

Childhood obesity: What you can do for your child.

What causes obesity?

- About one-third of children are considered obese¹
- Obesity is caused by environmental and physical elements¹
- Eating a lot of processed food and not getting a lot of exercise¹
- Children that are from low-income families have higher rates of obesity¹



Picture Courtesy of creative commons



Picture courtesy of GDJ. (2018). Anthropomorphic fruits and vegetables. Creative Commons.

How can you help your child be healthier?

- Studies have shown that reducing the amount of food eaten at each meal has reduced weight in teenagers²
- Reduce or eliminate sugar-sweetened drinks like soda²
- Increase the number of fruits and vegetables eaten a day²
- A study found that teenagers involved in school sports are less likely to be obese³
- Exercise with family³
- Be physically active for at least 60 minutes a day³

What will happen to my child if he/she is obese into adulthood?

- Studies have shown that obese children grow up to be obese adults⁴
- They are at risk for developing asthma, high blood pressure, and high cholesterol⁴
- Obese children and teenagers might also develop anxiety, depression or eating disorders⁴

For more information on what you can do for your child visit:

<https://letsmove.obamawhitehouse.archives.gov/>. Michelle Obama's initiative for raising healthy children

¹ Gurnani M, Birken C, Hamilton J. Childhood obesity: Causes, consequences, and management. *Pediatric clinics of North America*. 2015;62(4):821. <https://www.ncbi.nlm.nih.gov/pubmed/26210619>.

² Torbahn G, Gellhaus I, Koch B, et al. Reduction of portion size and eating rate is associated with BMI-SDS reduction in overweight and obese children and adolescents: Results on eating and nutrition behaviour from the observational KgAS study. *Obesity Facts*. 2017;10(5):503-516.doi: 10.1159/000480517.

³ Bhutta ZA, Lassi ZS, Bergeron G, et al. Delivering an action agenda for nutrition interventions addressing adolescent girls and young women: Priorities for implementation and research. *Annals of the New York Academy of Sciences*. 2017;1393(1):61-71. doi: 10.1111/nyas.13352.

⁴ Pulgarón ER. Childhood obesity: A review of increased risk for physical and psychological comorbidities. *Clinical Therapeutics*. 2013;35(1):A32. doi: 10.1016/j.clinthera.2012.12.014.