



## MC&FP FACT SHEET

### Data

- ✓ *There are currently 12.5 million obese children and adolescents, ages 2-19, in the United States.*
- ✓ *The estimated annual cost of obesity-related illness such as diabetes and high blood pressure is \$190.2 billion and the annual losses to businesses due to obesity-related job absenteeism are \$4.3 billion.*

### Additional Information

**Healthy Base Initiative on Military OneSource**  
[www.militaryonesource.mil/hbi](http://www.militaryonesource.mil/hbi)

**Resource Center for Obesity Prevention**  
[www.militaryfamilies.psu.edu/initiatives/obesity-prevention](http://www.militaryfamilies.psu.edu/initiatives/obesity-prevention)

## Keeping Children Healthy and Active

### Background

In 2010, the president established a Task Force on Childhood Obesity to solve the problem of childhood obesity within a generation and develop an interagency action plan to address this goal. Obese children and adolescents are more likely to be obese as adults, which can put them at greater risk for health problems such as diabetes and high blood pressure. The Department of Defense already strives to support the health and well-being of military service members and their families, and their participation in the White House’s Task Force on Childhood Obesity will augment these efforts. As a part of this task force, the DoD will help identify strategies to prevent and treat childhood obesity within the military community.

### Highlights

- Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.
- The DoD is focused on ensuring high standards for physical activity and nutrition at installation child development centers.
- The DoD has also launched the Healthy Base Initiative and created the Resource Center for Obesity Prevention to further address this issue.
- The DoD is promoting the 5-2-1-0 model to support healthy military children. It advises that on a daily basis, children and youth:
  - Eat 5 or more servings of fruits and vegetables
  - Have 2 or fewer hours of screen time
  - Get 1 or more hour of physical activity
  - Drink 0 sweetened beverages

