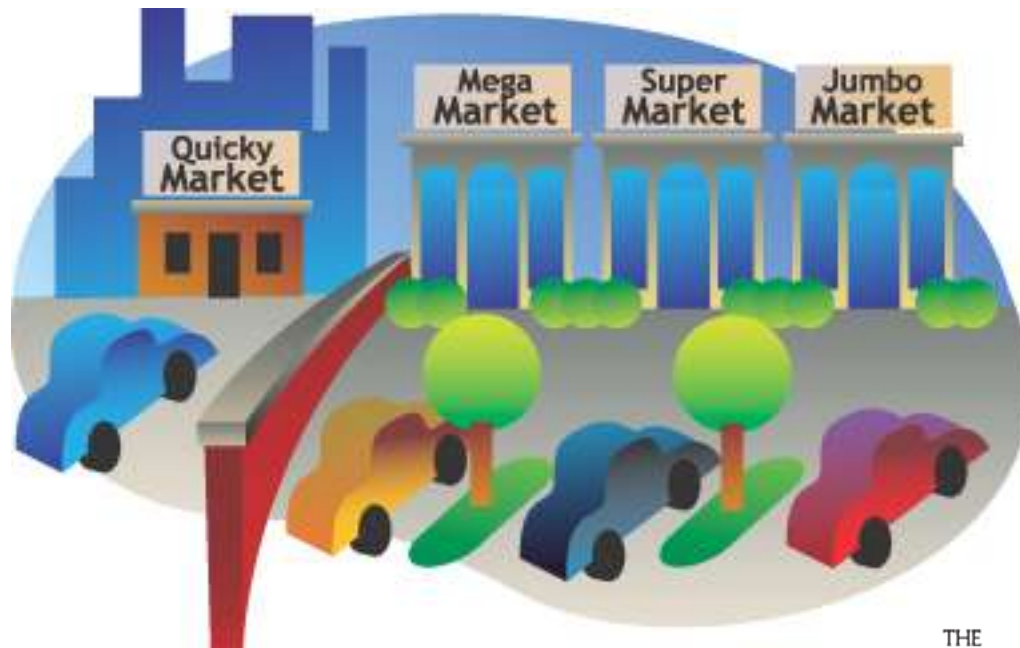


A 2002 study of more than 200 neighborhoods found that there are three times as many supermarkets in wealthy neighborhoods as in poor neighborhoods, and four times as many supermarkets in predominantly white neighborhoods as in predominantly African-American ones.

(Morland K, Wing S, Diez Roux A, Poole C. Neighborhood characteristic associated with the location of food stores and food service places. Am J Prev Med 2002;22[1]:23-9)



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Communities with higher percentages of African-American residents tend to have fewer available parks and green spaces, places to play sports, and public pools and beaches.

(Powell LM, Slater S, Chaloupka FJ. The relationship between physical activity settings and race, ethnicity, and socioeconomic status. Evidence-Based Preventive Medicine 2004;1[2]:135-44)



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In 1980, about 50 percent of high school seniors reported eating green vegetables “nearly every day or more.” By 2003, that figure had dropped to about 30 percent.

(YES Occasional Papers. Paper 3. Ann Arbor, Mich.: Institute for Social Research, May 2003)



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Between 1977-78 and 2000-01, milk consumption decreased by 39 percent in children ages 6-11, while consumption of fruit juice rose 54 percent, fruit drink consumption rose 69 percent and consumption of carbonated soda rose 137 percent.

(Cleveland L. U.S. Department of Agriculture; National Food Consumption Survey, 1977-78; What We Eat in America, NHANES 2001-02)



