

ADDRESSING CHILDHOOD AND ADOLESCENT OBESITY

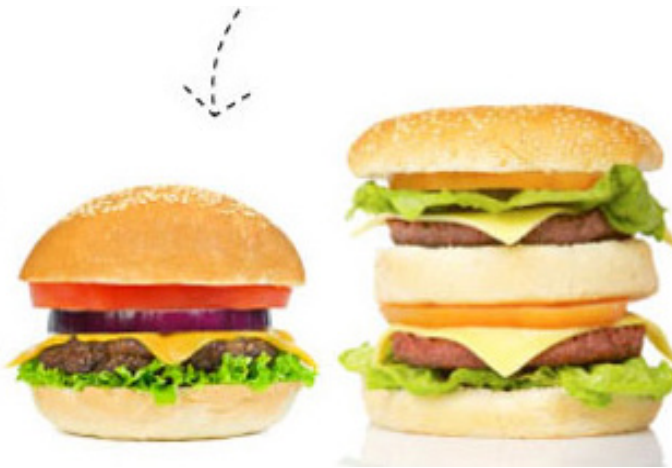
The American Heart Association (AHA) believes that addressing childhood and adolescent overweight and obesity in healthcare is crucial because obesity is causing a broad range of health problems such as high blood pressure that previously were not seen until adulthood and it is also now the number one health concern among parents in the United States, topping drug abuse and smoking.

The prevention and treatment of childhood obesity will play an important role in reducing adult cardiovascular disease and disability, averting healthcare costs and the negative impact of cardiovascular disease.



American Heart
Association

50% OF
**OVERWEIGHT
CHILDREN
REMAIN
OVERWEIGHT
AS ADULTS.**



HEALTH EFFECTS OF OBESITY

Immediate health effects:

Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure.

Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

Long-term health effects:

Children and adolescents who are obese are likely to be obese as adults and are more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, and osteoarthritis.

Overweight and obesity are associated with increased risk for many types of cancer, including cancer of the breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, and prostate.

“Obesity is a complex disorder involving an excessive amount of body fat.”

-Mayo Clinic

-More-

PREVENTION

Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.

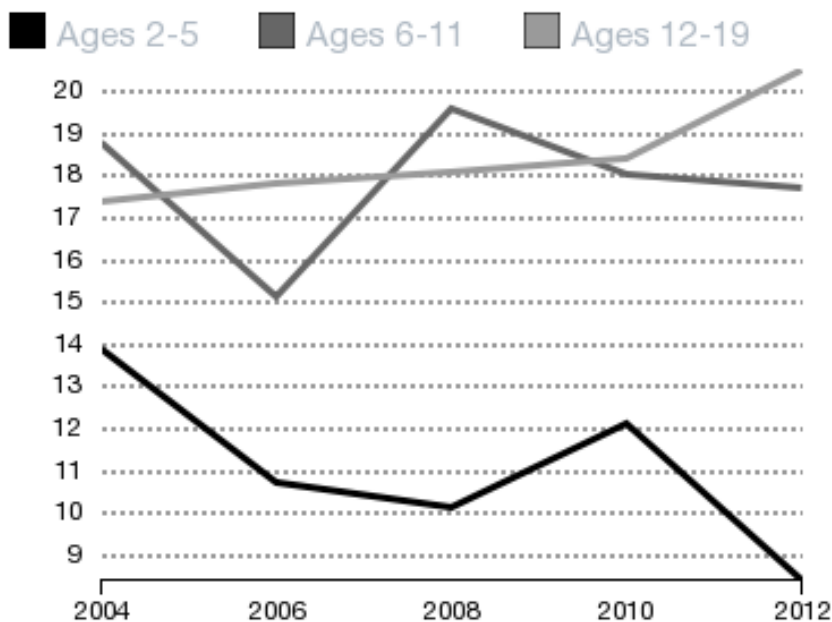
The dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, including families, communities, schools, child care settings, medical care providers, faith-based institutions, government agencies, the media, and the food and beverage industries and entertainment industries.

Schools play a particularly critical role by establishing a safe and supportive environment with policies and practices that support healthy behaviors.

Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.

Young Children vs Teens

Percent obese



“Because of the increasing rates of obesity, unhealthy eating habits and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents.”

-Surgeon General Richard Carmona

Tips For Parents

- Provide plenty of vegetables, fruits and whole-grain products in meals.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils and beans for protein.
- Serve reasonably sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages, sugar, sodium and saturated fat.