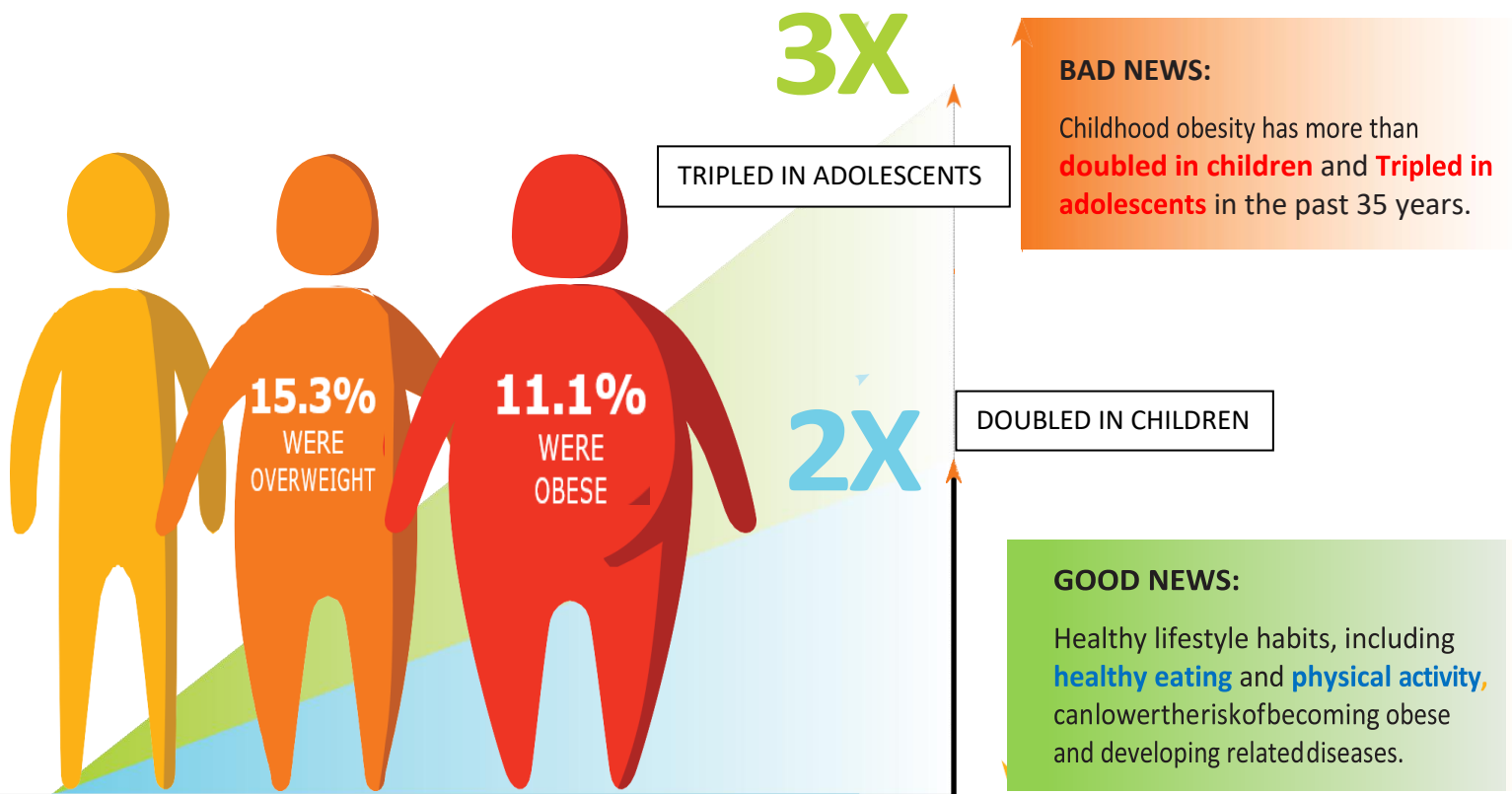


Childhood OBESITY IN INDIA

26.4%
CHILDREN + ADOLESCENTS
aged 5 to 19 years were reported as
OVERWEIGHT & **OBES**E when combined by Indian schools. (WHO standards)



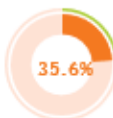
HERE'S WHY OBESITY

has **TRIPLED** for INDIAN CHILDREN & ADOLESCENTS

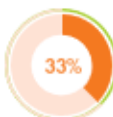
LACK OF PHYSICAL ACTIVITY



Less than half were physically active for a total of at least 60 minutes per day on five or more of the past seven days



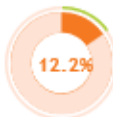
35.6% watched **three** or more **hours** per day of **TV** on an average school day



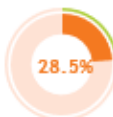
1 out of 3 played video or computer games, or used a computer for something that was not schoolwork three or more hours per day on an average school day



POOR NUTRITION



12.2% ate **fruits and vegetables** **five** or more **times per day** during the past seven days



28.5% **drank** a can, bottle, or glass of **soda or pop** one or more times per day during the past seven days

WHAT SCHOOLS CAN DO

Schools play a critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors.



Develop, implement, and evaluate healthy eating and physical activity policies and practices.



Establish school environments that support healthy eating and physical activity.



Provide a quality school meal program and offer healthy food and beverage choices outside of the school meal program.



Implement a comprehensive physical activity program with quality physical education.



Implement health education that provides students with the knowledge, attitudes, skills, and experiences needed for lifelong healthy eating and physical activity.



Provide students with services to address healthy eating, physical activity, and related chronic disease prevention.



Partner with families and community members in the development and implementation of healthy eating and physical activity policies, practices, and programs.



Provide a school employee wellness program.

Sources: <http://www.ijph.in/article.asp?issn=0019-557X;year=2017;volume=61;issue=1;spage=51;epage=54;aulast=Eshwar>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5350570/>

