


Childhood



obese disorder overweight disease fat unhealthy diabetes health

oversize overeating large weight playing treatment reduction waist joints shape
care maintenance concept gluttony medical representation loss morning surgery risk enjoyment
disease danger exercise over surgical problems
definition warn diet size food stylized lifestyle cardiovascular blood physical unwell condition dieting teenagers body
conceptual aerobic running concern
style

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What is Childhood Obesity?

- ▶ **Growing epidemic in United States**
 - ▶ **Since 1980, obesity in children and adolescents has almost tripled**
- ▶ **Affects more than 30% of children**
- ▶ **Most common chronic childhood disease**



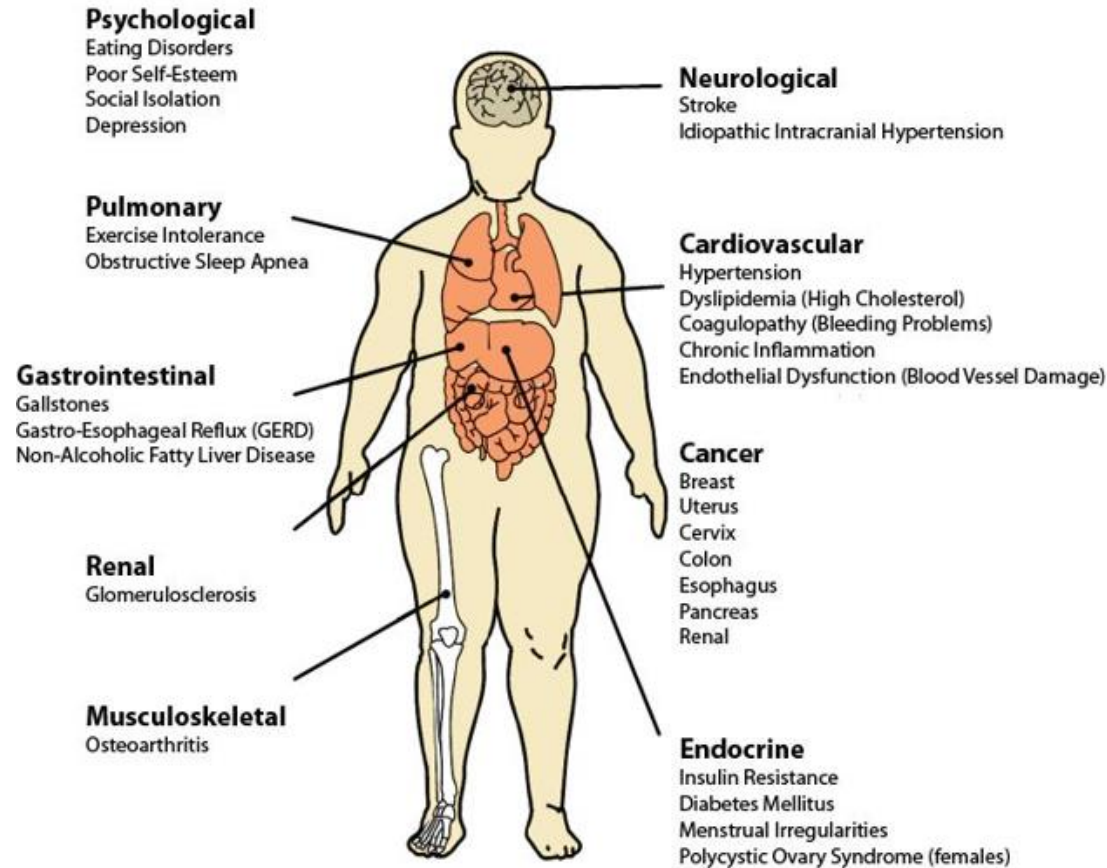
Definition of Obesity

- ▶ **Chronic condition defined by excess body fat**
- ▶ **Weigh at least 25% more than normal weight range**
- ▶ **Women with over 30% body fat, men with over 25% body fat are considered obese**



What does it look like for Children?

Overweight/Obesity Related Conditions



What does it look like for Children?

- ▶ **Increased health care cost and frequent doctor visits**
- ▶ **Bullying, teasing**
- ▶ **Likely to continue with weight gain**
- ▶ **Social stigma-negative stereotypes, less likeable**
- ▶ **Low self-esteem**
- ▶ **Depression**
- ▶ **Emotional eating**



Why is childhood obesity happening?

▶ Eating habits

- ▶ Bigger portions, too many processed food choices

▶ Rewarding good behavior with treats

- ▶ Soda, candy

▶ Lack of physical activity

- ▶ Staying inside playing on computers, watching TV

▶ Environment

- ▶ Refrigerator and pantry full of unhealthy snacks
- ▶ No safe area outside for physical activity



Why is childhood obesity happening?

▶ Psychological factors

- ▶ Coping mechanisms-overeating, eating for comfort

▶ Socioeconomic factors

▶ Medical conditions

- ▶ Hypothyroidism
- ▶ Cushing's Syndrome
- ▶ Prada-Willi Syndrome

▶ Sleep

- ▶ Lacking recommended amount of sleep each night



What can be done?

- ▶ **Limit sweetened beverages, fast foods, and processed snacks**
- ▶ **Serve appropriate portion sizes**
- ▶ **Sit down as a family for meals**
- ▶ **Work with families not just the individual to encourage healthier lifestyles**
- ▶ **Policies in schools to establish an environment for healthy eating and lifestyles**



What can be done?

- ▶ **Increasing physical activity at school and home**
- ▶ **Multidisciplinary approaches: family doctor, dietitian, and counselor**
- ▶ **Specific diet plans when needed**
- ▶ **Weight maintenance programs**



Resources for Healthy Eating

- ▶ <http://www.livestrong.com/myplate/>
- ▶ http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Healthy-Eating_UCM_001188_SubHomePage.jsp
- ▶ <https://www.choosemyplate.gov/>

Swapping the Bad for the Good

