

## Healthy Living for Obese Teens

Teenage obesity in America is on the rise<sup>1</sup> and it is important that you understand that you are not alone in your fight to live healthier.

What food should I be eating?

The biggest way that you can impact your health is by eating unprocessed, nutritious, and yummy foods every day. You can do this by following some of the tips below:

- Try to eat at least 5 servings of fruit and vegetables every day<sup>2</sup>
- Don't forget that fruit juice can be as sugary as soda; choose whole fruits instead<sup>2</sup>
- Skip out on soft drinks or other sugary drinks; get water, milk, or unsweetened tea instead!<sup>2</sup>
- Try eating beans or other high protein foods in the place of meat or processed foods<sup>3</sup>
- Shop in the produce section at the store; the food is fresh, affordable, and good for you!
- Swap out ground beef or steak with leaner options like chicken or fish

<https://www.livemint.com/Leisure/OMkzV0oEfYfrHhOnHbPhbj/Time-to-eat-fruit.html> Time to eat fruit. Time to Mint website.

What should I be doing?

Activity is so important to how our bodies feel and work. You can achieve weight loss, overall healthiness, and even feel better with a little extra activity on top of what you are already doing!<sup>2</sup>

- Take the stairs instead of the elevator when possible
- Try to do "cardio" activities like jumping rope, running, or even playing basketball
- One hour of playing a sport or working out per day is more than enough<sup>2</sup>
- Play active games, read, or go for a walk instead of getting on the computer or your phone
- Go to free local events or walk around your favorite public park with your friends or family

Why should I be active and eat healthy?

- Obesity increases your risk for other diseases like diabetes and high blood pressure<sup>4</sup>
- Being obese can cause sleep apnea, gallstones, bone growth problems, and other health issues<sup>4</sup>
- Menstrual problems can come from being obese like missing or having irregular periods<sup>4</sup>

Additional Resources:

<https://www.dailystrength.org/>

<https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>

#### REFERENCES

1. Ogden CL, Carroll MD, Lawman HG, et al. Trends in obesity prevalence among children and adolescents in the united states, 1988-1994 through 2013-2014. JAMA. 2016;315(21):2292-2299. <http://dx.doi.org/10.1001/jama.2016.6361>. doi: 10.1001/jama.2016.6361.

Recent trends in adolescent obesity prevalence can be found within this citation. The information used in this handout was derived from the stated rise in adolescent obesity in the American population from 2.6% in 1988-1994 to 9.1% in 2013-2014.

2. Spear B, Barlow S, Ervin C, et al. Recommendations for treatment of child and adolescent overweight and obesity. *Pediatr.* 2007;120(Supplement 4):S288.

[http://pediatrics.aappublications.org/content/pediatrics/120/Supplement\\_4/S254.full.pdf](http://pediatrics.aappublications.org/content/pediatrics/120/Supplement_4/S254.full.pdf).

This citation was greatly useful. It contains the same information regarding the four stages of adolescent obesity treatment that is covered in Brown's *Nutrition Through the Lifecycle 6 ed*. It lays this information out in an easily readable manner with tables for the treatment of specific BMIs.

3. Beckerman J. Replace refined foods with whole foods. Providence Health Plan Web site. <https://healthplans.providence.org:443/fittogether/find-your-fit/healthy-eating/making-good-choices/replace-refined-foods-with-whole-foods>. Accessed Apr 10, 2018.

This citation links to a healthy living website article. Its reviews multiple replacement foods for food items commonly consumed by Americans as well as suggests certain ingredients for use in daily diets. It describes a total of 2 alternatives including quinoa for white rice and brown grains for white grains. It goes on to recommend regular consumption of apples, vegetables, main course vegetables, fruit, whole grain bread, high fiber cereal, and baked potatoes. It was useful for determining an alternative for meat (beans).

4. Must A, Strauss RS. Risks and consequences of childhood and adolescent obesity. *International Journal of Obesity.* 1999;23:S11. <https://www.nature.com/articles/0800852>. doi: 10.1038/sj/ijo/0800852.

This article was employed to describe relevant and general complications induced by obesity. It contains detailed descriptions of hypothesized and studied health risks associated with immediate, short-term, and long-term obesity as pertains to adolescents.