## **Kids Can Help Parents Get Healthier** worry about

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

## What Parents Want to Change of parents want to get healthier

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

72%

C

Parents.

health

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

## Kids = Motivation

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

A do Reduce stress

55% Germore Steep

5210 sose weight

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



92%

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