# Find Out More About Childhood Obesity:

www.ACOPeds.org

www.AAP.org

www.cdc.gov/obesity/childhood/ index.html

www.obesity.org

www.americanheart.org

www.nlm.nih.gov/medlineplus/ obesityinchildren.html

www.choosemyplate.gov



## American College of Osteopathic Pediatricians

2209 Dickens Road Richmond, VA 23230-2005 (804) 565-6333 • Fax (804) 282-0090

www.ACOPeds.org



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

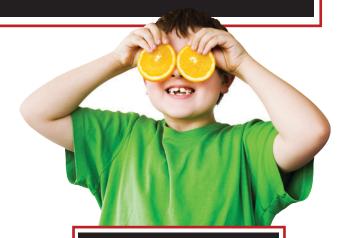
Pediatric Obesity is defined as a child with a BMI (body mass index) greater than the 95th percentile on the growth chart. A child is overweight if the child's BMI is between the 85th and 94th percentile. Ask your pediatrician to calculate your child's BMI.

#### 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