

# 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](http://cdc.gov), [futureofchildren.org](http://futureofchildren.org)

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