

# ELIMINATE CHILDHOOD OBESITY THROUGH EDUCATION



## HIGH DENSITY (HDPE) FOOD STORAGE BAGS

### FEATURES & BENEFITS OF HIGH DENSITY FILM:

- EXTREMELY DURABLE AND FLEXIBLE MATERIAL.
- FREEZE DOWN TO  $-50^{\circ}\text{F}$  AND THEN HEAT UP TO  $+220^{\circ}\text{F}$ .
- TAKE FOOD DIRECTLY FROM THE FREEZER TO MICROWAVE, BOILING WATER, STEAMERS, OR WARMERS WITHOUT THE NEED TO REPACKAGE OR TRANSFER FOODS.
- HIGH MOISTURE/VAPOR BARRIER FOR FOOD.
- PROLONGS FRESHNESS, TASTE, AND INTEGRITY OF ALL FOODS.
- FREEZER BURN PROTECTION.
- GREASE AND LEAK RESISTANT.

**Handgards<sup>®</sup>**

# CHILDHOOD OVERWEIGHT AND OBESITY

Obesity is a serious health concern for children and adolescents. Results from the 2007-2008 National Health and Nutrition Examination Survey (NHANES), using measured heights and weights, indicate that an estimated 17 percent of children and adolescents ages 2-19 years are obese. Between 1976-1980 and 1999-2000, the prevalence of obesity increased. Between 1999-2000 and 2007-2008 there was no significant trend in obesity prevalence.

Among pre-school age children 2-5 years of age, obesity increased from 5 to 10.4% between 1976-1980 and 2007-2008 and from 6.5 to 19.6% among 6-11 year olds. Among adolescents aged 12-19, obesity increased from 5 to 18.1% during the same period.

Obese children and adolescents are at risk for health problems during their youth and as adults. For example, during their youth, obese children and adolescents are more likely to have risk factors associated with cardiovascular disease (such as high blood pressure, high cholesterol, and Type 2 diabetes) than are other children and adolescents.

Obese children and adolescents are more likely to become obese as adults. For example, one study found that approximately 80% of children who were overweight at aged 10-15 years were obese adults at age 25 years. Another study found that 25% of obese adults were overweight as children. The latter study also found that if overweight begins before 8 years of age, obesity in adulthood is likely to be more severe.



-The Center for Disease Control and Prevention Website  
<http://www.cdc.gov/obesity/childhood/index.html>

## FOOD PYRAMID BAGS ACHIEVE EDUCATION

### THE 100-CALORIE HEALTHY SNACKS

- 7 baby carrots (five calories each)
- 2 tsp. all-natural almond butter or peanut butter (about 66 calories)
- 1/2 c. strawberries (25 calories)
- 1/2 c. plain whole milk yogurt (75 calories)
- small fruit salad
- 1 TB slivered almonds (33 calories)
- 2 TB hummus (50 calories)
- 5 baby carrots
- as many cucumber and celery sticks as you'd like
- 1 medium apple (75 calories)
- 1 TB cheese chunks or slices (25 calories)
- 1/2 medium banana (55 calories)
- 1-2 TB shredded coconut (for dipping!) (30 calories)
- 1 TB grain-sweetened chocolate chips (35 calories)
- 10 spelt pretzels (60 calories)



#### HIGH DENSITY FOOD PYRAMID BAG

HGI #	Type	Model	Size (In.)	Pack	Printed	Bag Color	Closure	Case Qty
303678659	Sandwich	SB 8.5	6.5 x 7	Full Saddle	"Food Pyramid"	Clear	1½" Lip	2000



## Handgards®

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