

WEEKLY WELLNESS NEWS

CHILDHOOD OBESITY AWARENESS MONTH

1 in 5 children and young adults are obese in the United States



Centers for Disease Control and Prevention
National Center for Health Statistics



Childhood obesity is a major public health problem that is affecting young people all around the world. It is an ongoing national health problem that puts many children's health at risk of developing diseases and serious health conditions later in life.

What are the causes?

Complex health issues such as childhood obesity can happen when a child is above normal or healthy weight for his or her age and height. Behavior and genetics play important roles in a child's excess weight gain, which is also similar to adults. Excess weight gain is influenced by behaviors that include eating high calories, excess sugar intake, low nutrient foods and beverages, sleep routines, too much screen time on multiple electronic devices, and not enough physical activity.

What is Overweight or Obesity?

Childhood overweight and obesity is determined by using the Body Mass Index (BMI). BMI for overweight is at or higher than 85th and below 95th percentile. BMI for obesity is at 95th or higher of the same age and gender for children and teens.

Why does it matter?

The consequences of Childhood Obesity can harm a child in many different ways in short and long term. Some of the immediate risks for children that are obese include high blood pressure and cholesterol, increased risk of impaired glucose tolerance, breathing problems, joint problems and fatty liver disease such as gallstones and gastro-esophageal reflux (i.e., heartburn). Future health risks include several serious health conditions like heart disease, type 2 diabetes, and cancer.

What can be done?

Develop healthy eating habits for children both at home and school by helping them eat plenty of fruits, vegetables, and whole-grained foods. Limit sugar intake and sugary drinks. Encourage your family members to cook and eat at home. Importantly, help children to stay active by encouraging them to play sports which can bring many health benefits.

"Childhood obesity is best tackled at home through improved parental involvement, increased physical exercise, better diet and restraint from eating." - Bob Filner



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PREVENTING CHILDHOOD OBESITY

Ways to Fight Childhood Obesity



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Physical Activities

- Strengthening bones
- Decreasing blood pressure
- Reducing stress and anxiety
- Increasing self-esteem
- Helping with weight management



Eat more Fruits & Vegetables

- Can lead to smarter taste buds
- Stronger bones
- Help fight off germs
- Better memory
- Provides sharper night vision
- Healthy immune system



Limit Sugar Intake

- Lower cholesterol levels
- Lower blood pressure
- Reduce inflammation
- Reduce risk of cavities
- More energy



Drink More Water

- Good for the whole body
- Help control calories
- Help your kidneys
- Improve exercise performance
- Help flushes out waste
- Help with skin complexion



Parents Involvement

- Develop healthy eating habits at home
- Cook and eat more at home
- Set limit for kids on calorie-rich foods
- Set a regular sleeping schedule
- Involve and encourage your kids to play sports



Reduce Sedentary Time

- Too much screen time can cause various health and behavior problems to children including weight gain
- Parents should set limitation on screen time
- Parents should encourage kids to try other fun outdoor activities

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HOW NUTRITION CAN HELP WITH CHILDHOOD OBESITY



Healthy Eating Tips for Kids and Parents



Healthy eating habits are not easy for everyone, especially for parents that are busy and want their kids to eat healthy. The good news is that there are basic guidelines parents can follow to help their kids eat healthy and maintain a healthy weight. The following are rules and key strategies that encourage healthy eating habits, improve nutrition, and their overall health.

Keys Rules at Home

- Parents control the food supply lines
- Kids get to choose to eat of what parents going to offer
- Quit the "Clean-Plate Club"
- Start them young
- Plan and rewrite the kids' menu
- Have regular family meals
- Avoid fighting over food
- Drink calories count (avoid juice and sodas)
- Put sweets up and out of sight
- Do not use food as rewards
- Be a role model and eat healthy, kids do what they see
- Limit screen time (TV, Computer, iPad, etc.), especially while eating
- Teach them about food labels



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FAMILY EXERCISE IDEAS FOR ALL SEASONS



eat right. Academy of Nutrition and Dietetics



Summer

- Family hike
- Family bike ride
- Allow kids to explore sports they like
- Sign kids up for organized sports or league
- Family walk
- Swimming in the pool or lake
- Go to the beach
- Go for a paddle

Autumn

- Nature hiking
- Mountain biking
- Pumpkin picking
- Go camping
- Clean backyard fallen leaves
- Run a community race
- Attend local fall festival
- Apple picking

Spring

- Join a community charity walk or run
- Plan a scavenger hunt
- Plant flowers at home
- Fly a kite
- Nature walk
- Visit local farmers market
- Play tag
- Play hide and seek
- Climb a tree
- Pick berries at the farm

Winter

- Snowball fight
- Build a snowman
- Go ice skating
- Go sledding
- Make snow angels
- Play ice hockey
- Join a gym
- Swim at an indoor pool
- Play indoor sports
- Run indoor track

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