



CHILDHOOD OBESITY AWARENESS MONTH

From 2017 to March 2020, obesity among U.S. children and adolescents was 19.7%, meaning 14.7 million young people ages 2 to 19 were obese. The condition disproportionately affects adolescents, Hispanic and non-Hispanic Black children, and those from lower-income families.
Source: CDC

Worldwide, over 390 million children and adolescents ages 5 to 19 were overweight in 2022, including 160 million living with obesity. The overweight prevalence among that age group rose from 8% in 1990 to 20% in 2022.
Source: World Health Organization

SEPTEMBER 2026

DID YOU KNOW?



In 2023-2024, children in the lowest income group had the highest obesity rates at 23.5%, while those in the highest income group had the lowest at 10% – more than double the difference – highlighting the link between family income and childhood obesity.
Source: stateofchildhoodobesity.org

CDC data shows 12.7% of children ages 2 to 5 have obesity, rising to 20.7% among ages 6 to 11 and reaching 22.2% among ages 12 to 19 – indicating obesity risk increases as children age.
Source: Liv Hospital, citing CDC data

