



**Only 9% of parents think their children are overweight. 26% of children are.**

***Why can't we see it?***

Most parents don't think their kids are at risk for becoming overweight.  
Yet childhood obesity rates are increasing.  
That's the reality.

**Go to [www.dailythingscount.ca](http://www.dailythingscount.ca)  
to see how your kids measure up.**

