

Find Out More About Childhood Obesity:

www.ACOPeds.org

www.AAP.org

[www.cdc.gov/obesity/childhood/
index.html](http://www.cdc.gov/obesity/childhood/index.html)

www.obesity.org

www.americanheart.org

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

www.mypyramid.gov



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Let's Stop Childhood Obesity!



DEFINITION • CAUSES • COMPLICATIONS • PREVENTION

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 overweight if the child's BMI is between the 85th and 94th percentile. Ask your pediatrician to calculate your child's BMI.

Causes:

- Dietary Trends: Large portion sizes, calorie dense foods and sweetened beverage consumption
- Physical Inactivity: Increased amount of screen time on TV, computer and video games
- Genetic Predisposition: Family history of obesity
- Medical Conditions

When to Call Your Pediatrician:

- Your child has low self esteem or is anxious
- You are concerned about your child's weight
- Medical problems develop due to your child's weight
- Your child doesn't want to participate in physical activities due to their weight



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