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 report of how many days the child exercised 30 or more minutes in the past week:

![Graph showing the percentage of parents concerned about their child's weight based on exercise days.]

**CONCLUSIONS:**

Parents who report their child either did not exercise in the past week or only 1-3 days, are more than twice as concerned that child is overweight than for children exercising 4 or more days each week.

Concern that a child is underweight is lower and there is little difference based on the number of days of exercise.


CCHAPS is a random household survey reporting responses from 7,439 families with a child aged 0 – 14

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