

What is Childhood Obesity?

Ways to **STOP** Childhood Obesity!



Obesity vs. Overweight

Overweight is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors. **Obesity** is defined as having excess body fat: BMI at or above 95th percentile

What is Childhood Obesity?

“Is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height” –**Mayo Clinic**

LEARN TO HAVE A BALANCED DIET!

USE THE FOOD PYRAMID →

It will help you know what foods to eat more of and what foods to eat less of!

THE FOOD PYRAMID ACCORDING TO Kids



What Are Some of The Health Effects of Childhood Obesity?

Short Term

- Obese children are more likely to have risks for many types of cardiovascular diseases; such as high blood pressure and high cholesterol
 - Overweight children are more likely to have pre-diabetes
 - Overweight children have a 52-60% increased risk for asthma
 - Overweight Children are more likely to have joint and bone problems, social and psychological problems and are more likely to

Long Term

- Obese children are most likely to be obese adults, which furthermore sets them up for more serious health risks
- A study was done and showed that obese children as early as age two are more likely to be obese as adults
 - An obese four year old has a 20% chance of becoming obese as an adult, where an obese teenager has an 80% chance of being obese when they are an adult
 - Increased risk for many types of cancer such as kidney, pancreas, thyroid, cancer of the breast, colon, prostate

“A 2003 study asked 106 children between ages 5 to 18 to rate their quality of life based on things like their ability to walk more than one block, play sports, sleep well, get along with others and keep up in school. The study found that obese children often rated their quality of life with scores as low as those of young cancer patients on chemotherapy. The results indicated that that teasing at school, difficulties playing sports, fatigue, **SLEEP APNEA** and other obesity-linked problems severely affected the children's well-being.”





Solutions/Preventions for Childhood Obesity

- ❖ Students must perform at least an hour a day of any type of physical activity
- ❖ Physical education programs during and after school
- ❖ Making healthier food choices at fast food restaurants
- ❖ Increase the amount of vegetables you give to your children
- ❖ Teach them how to make healthy food choices on their own
- ❖ Health education at home and in school to teach kids to learn about the health risks and benefits of being healthy versus unhealthy
- ❖ Get rid of junk food at school and replace it with healthy snacks
- ❖ Incorporating Physical Education into the classroom
- ❖ Parental involvement- if parents are active and healthy, so will their children
- ❖ Teacher Involvement- be active in



FUN Activities to do with Kids!

- Headstands
- Jump Rope
- Dance Party
- Freeze Tag
- Animal Races
- Scavenger Hunts
- Hopscotch
- Bike Rides
- Clean-Up Tag
- Playing with Frisbee's
- Obstacle Courses
- Four Square
- Wall Ball
- Kicking a soccer ball/ shooting hoops

Obese Children= Can Cause Depression

- Childhood depression has increased over the years
- Depression is commonly related to obese or overweight children; they share many common symptoms
- When children feel sad and alone, children want to fill up on carbohydrates and chocolate which release chemicals in the body to make them feel better
- Some physical ailments cause depression such as anemia and thyroid conditions
- Have sleep issues, sedentary behaviors and unhealthy attitudes towards eating



Symptoms to Look For

- Feelings of guilt or worthlessness
- Changes in sleep and/or appetite
- Depressed mood
- Low energy levels
- Afraid to enter social situations or to interact with peers

Ways Parents Can Help

- Kids deserve love and attention. Provide a healthy environment with lots of activity and social interactions
- Set a good example simply by encouraging kids to limit certain foods and to pick healthier foods for the body
- Don't restrict too much because then it will backfire; think more of moderation
- Do not scold your child for overeating because it can lead to more depression
- Treat the issue; deal with the depression first and find some of the triggers that are causing depression, then work on how to not overeat by finding other ways for children to be satisfied
- Psychotherapy to give them positive motivation

Why are More Children Obese?

- Technology advancements are a big reason children are obese
- Children spend hours on their computers, watching TV or playing video games, rather than being physically active
- Many children live far from community centers and parks
- Many parents work full time, therefore aren't able to take their children to parks, playgrounds, etc. and don't want their children to go to public places alone
- Many families have limited time or access to grocery stores so they are attracted to places that are quick and easy to get to such as fast food restaurants
- Some people live in rural areas where grocery stores are very far away and takes a lot of time out of the day to get there
- Due to this and ads shown on TV, Unhealthy eating habits are very common among kids
- Children eat 350 more calories a day than in the 1970's



Be Healthy with the Family!

- Lead by example!
- Show your kids that you are physically active and having fun while doing it
 - Plan family activities such as bike rides, going on walks, going to the pool
 - Find activities that your child will enjoy that aren't too difficult or embarrassing for them
 - Reduce the amount of time that your family does with sedentary activities. Maybe make a rule of only being allowed to watch an hour of TV a day?
- Encourage healthy meals
- Make dinners fun!
- Let your children be involved in making the meals and a say in what to make
 - Stock up on healthy snacks at home for your kids to munch on

Resources

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