

Best holiday gift ideas for Americans

Based on the Organization for Economic Co-operation and Development (OECD) obesity report 2017¹, more than 65% of American adults are overweight; among them 38% are obese. For children, over 31% aged 15 years are overweight (obese included). Every state has over 20% of the population obese. Even worse, the obesity rate is rising fast; over 45% of adults in the US will be obese by 2030.

So, at this holiday season, let's stop giving yet another game or an electronic device as holiday gift. Let's all do some exercises, burn some calories, and give our family and friends some healthy gifts!

Gifts costing nothing:

- Volunteer to chauffeur friends or family member's kids to the little league practice and other after school sport activities. Many kids stay at home just because parents can't drive them to the activity. Nothing is a better than giving a child the habit of doing exercise.
- Organize a weekly or daily meet up to jog or hike together. You can do exercise anywhere, not only at gym. But it is hard to have discipline, so the best gift is reminding your friend to keep doing it.
- Give a deck of self-made flash cards with a 30-60 minute exercise routine. There are many good suggestions and videos on the Internet. You can choose your favorite routine and print it out as a gift.
- Attend kids' games and practice and get involved. Don't forget that personal example works the best.

Gifts costing \$10-50

- Sport toys for kids: jumping ropes, balls, rackets, gym shoes... Let the kid get out of the electronics, get out of the house, get a lifetime habit of exercise, which is called playing for kids.
- Weights, yoga mats, jumping ropes, swimming suits and many other types of sport gear for adults
- Annual state park pass or national park pass
- Gym membership for a couple of months ; fees for group exercises
- Semi-annual fee to access local high school or community gym or swimming pool

More expensive gifts

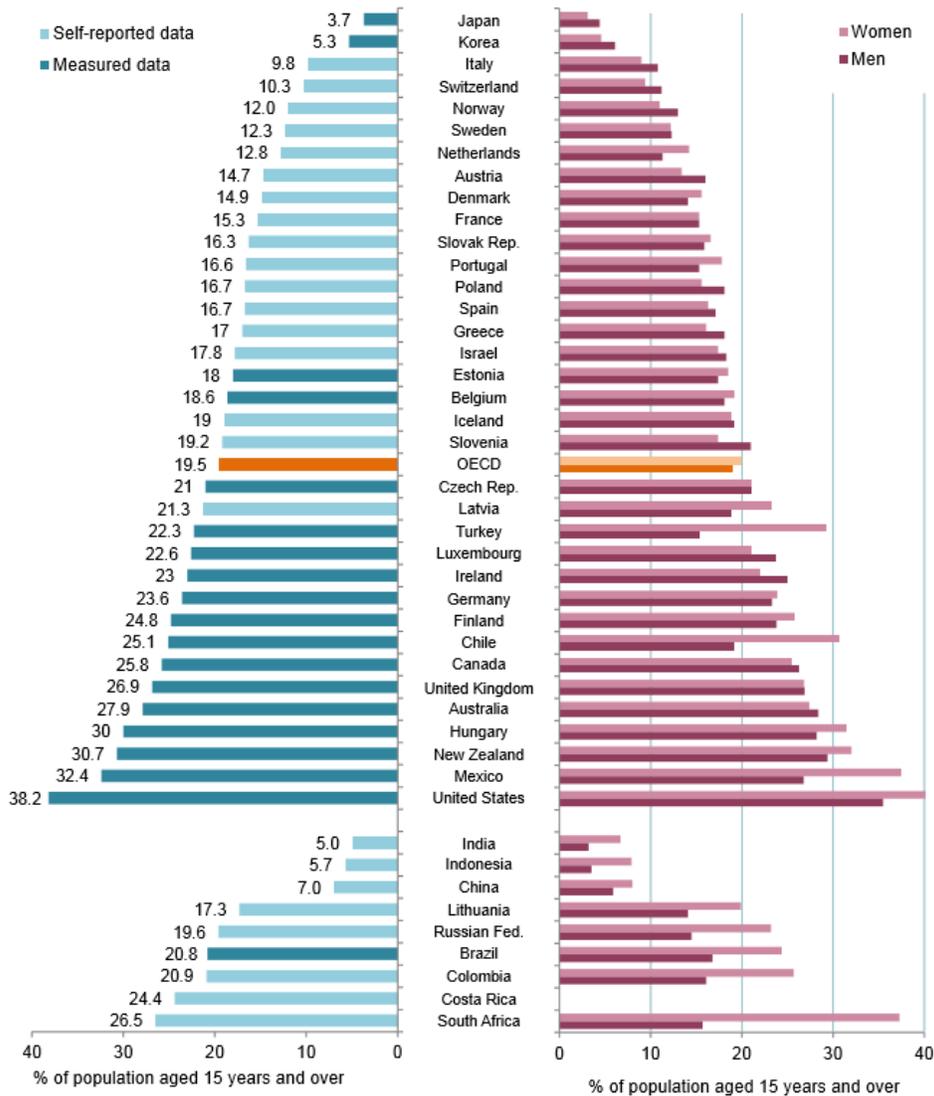
- Annual gym membership
- Private sport lessons
- Ski sets, snow shoes, canoes, and so on
- Home gym equipment

Any other suggestions? We would love to hear back from you! Let's stop being the fattest country on earth!

