



# Kids Can Help Parents Get Healthier

KidsHealth® surveyed more than 72,000 parents, kids, and teens on their family's health. Here are the results:

**51%**  
of teens  
worry about  
their  
parents'  
health

**85%** of kids are willing to make changes to get their whole family healthier

74% Exercise more

62% Eat healthier

62% Lose weight

55% Get more sleep

47% Reduce stress

What Parents Want to Change



**79%** of parents want to get healthier

**72%**

of parents say having a child made them want to take better care of their own health

**69%** of kids say they want their parents to get healthier

## Kids = Motivation

**92%**

of parents say they would make healthy changes if their child asked them to

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