Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. In 2012, more than 1 out of 3 kids are now considered overweight or obese.  

**How do parks help?**  
Children living within a 1/2 mile of a park or playground are 5 times more likely to be a healthy weight.  

**Sources**  
5. Journal of Community Health. Place to Play: Association of Park Space and Facilities with Healthy Weight Status Among Children.  