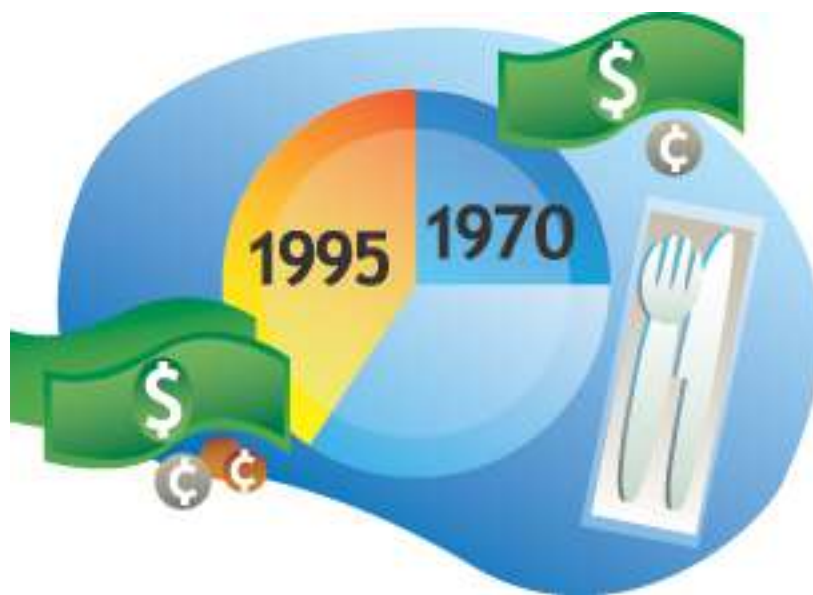
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In 1970, about 25 percent of total food spending occurred in restaurants. By 1995, 40 percent of food dollars were spent away from home.

(Paeratakul S, Ferdinand D, Champagne C, Ryan D, Bray G. Fast-food consumption among US adults and children. J Am Diet Assoc 2003;103:1332-8)



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Between 1970 and 1980, the number of fast-food outlets in the United States increased from about 30,000 to 140,000, and sales increased by about 300 percent. In 2001, there were about 222,000 fast-food outlets.

(Paeratakul S, Ferdinand D, Champagne C, Ryan D, Bray G. Fast-food consumption among US adults and children. J Am Diet Assoc 2003;103:1332-8)



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Children eat nearly twice as many calories (770) at restaurants as they do during a meal at home (420).

(Zoumas-Morse C, Rock CL, Sobo EJ, Neuhouser ML. Children's patterns of macronutrient intake and associations with restaurant and home eating. J Am Diet Assoc 2001;101-923-5)



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According to a national study, 92 percent of elementary schools do not provide daily physical education classes for all students throughout the entire school year.

(School Health Policies and Programs Study. Journal of School Health 2001;71[7])

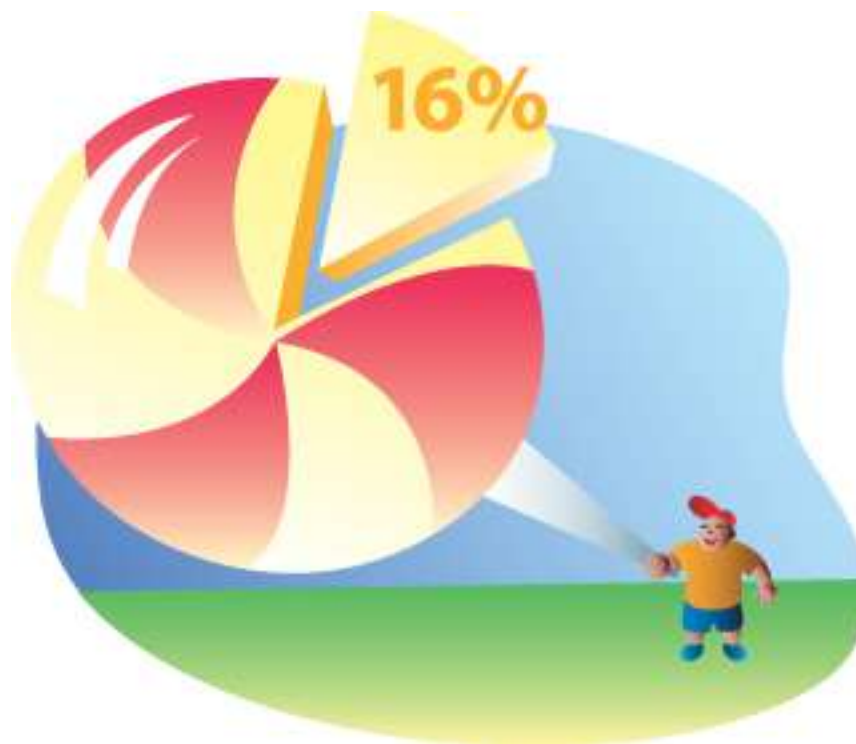


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Statistics from the Centers for Disease Control and Prevention (CDC) are alarming. Today, about 16 percent of all children and teens in the United States are overweight.



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Six out of 10 children ages 9-13 don't participate in any kind of organized sports/physical activity program outside of school, and children whose parents have lower incomes and education levels are even less likely to participate. Nearly 23 percent don't engage in any free-time physical activity.

