
OBESITY

What Can You Do To Change The Course of Your Life?

You Are Not Alone

Approximately 13.7 million children and adolescents are considered obese. ¹

Approximately 20.6% of teens between the ages of 12 and 19 are obese. ¹

5 Ways to Get Involved

1. Help with the household grocery shopping ²
2. Plan weekly menus
3. Spend time with younger siblings by playing games and outdoor activities (bike riding, parks, hiking, etc)
4. Help prepare nightly meals
5. Assist with outdoor chores like yard work and planting your own vegetable garden



What is Childhood Obesity?

Childhood obesity is defined as having a BMI (body mass index) above the 95th percentile for your age and sex.

Basically this means that your weight for your height is higher than 95% of your same sex peers.

Obesity can cause a number of health conditions that can last well into adulthood if not addressed and managed early. Some of these conditions include:

- Breathing problems such as asthma ²
- Heartburn or fatty liver disease ²



Why Should You Lose Weight?

Reduction of weight by even just 5% has been shown to produce positive health changes.

- Lowered risk of developing Type 2 Diabetes
- Lowered blood glucose levels
- Long-term weight loss can have an immediate and lasting physical, emotional and social impacts
- Increased Energy
- Improved Mental Focus
- Better School Performance
- Clearer and brighter skin
- Healthier hair and nails
- Better Sleep
- Improved social interactions ^{3,4}

Additional Resources

Centers for Disease Control:

Overweight & Obesity

<https://www.cdc.gov/obesity/index.html>

Weight Management for Youth

<https://www.nutrition.gov/subject/weight-management/weight-management-youth>

National Heart, Lung and Blood

Institute

<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/child-teen-resources.htm>

Obesity Action Coalition

<https://www.obesityaction.org/community/article-library/kids-corner-teens-tweens-why-nutrition-is-important/>

- Low self-esteem and lower quality of life ²
- Social problems such as bullying and stigma ²

What can you do to become healthier?

There are a number of simple changes that you can make in your daily life that will improve your health and help you to lose weight.

- **Eat more fruits and vegetables**

- Add fruits such as strawberries and bananas to your breakfast

-Keep your dinner colorful by making half your plate vegetables.

- **Pay attention to portion sizes**

-It's okay to have healthy snacks between meals to help avoid over-eating

- **Watch what you drink**

-It's easy to forget that drinks have calories too.

-Substitute that can of soda for unsweetened iced tea or even better water.

- **Get moving**

-Studies have shown that 45 to 60 minutes of physical activity per day can help to reduce weight

-There are a number of fun activities that you can do right at home such as: jump rope, walking, or playing with younger siblings

^{3, 4, 5}



Annotated Bibliography

1. Greves Grow HM, Hencz P, Verbovski MJ, et al. Partnering for success and sustainability in community-based child obesity intervention. *Fam Community Health*. 2014; 37 (1): 45 - 59. doi: 10.1097/FCH.0000000000000010

Community-based obesity intervention programs for families are an ongoing challenge as they lack long-term funding and sustainable models. Using principles of continuous process improvement, community participatory research and the RE-AIM framework the ACT! Actively Changing Together program was able to successfully transition from a grant-funded program to a community-supported program. The pilot demonstrated positive results in changing parent and child behaviors, youth quality of life, the importance of ongoing family participation and reduction of youth body mass index.

2. Ho M, Garnet SP, Baur L, et al. Effectiveness of lifestyle interventions in child obesity: systematic review with meta-analysis. *Pediatrics*. 2012; 130 (6): 1647 - 1671. doi: 10.1542/peds.2012-1176

Lifestyle interventions often lead to improvements in weight and cardio-metabolic outcomes for overweight and obese children. The study aimed to examine the impact of combining lifestyle interventions with dietary changes on weight change and cardio-metabolic risk factors. Lifestyle interventions included the use of family involvement, specific dietary protocols along with exercise interventions.

3. Burrows T, Warren JM, Baur LA, Collins CE. Impact of a child obesity intervention on dietary intake and behaviors. *Int J Obes*. 2008; 32: 1481-1488. doi: 10.1038/ijo.2008.96

This study was designed to observe and describe dietary intakes and food behavior changes in overweight and obese children while assessing the impact of a dietary modification program. Between 6 and 12 months, all groups in the study showed improvement in dietary intake with decreases in total quantity of food while showing increases in intake of core food groups. Results show that parents can

be utilized as agents of change in helping to improve the dietary intake as a positive intervention for child obesity.

4. Weaver SP, Kelley L, Griggs J, Weems S, Umstattd MR. Fit and healthy family camp for engaging families in a child obesity intervention: a community health center pilot project. *Fam Community Health*. 2014; 37 (1): 31-44. doi: 10.1097/FCH.0000000000000013

Childhood obesity is a significant issue in the United States, particularly among low income communities. Children with at least 1 obese parent have a much higher risk of becoming obese. Behavioral lifestyle interventions and family based intervention programs were used to address pediatric obesity. These types of intervention programs should the strongest evidence of success and effectiveness. This study combined family group medical visits along with community center healthy living workshops with 1 parent and 1 child to address obesity in children.

5. Raynor HA, Champagne CM. Position of the academy of nutrition and dietetics: interventions for the treatment of overweight and obesity in adults. *J Acad Nutr Diet*. 2016; 116: 129-147.

The Academy of Nutrition and Dietetics states that the successful treatment of overweight and obesity requires adaptation and maintenance of lifestyle behaviors that contribute to dietary intake and physical activity. Behaviors are influenced by many different factors and should be addressed on multiple levels to maximize success. Dietary approaches, lifestyle interventions, pharmacotherapy, surgery and interpersonal influences can enhance or hinder different treatment models. Community level interventions can be utilized to help strengthen community ties and shape public policy to create a culture and environment of healthful eating behaviors and balance.