



# 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