(Physical activity levels among children aged 9-13 years – United States, 2002. MMWR 2003;52[33]:75-8)



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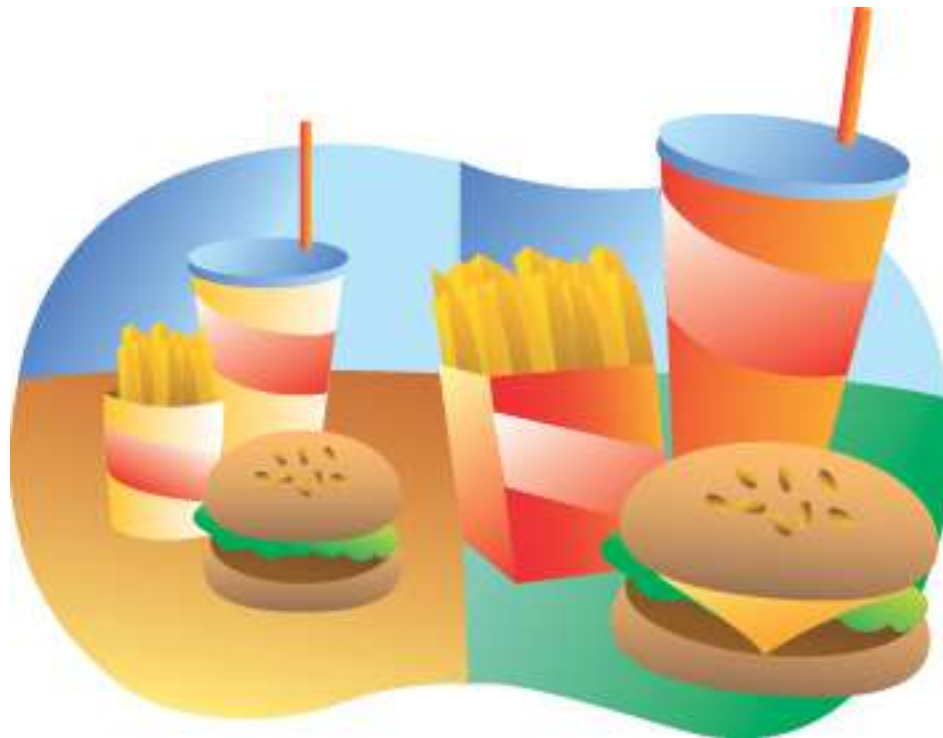
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Studies have shown that, between 1977 and 1996, portion sizes for key food groups grew markedly in the United States, not only at fast-food outlets but also in homes and at conventional restaurants.

One study of portion sizes for typical items showed that:

- Salty snacks increased from 132 calories to 225 calories.
- Soft drinks increased from 144 calories to 193 calories.
- French fries increased from 188 calories to 256 calories.
- Hamburgers increased from 389 calories to 486 calories.



(Nielsen SJ, Popkin BM. Patterns and trends in food portion sizes, 1977-1998. JAMA 2003;289:450-3)

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The typical American child spends about 44.5 hours per week using media outside of school.

(Generation M: Media in the Lives of 8-18 Year Olds. Menlo Park, Calif.: Kaiser Family Foundation, 2005)

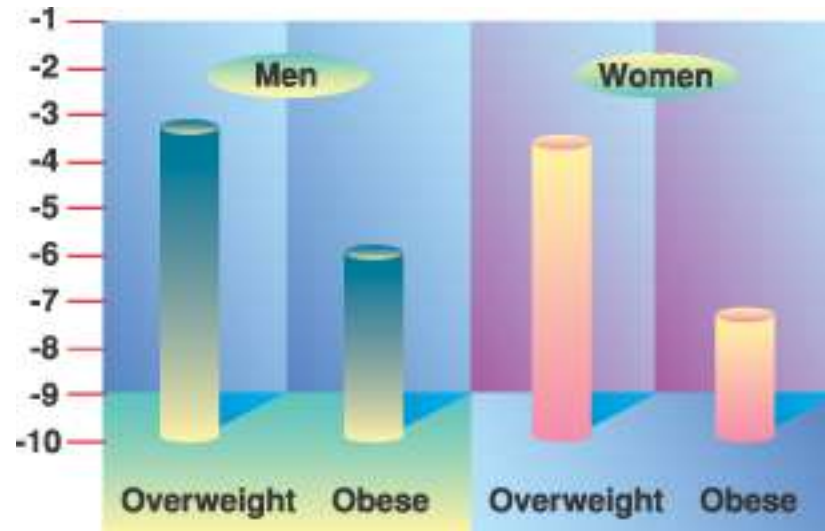


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People who are obese or overweight also have a lower life expectancy:



A 40-year-old nonsmoking male who is overweight will lose 3.1 years of life expectancy; one who is obese will lose 5.8 years. A 40-year-old overweight nonsmoking female will lose 3.3 years of life expectancy; one who is obese will lose 7.1 years.