The author of this article holds a Ph.D. in Food Science, and has a working experience of over 15 years in food and pharmaceutical industries.

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Figure 1: Obesity among adults, 2015 or nearest year

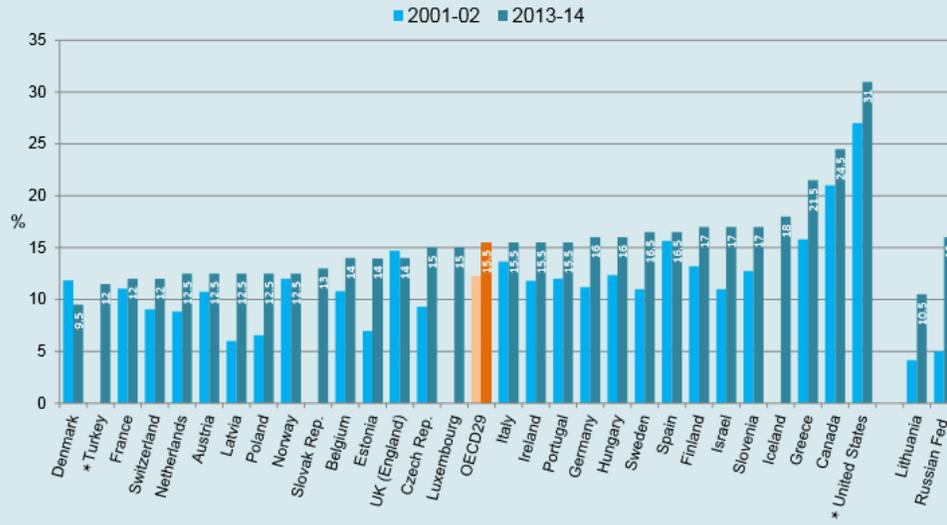


Source: OECD (2017), OECD Health Statistics 2017 (Forthcoming in June 2017).

www.oecd.org/health/health-data.htm

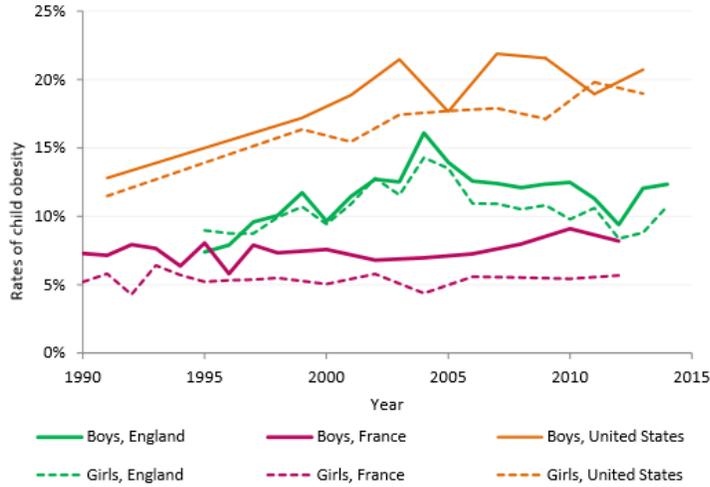
Note: The statistical data for Israel are supplied by and under the responsibility of the relevant Israeli authorities. The use of such data by the OECD is without prejudice to the status of the Golan Heights, East Jerusalem and Israeli settlements in the West Bank under the terms of international law.

Figure 3: Self-reported overweight (including obesity) in children aged 15 years



Note: * Data for 2009-10. Child overweight is defined with IOTF age- and gender- specific BMI cut-offs. Source: Currie, C. et al. (2004); Inchley et al. (2016).

Figure 4: Obesity in children aged 3-17 years



Note: Age- and gender-adjusted rates of obesity, using the 2005 OECD standard population. Definition of obesity based on the WHO BMI-for-age cut-offs. Measured height and weight in England and the United States; self-reported in France. Source: OECD analysis of national health survey data.