

CONSEQUENCES OF CHILDHOOD OBESITY



Obesity was classified as a chronic disease in 2008. According to the CDC, obesity in children has doubled and obesity in adolescents has quadrupled in the past 30 years.

In 2012, more than one third of children and adolescents were overweight or obese.

What is the difference between overweight and obesity?

- Doctors usually define “overweight” as a condition in which a person’s weight is 10%-20% higher than “normal,” as defined by a standard height/weight chart, or as a body mass index (BMI) of 25 to 30.
- Obesity is usually defined as a condition in which a person’s weight is 20% or more above normal weight or as a BMI of 30 or more

What consequences could childhood obesity have on America’s children?

- High blood pressure
- Early symptoms of hardening of the arteries
- Type 2 Diabetes
- Nonalcoholic fatty liver disease
- Polycystic ovary disorder
- Disordered breathing during sleep
- In addition to this there are several disorders in obesity related-metabolic, digestive, respiratory, skeletal and psychosocial
- Increased healthcare costs

Childhood obesity may cause a decline in life expectancy in the United States.

What can parents do to stop childhood obesity?

- Follow the advice of the American Academy of Pediatrics regarding age appropriate media time (including phone, computer and television) for kids whether at home, school, or child care.
- Visit your child care center to see if it serves healthful foods and drinks, encourage physical activity and limit media time.
- Provide plenty of fruits and vegetables, limit foods high in solid fat and added sugars, and prepare healthier foods at family meals.
- Save money and calories by serving your family tap water instead of drinks with added sugars.
- Making sure your child gets physical activity each day.

References: cdc.gov, futureofchildren.org

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