(Peeters A, Barendregt JJ, Willekens F, Mackenbach JP, Al Mamun A, Bonneux L. Overweight and obesity by middle age are associated with a shortened lifespan. Ann Intern Med 2003; 138:24-32)

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In 1977-78, children ages 6-11 drank about four times as much milk as soda. In 2001-02, they drank about the same amounts of milk and soda.

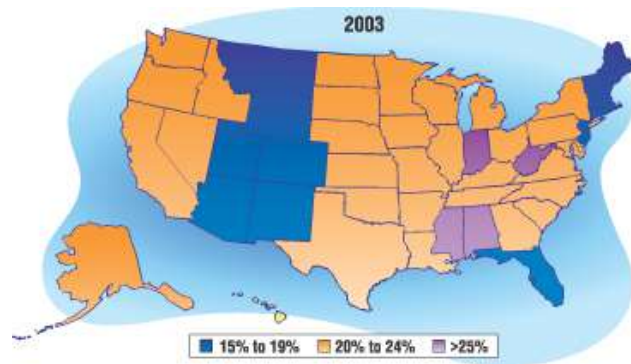
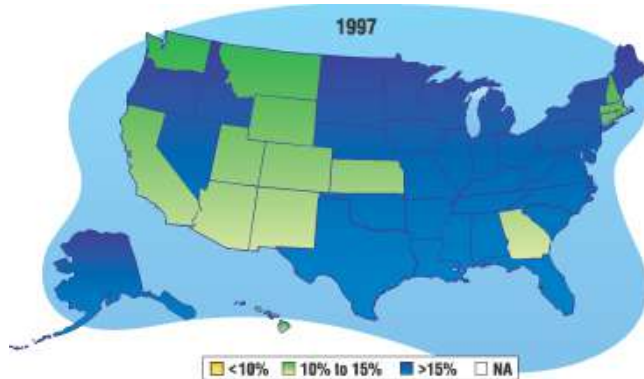
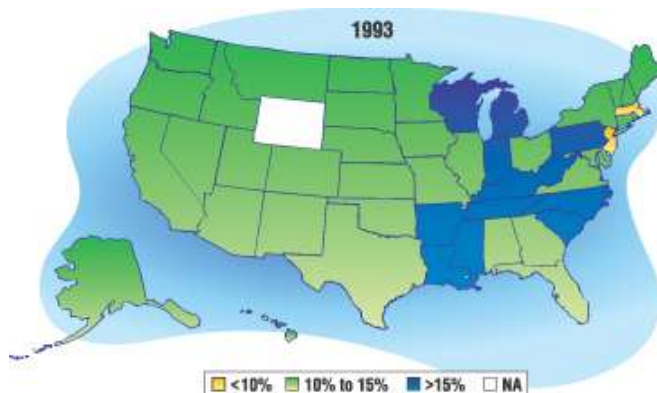
(Cleveland L. U.S. Department of Agriculture; National Food Consumption Survey, 1977-78; What We Eat in America, NHANES 2001-02)



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Obesity is increasing rapidly throughout the United States. In 1993, 12 states had obesity prevalence rates between 15 percent and 19 percent, and no states had rates at or above 20 percent. By 2003, 15 states had obesity prevalence rates between 15 percent and 19 percent, 31 states had rates between 20 percent and 24 percent, and four states had rates at or above 25 percent. The highest regional prevalence of obesity is consistently in the South.

(Behavioral Risk Factor Surveillance System. Atlanta: Centers for Disease Control and Prevention, 2003;

<http://www.cdc.gov/nccdphp/dnpa/obesity/trend/maps/index.htm>)

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Obesity-associated annual hospital costs for children more than tripled between 1979 and 1999.

(Wang G, Dietz WH. Economic burden of obesity in youths aged 5 to 17 years: 1979-1999. Pediatrics 2002;109(5):E81-E86)



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At least 30 minutes of moderate physical activity on most days of the week is the recommended minimum. However, nearly 23 percent of children and nearly 40 percent of adults get no free-time physical activity at all.

