

## Find Out More About Childhood Obesity:

[www.ACOPeds.org](http://www.ACOPeds.org)

[www.AAP.org](http://www.AAP.org)

[www.emedicinehealth.com/  
obesity\\_in\\_children.org](http://www.emedicinehealth.com/obesity_in_children.org)

[www.obesity.org](http://www.obesity.org)

[www.americanheart.org](http://www.americanheart.org)

[www.nlm.nih.gov/medlineplus/  
obesityinchildren.html](http://www.nlm.nih.gov/medlineplus/obesityinchildren.html)

[www.mypyramid.gov](http://www.mypyramid.gov)



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# Let's Stop Childhood Obesity!



# What is Childhood Obesity? What Problems Does It Cause? What Can You Do About It?

**Pediatric Obesity** is defined as a child with a BMI (body mass index) greater than the 95th percentile on the growth chart. A child is at risk for obesity if the child's BMI is between the 85th and 95th percentile. Ask your pediatrician to calculate your child's BMI if you suspect him/her of being overweight.

## Causes:

- Genetic Predisposition
- Dietary Trends: Large portion sizes and sweetened beverage consumption
- Socio-economic Factors
- Physical Inactivity: Increased amount of computer and television time
- Medical Conditions: Hypothyroidism or Prader Willie Syndrome

## When to Call Your Pediatrician:

- Your child is embarrassed or distressed about their weight
- Your child can't participate in activities due to their weight
- Medical problems develop due to their weight
- You are concerned about your child being obese



## Prevention Tips:

### INCREASE PHYSICAL ACTIVITY

- Children need at least 60 minutes of moderate activity per day
- Limit TV, computer, video games to less than 2 hours per day
- Encourage family time together: walking, biking and playing outdoors
- Encourage sporting activities

### GOOD DIETARY CHOICES

- Encourage eating together as a family - turn meal time into family time
- Set goals - 5-a-day fruits and vegetables
- Monitor portions sizes that are right for your child's age
- Parents should serve as role models for eating healthy foods