



Preventing Childhood Obesity

The Centers for Disease Control & Prevention (CDC) Report that...

- 17% (or 12.5 million) of children & adolescents aged 2-19 years are obese.
- Since 1980, obesity prevalence among children & adolescents has almost tripled.
- Children 8-18 years of age spend an average of 7.5 hours a day using entertainment media, including TV, computers, video games, cell phones, & movies
- Physical activity in schools has declined; only 33% of high school students attend daily P.E. classes & it's estimated that 40% of schools have either cut recess or are considering doing so.

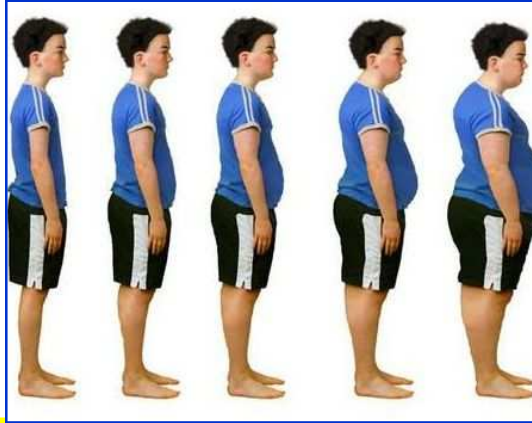


Consequences of Childhood Obesity:

obese children are more likely to have...

- High blood pressure & high cholesterol
- Increased risk of Type 2 Diabetes & insulin resistance
- Breathing problems, such as sleep apnea & asthma
- Fatty liver disease, gallstones, & heart burn

How is Childhood Overweight and Obesity Defined?



Body mass index (BMI) is a measure used to determine childhood overweight & obesity. It is calculated using a child's weight & height. **Overweight** is defined as a BMI at or above the 85th percentile & lower than the 95th percentile for children of the same age & sex. **Obesity** is defined as a BMI at or above the 95th percentile for children of the same age & sex.

What Can Parents Do?

Promote a healthy lifestyle!

- ⇒ Provide healthy meals & snacks, daily physical activity & nutrition education
- ⇒ Healthy Start offers a "Healthy Lifestyle Group" at LHS on Mondays. Call 984-8089 for info
- ⇒ Visit the Long Valley Health Center for diet & lifestyle recommendations for your child
- ⇒ Focus on good health for your child, *not* a certain weight goal
- ⇒ Establish daily meal & snack times, & eat together as frequently as possible
- ⇒ Participate in family physical activity time on a regular basis (such as walks, bike rides, & hikes)



What Counts as One Serving?

- Grain Group: 1 slice of bread, 1/2 cup cooked rice or pasta, 1/2 oatmeal
- Vegetable Group: 1/2 cup of chopped raw or cooked vegetables, 1 cup of raw leafy vegetables
- Fruit Group: 1 piece of fruit, 3/4 cup of juice, 1/2 cup of canned fruit, 1/4 cup of dried fruit
- Milk Group: 1 cup of low-fat or fat-free milk or yogurt, 2 ounces of cheese
- Meat/Bean Group: 2-3 ounces of cooked lean meat, poultry or fish, 1/2 cup of cooked beans, 1 egg, 2 tablespoons of peanut or almond butter
- Fats & Sweets: limit calories from these foods