

A Healthy Balance

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-Diet-

Nutrient packed foods are the best!

Limit:

Sugars:

Sweetened beverages

Saturated fats:

Junk food

Take out/fast food

Salt:

Canned foods

Processed frozen meals

A well balanced diet includes:

Fruits, vegetables, healthy fats, dairy, protein foods, regular physical activity.

All teens come in all shapes and sizes!¹

-Stress-

Has been linked to:

Poor eating behaviors:

Emotional or uncontrolled eating

Diet Quality:

Bad, quick, cheap choices

High BMI:

Obesity

Biological processes:

Depression

Low-income households are more vulnerable to stress and obesity.

Children learn eating and dietary patterns from parents.

Be aware of stress level and aim to reduce!²

-Home-

Food options should be good options.

- Have good snacks on hand to make good choices.

Less than 2 hours of screen time per day.

-Limiting screen time to increase physical activity time.

Bedtime routine is a must!

-Good sleep

-Enough sleep

Are important to build a healthy body!

Child weight management may be improved with targeting environments of:

Social Home Sleep³

-Empower-

Youth empowerment influences:

Self-efficacy, perceptions for healthy food choice, healthy eating, attitudes towards physical activity, and motivation for health.

Life components:

Youth believing that one has some control in life.

Variables or forces can influence ones life.

-What is needed to make a goal a reality?

Behavior:

Youth's actions and how they can affect change within their environment.

With empowerment, adolescents are more likely to be motivated to adopt healthier diet habits and engage more in physical activity.⁴

Bibliographies:

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The article, *How Many Calories Does My Teen Need?* was used as calorie standard in my analysis for the case study. The article depicts what the necessary components for healthy lifestyle in teens, adequate calories, a well-balanced diet, positive body image, and healthy weight. A well balanced diet summarizes what nutrients and kinds of food are important. Body image discusses appearance and the concern of negative thoughts surrounding children. Healthy weight reminds the reader that every body is different in youth, just as in adults. That is an important reminder when counseling adolescents for weight management.¹

The article *Perceived stress, unhealthy eating behaviors, and severe obesity in low-income women* was important in regards to this case study for many reasons. First, due to the case study patient being female, the parents running out of money for food each month, as well as both parents also being obese. This paints a picture of stress and food insecurity in the home. The study examined data of pathways from stress to weight status. Results showed perceived stress are positively associated with uncontrolled eating, emotional eating, and diet quality leading to obesity. Low-income women may be particularly vulnerable to stress and severe obesity through linkage of disordered eating behaviors and poor diet quality, as well as mechanisms independent of diet. Analyzed for the study was anthropometric data, stress level, 24-hour dietary recalls, and risk factors independent of diet such as race, ethnicity, income, and age. This study aims to focus on stress and the outcomes to you and surrounding individuals like family and children.²

The article *Home environment and childhood obesity in low-income households: indirect effects via sleep duration and screen time*, aims to examine pathways through which physical and social environment may promote childhood obesity in low-income households. Data was collected for this study during home visits in low-income urban households. Examined were foods, media, sports equipment, anthropometrics, as well as children's physical activity. Reported were sleep and screen time, and dietary intake. This article's argument is important because screen time and sleep duration in children are very important factors in regards to life influences leading to obesity. Pediatric weight management interventions for low-income households may be improved targeting physical and social aspects of home environments associated with sleep.³

The article *Examining the role of youth empowerment in preventing adolescence obesity in low-income communities* emphasizes the importance of youth empowerment in interventions to seek reductions in obesity and improve adolescents' overall health with creating environments where they can play a more active role in decision-making. Adolescent obesity is an active public health concern, which demands increased engagement at the community level. Examined is the influence of youth empowerment on nutritional and physical factors associated with adolescence obesity. Pertaining to the case study and research, to counsel individuals at the adolescent level, it is important that the patient is involved in understanding and deciding a healthy lifestyle is best. Taking

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life decisions into their own hands a better result will arise with increased benefits. Empowering environments are more likely to adopt healthier dietary habits and engage in more physical activity.⁴

1. Ellis E. How many calories does my teen need?;Academy of Nutrition and Dietetics Web site. <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/how-many-calories-does-my-teen-need>. Updated 2018. Accessed November 30, 2018.
2. Richardson AS, Arsenault JE, Cates SC, Muth MK. Perceived stress, unhealthy eating behaviors, and severe obesity in low-income women. *Nutrition journal*. 2015;14(1):122. <https://www.ncbi.nlm.nih.gov/pubmed/26630944>. Accessed November 30, 2018. doi: 10.1186/s12937-015-0110-4.
3. Appelhans BM, Fitzpatrick SL, Li H, et al. The home environment and childhood obesity in low-income households: Indirect effects via sleep duration and screen time. *BMC public health* 2014;14(1):1160. <https://www.ncbi.nlm.nih.gov/pubmed/25381553>. Accessed November 30, 2018. doi: 10.1186/1471-2458-14-1160.
4. Muturi N, Kidd T, Daniels AM, et al. Examining the role of youth empowerment in preventing adolescence obesity in low-income communities. *Journal of Adolescence*. 2018;68:242-251. <https://www.sciencedirect.com/science/article/pii/S0140197118301568>. Accessed November 30, 2018. doi: 10.1016/j.adolescence.2018.08.001.