



Facts:

- ♦ Prevalence of overweight children has more than doubled in the past 20 years
- ♦ Being overweight in childhood can contribute to serious health issues including:
  - High cholesterol
  - High blood pressure
  - Diabetes
  - Sleep apnea
  - Liver disease
  - Orthopedic problems
  - Gall bladder problems
  - Polycystic ovary disease in girls
  - Poor self-esteem and depression
- ♦ Adolescents who are overweight have a 70% chance of becoming overweight or obese adults, and consequently have a high risk for heart disease, diabetes, high blood pressure, and some types of cancer.

What causes overweight issues:

- ♦ Genetics
- ♦ Health problems
- ♦ Food choices
- ♦ Lack of physical activity

What we can do to help:

- ♦ Well Care
- ♦ Track BMI (Body Mass Index)
- ♦ Health screening/lab tests
- ♦ Education and counseling
- ♦ Referral to specialist

What should you do:

- ♦ Provide healthy food choices at home
- ♦ Limit fast food and high calorie sweetened beverages
- ♦ Limit sedentary activity - TV/Video/Computer
- ♦ Provide daily opportunities for physical activity
- ♦ Provide ample sleep time - inadequate sleep can affect body's metabolism and boost appetite

Benefits of regular physical activity:

- ♦ Helps build and maintain healthy bones and muscles
- ♦ Reduces risk of developing obesity and chronic diseases such as diabetes and cardiovascular disease
- ♦ Promotes psychological well being