

South Central's Health on Blast

Youth and Obesity

Obesity is usually defined as more than 20 percent above ideal weight for a particular height and age.

- One out of every five children in the United States are obese (Approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese)*Data from the National Health and Nutrition Examination Survey*
- Since 1980, obesity prevalence among children and adolescents has almost tripled.
- Obese Children are more likely to be obese as adults.
- Commercial Advertising for food and beverage capture children's attention ages 2-11 (69% of products unhealthy)
- In 2009, the fast food industry spent 4.9 billion marketing to children.

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What causes Obesity in Children:

- Lack of Physical Activity
- Unhealthy eating patterns
- Hormonal Problems

Obese Children are at risk of having chronic diseases as adults such as diabetes and heart disease.

Types of Diseases caused by Obesity:

- High Blood Pressure
 - Asthma
 - Sleep apnea
- Social discrimination
 - Bone Problems
 - Skin Conditions

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How to help children who are overweight?

Parents should be supportive of that child and talk with child about their weight.

Incorporate physical activity everyday like walking, biking or swimming that your child feels comfortable with.

Schools play an important role in diet because most schools don't provide healthy menus for children.

Parent need to encourage healthy eating habits.

Provide plenty of vegetables, fruits, and whole-grain products and lean meats.

Limit sugar-sweetened beverages.

Encourage your family to drink lots of water.