1. Two-thirds (66 percent) of American adults are overweight.

2. One in six young people ages 6-19 are overweight.

3. 20 years ago, five percent of American children were overweight. Today, that number has grown to 15 percent.

4. In 1969, 80 percent of children played sports everyday. Today, only 20 percent do.

5. By the time a child reaches age 17, he will have spent 38 percent more time watching TV than being in school.

6. For every additional daily serving of soda a child drinks, her risk of becoming obese rises by 60 percent.

7. The average teenager gets 10-15 percent of his daily calories from soda.

8. On days when children eat fast food, they consume an average of 187 more calories than days when they don’t.

9. The average American child eats fast food once every three days.

10. Children are exposed to 40,000 TV commercials each year. Up to 70 percent of them are for food products, the majority of which are unhealthy.

11. For every hour of watching TV a child averages a day, her risk of becoming obese rises by six percent.

12. 25 percent of the all vegetables eaten in the United States are French fries.

Source: *Time* magazine, June 7, 2004