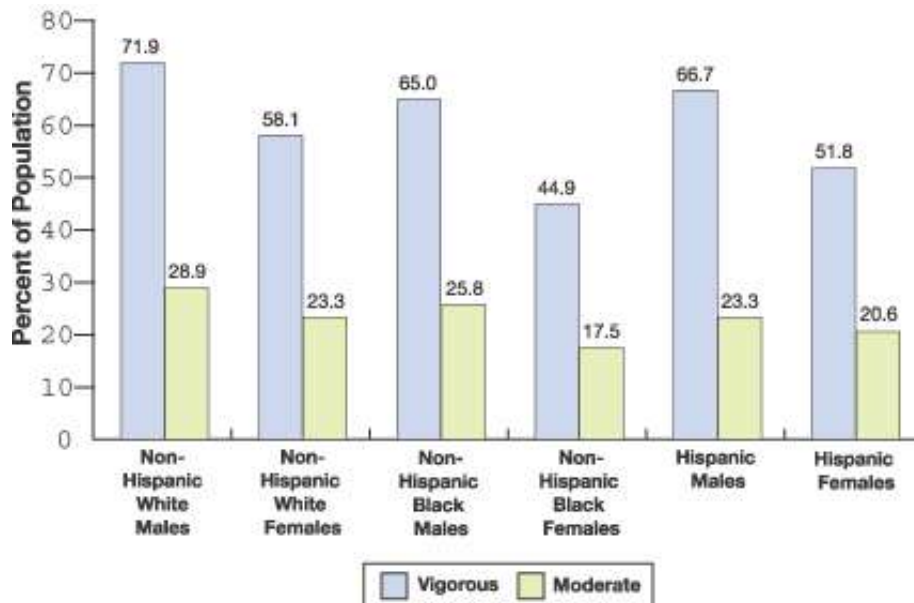
(Physical activity levels among children aged 9-13 years – United States, 2002. MMWR 2003;52[33]:785-8) and (National Center for Health Statistics. National Health Interview Survey, 1999-2001)



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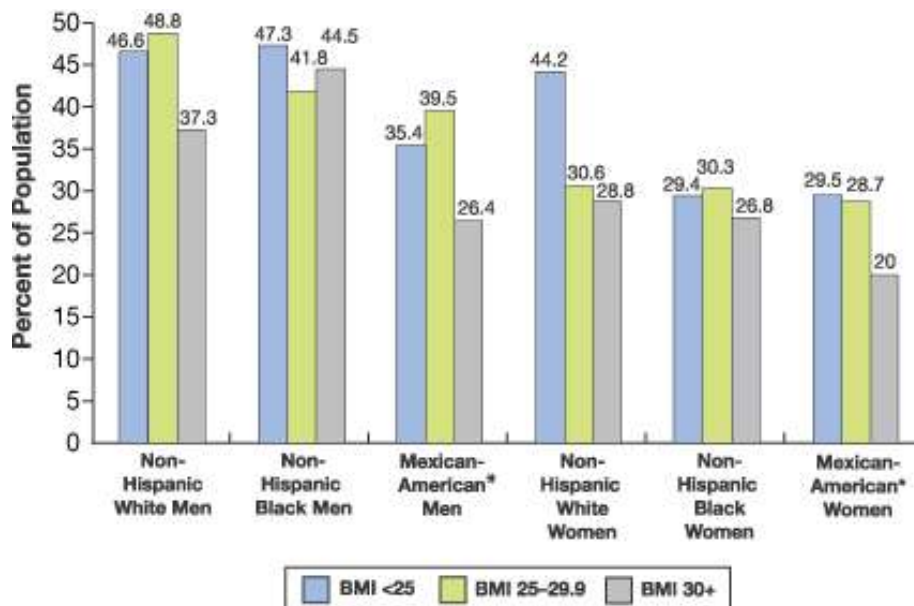
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Note: “Vigorous activity” is defined as activity causing sweating and hard breathing for at least 20 minutes on 3 or more of the 7 days. “Moderate activity” is defined as activities such as walking or bicycling lasting for at least 30 minutes on 5 or more of the 7 days.

(Youth Risk Behavior Surveillance – United States, 2003. *MMWR* 2004;53[SS-2]) and (National Center for Health Statistics, Centers for Disease Control and Prevention. *The Third National Health and Nutrition Examination Survey, 1988-94*)



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