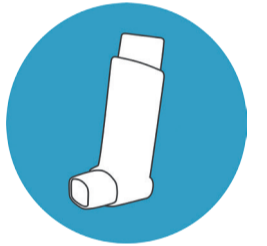
High Blood Pressure



Cancer



Asthma



Social Impacts of Obesity

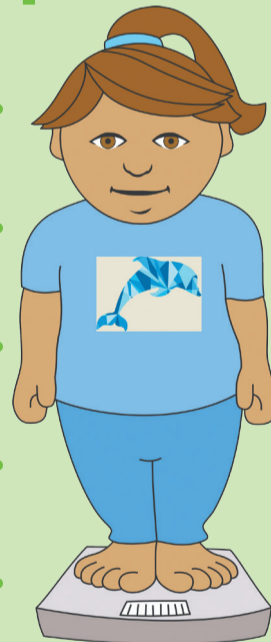
I'm more likely to feel down

I'll finish school with fewer qualifications

I won't get chosen for team sport

It will be harder for me to get a job when I grow up

I'll earn less when I grow up



I'll feel more tired than I should

I won't feel so good about myself

I may be bullied at school

It will be harder for me to learn

I won't sleep as well as I should

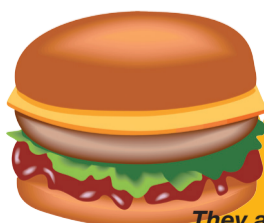
What is best for my Tamariki?



A can of fizzy drink has almost 10 teaspoons of sugar!

Avoid all sugary beverages

Reduce processed foods

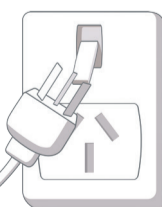


They are high in sugar, fat and salt

Drink water or milk only

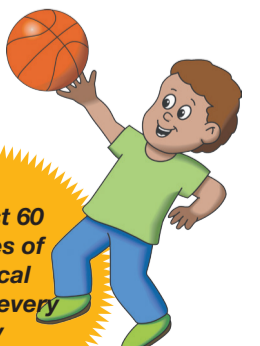


Reduce screen time



Include fruit and vege with meals

Increase active play



At least 60 minutes of physical activity every day