

## A Mom's Influence on a Child's Weight

As noted by the CDC's National Health and Nutrition Examination Survey, rates of obesity in children ages 2 to 5 have more than doubled since 1980, increasing from 5.0% to 12.4%.

Research has shown that eating habits for life are most influenced by age 6 and that moms have the greatest influence. Once a child is at an unhealthy weight, it's more difficult to achieve a healthier weight later in life. However, young [kids should not go on diets](#) but grow into their weight.

If poor eating habits continue until the tween and teen years, it's important to note 80% of children who are overweight between ages 10 and 15 grow up to become obese 25-year-olds.

Some influences on risk factors for obesity include:

- Mom's influence: [Pre-pregnancy obesity](#), gestational diabetes, and/or low birth weight
- Rapid weight gain in infancy
- [Stopping breastfeeding early](#)
- Introducing solid foods before 4 months
- Short sleep in infancy
- [TV in children's bedrooms \(Just say NO!\)](#)
- Higher consumption of fast food and [sugary beverages](#) in childhood.

[Take 5 Simple Steps to Combat Childhood Obesity](#) and create a healthy relationship with food for your family.