One Nation Undernourished and Overfed







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### Can We Predict the Future of Childhood Obesity?

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#### **Half Empty?**

#### Half Full?

SPECIAL HEALTH ISSUE

#### Our Super-Sized Kids

How Obama Is

It's not just genetics and diet. An in-depth look at how our lifestyle is creating a juvenile obesity epidemic and the scoop on how to cure it

The Dinner Divide

SRAEL'S HOLY WARRIORS . WHY BLUE DOGS ARE ENDANGERE

Newsweek,



HOW OUR FOODIE OBSESSION IS DRIVING AMERICANS APART BY LISA MILLER

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By Southrey Country & Stuarts

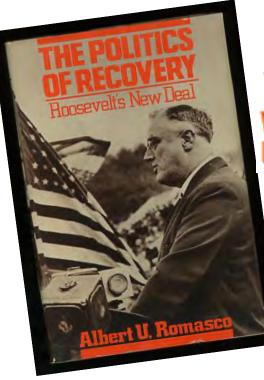
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- Obesity
- Poverty
- Too Many Calories
- Too Few Nutrients

### + Our past can help inform our future



**1969** White House Conference on Food, Nutrition, and Health

RELIEF RECOVERY

REFORM

THE NEA YEARS 10

KENNETH S. DAVIS

### Bring em' back to breakfast



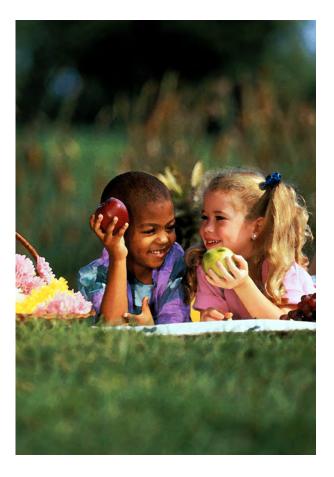
- Kids who eat breakfast have healthier boy weights
- Have better diet quality
- Eat more fruits and vegetables
- Consumer more milk
- Have better overall nutrient intakes

# + Family Dinner

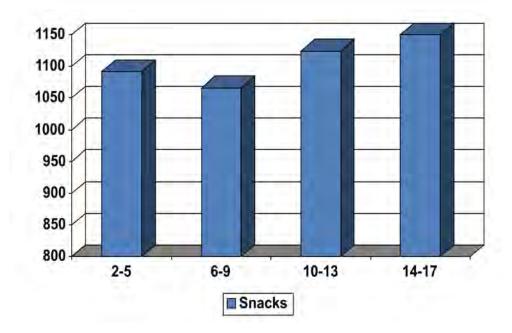


- Kids who eat dinner at least 2x a week with their families have a lower risk of overweight
- Have better diet quality
- Have better nutrient intakes
- Develop positive attitudes towards nutrition

# + Snacking is replacing meals

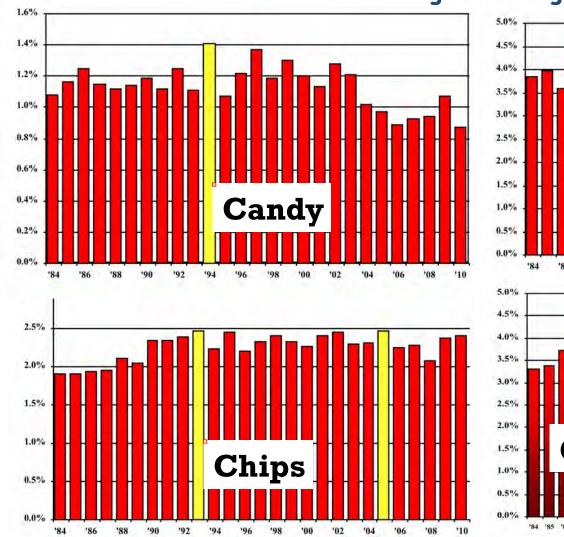


#### **Annual Snack Meals Per Capita**

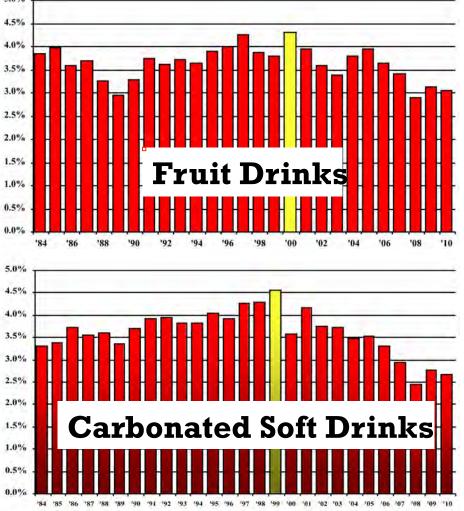


Source: The NPD Group/SnackTrack; 2 years ending June 2010; Snacking Occasions Only

#### But children's diets are changing - fewer Soft Drinks. Also less candy, fruit drinks and chips for our kids!



#### Share of All Eating/Drinking by Children Under 18



Source: The NPD Group/National Eating Trends (NET); years ending Feb; Excludes ingredient/additives eatings

### + We are the land of hope... ...and everyone is talking about food and nutrition

Michelle Obama deas and Inspiration To Help American amilies Eat Richt



Fresh New Recipes

7 Smart Moves to Renew Your Living Room

Lush Ideas for Front-Yard Gardens

Easy Ways to Get More From Your Deck



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## + Predicting the Future



The situation might get worse before it gets better

- There are positive signals
- We have never had a greater opportunity and support than we do now in nutrition to make a difference
- You are our future and have the ability and great opportunity to help shape our future.







#### **Half Empty?**

#### Half Full?





### **Half Full**

Thank you!

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