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:

85% of kids are willing to make changes to get their whole family healthier

What Parents Want to Change
- 74% Exercise more
- 62% Eat healthier
- 62% Lose weight
- 55% Get more sleep
- 42% Reduce stress

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