Background:

In Ohio from 1992-1996
- 24.1% of children born to obese mothers receiving WIC, were considered obese by their 4th birthday (Whitaker, 2004)

Today, the CDC reports that nationally
- 14.94% of low-income children between 2-5 years of age are considered obese
- Comparatively, 8.4% of children overall are considered obese (Childhood Obesity, 2010)

Of mothers, the CDC reports that
- 29% of women with a household income at or above 350% of the federal poverty line (FPL) are considered obese
- 42% of women with a household income below 130% of the FPL are considered obese (Ogden et. al, 2010)

Exercise reduces weight gain, likelihood of obesity, and other gestational diseases

Exercise for 30 minutes per day reduces gestational problems
- Recommended Exercises during Pregnancy (American College of Obstetricians and Gynecologists)
  - Walking
  - Swimming
  - Cycling
  - Aerobic exercise

Conclusion

- Exercising during pregnancy is not as common among women who have attained lower levels of education or who are considered to be in a lower socioeconomic group
- Additionally, children born in these demographics are more likely to be born early or large and have childhood obesity, putting them at a greater risk for complications later in life