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# Preventing Childhood Obesity

Obesity is a big problem in America today for both adults and children. Studies have shown that people who are overweight as children have a very good chance of being overweight for the rest of their life. So helping your kids stay at a healthy weight now can help them stay at a healthy weight for the rest of their life.

"We found that children who had these three household routines were at 40 percent lower risk of obesity compared to children who had none of these routines," Sarah Anderson, PhD, a researcher at The Ohio State University College of Public Health who led the study, said in a statement.

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