



Kids Can Help Parents Get Healthier

KidsHealth® surveyed more than 72,000 parents, kids, and teens on their family's health. Here are the results:

51% of teens worry about their parents' health

85% of kids are willing to make changes to get their whole family healthier

- 74% Exercise more
 - 62% Eat healthier
 - 62% Lose weight
 - 55% Get more sleep
 - 47% Reduce stress
- What Parents Want to Change

79% of parents want to get healthier

72% of parents say having a child made them want to take better care of their own health

69% of kids say they want their parents to get healthier



Kids = Motivation
92% of parents say they would make healthy changes if their child asked them to