Parents often underestimate their child's weight while thinking the child is physically active and eating healthy meals. CCHAPS asked 3,671 parents if they were concerned about their child being over- or underweight. Based on the parent’s reporting the child eating healthy meals:

CONCLUSIONS:

Parents who report their child does not eat healthy meals are 3 times more likely to be concerned that their child is overweight.

There is no difference in the parent concerns about the child being underweight based on reported healthy meals.
