



## The Facts / Statistics

- The rate of overweight children has doubled over the past 10 to 15 years
- Family environments are said to be an important contributor to obesity
- This epidemic is expected to increase as children spend more time indoors and opt for fatty processed foods instead of fruits, vegetables and breads
- Teenagers are eating three times the recommended levels of fatty foods (Journal of Adolescent Health)
- Children who play sport are well behaved, less likely to skip school and perform better in exams
- Up to one third of Victorian children are overweight
- Almost all Australian children use all their free time to watch TV or videos (ABS)
- All children need between 60 and 80 minutes a week of physical activity. It is not just sport, it is physical activity. It is catching, running, jumping, fun, laughter and socialisation
- Under Victorian Education Guidelines, children in prep to Grade two have 20 to 30 minutes of physical education a day
- 50% or more children aged five to 14 watch the television more than 20 hours a week (ABS)
- Children are not receiving adequate amount of activity time at school due to limited physical education and sport sessions and the time spent in these sessions is often on discipline and the organisation of children.
- Other factors that contribute to inactivity levels include: computers, play stations, mobile phones, videos, DVDs.

