



## Teaching kids how to eat—not how to diet— key to obesity battle

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*“When people ask me,  
‘so are you on a diet?’  
I’m like, ‘no, I’m not  
on a diet, I just eat  
healthier.”*

*Alejandra, 11*



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More than anything, bad habits are to blame for the childhood obesity epidemic. For Alejandra and her parents, food was an expression of love. But overeating and other unhealthy habits led this 11-year-old Hispanic girl to become an overweight kid.

*“What I mostly want  
to do when I grow up  
is be a chef... and I  
want to be a healthy  
cooker.”*

*Alejandra, 11*



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More than 25 million American children are obese or at risk for becoming obese. Overweight children face serious health risks, including diabetes and heart disease. Today, Alejandra has learned that you can love cooking and eating, and still be healthy. She is one of five children who offer their story and advice to kids and parents at [BeSmartBeWell.com](#).

BeSmartBeWell.com highlights important health topics like childhood obesity with real-people videos, practical advice from leading experts and resources that inform and empower consumers. Sponsored by Blue Cross and Blue Shield of Illinois, Blue Cross and Blue Shield of New Mexico, Blue Cross and Blue Shield of Oklahoma and Blue Cross and Blue Shield of Texas, Divisions of Health Care Service Corporation, a Mutual Legal Reserve Company, an independent licensee of the Blue Cross and Blue Shield Association. [See all topics at BeSmartBeWell.com.](#)

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