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Fat 10 year olds have the arteries of 45 year olds. That is the result of a study reported at the American Heart Conference this week, reported by [The NZ Herald](#).

One-third of US children are overweight and one-fifth are now classified as obese. Dr Raghuvver was outlining her research into the area of child obesity - and reported back these alarming statistics. Doctors in Sydney and Canberra have reported very similar results too.

There are now calls to deal with this issue at a governmental level as well as parental. School dinners and a lack of physical exercise are considered to be key factors that could be addressed.

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