

# Adolescent Obesity: Causes, Risks and Interventions

19.3%, or about 14.4 million, children are considered obese. Adolescents make up 21.2% of that total.

## Common Causes

- Energy intake is greater than energy expenditure
- Genetic makeup – genetics help determine our metabolism
- Environmental factors
- Socioeconomic factors



## Treatment of Obesity

- It doesn't have to be complicated!
- Coordinated diet intervention to serve the entire family
- Easily accessible and affordable healthy foods to sustain healthy diet
- Increase physical activity
- It can be convenient for the entire family



## Risk Factors

- Dietary intake & portion sizes
- Physical activity
- Sedentary lifestyle
- Family history of obesity



## Diet Intervention

- Seek counseling from a Registered Dietician for individualized care with goal of reducing body weight
- Reduce high-fat foods and sugary beverages
- Make all your grains whole grains
- Eat fruits and vegetables at each meal
- Choose lean proteins



## Immediate Health Risks

- High blood pressure and high cholesterol
- Glucose intolerance
- Fatty liver disease
- Gallstones
- Sleep apnea
- Joint problems
- Anxiety and depression
- Low self-esteem
- Body dissatisfaction
- Poor academic performance

## Long Term Health Risks

- Adulthood obesity
- Heart disease
- Type 2 diabetes
- Cancer

## Physical Activity

- Participate in moderate-high intensity exercises for at least 60 minutes each day
- Physical activity combined with healthy eating will result in greatest weight loss
- Shorten screen time to less than 2 hours a day



## Federal Programs for Nutrition Support

- Supplemental Nutrition Assistance Program (SNAP) and SNAP-Ed
- National School Lunch Program
- School Breakfast Program
- Summer Food Service Program



For more resources visit: [fns.usda.gov](https://fns.usda.gov)