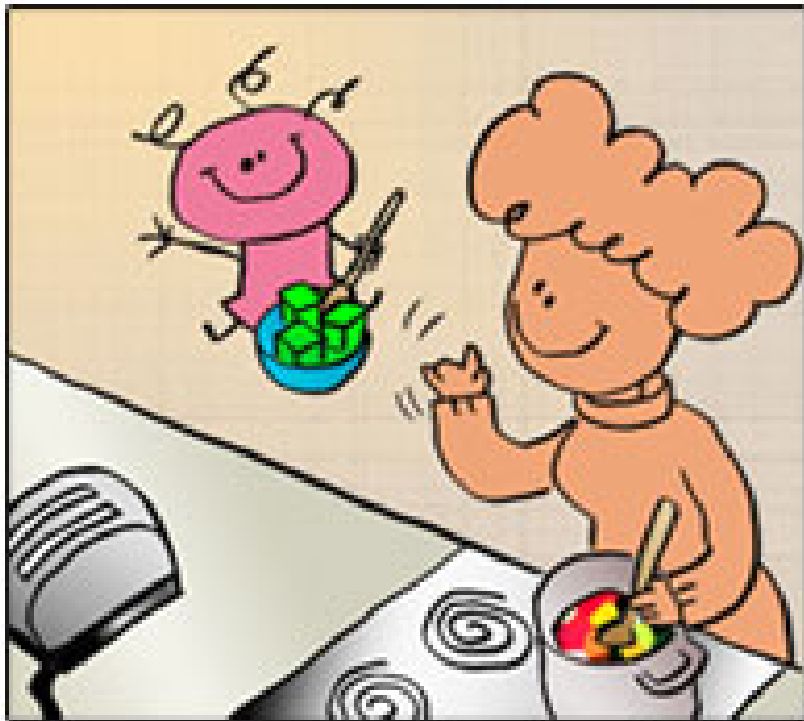


Childhood Obesity



Tips for you to be healthy and fit

What is Obesity?

Obesity occurs when a person has too much weight or body fat. In the United States, obesity in children is becoming more common, and causing more serious health problems in childhood and sometimes in adulthood, such as:

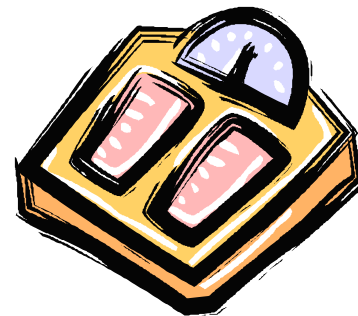
- Diabetes.
- High cholesterol - cholesterol is a type of fat which your body needs for many things. Too much cholesterol can lead to heart attack and stroke.
- Heart problems such as heart attacks, chest pain, and build-up of fat in blood vessels.
- Arthritis.
- High blood pressure.

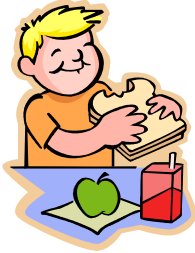
Children with a family history of obesity, heart disease and/or diabetes are more likely to be overweight. If your child is overweight, managing your child's weight now can help lower the risks for health problems later on in life.

How Can I Tell if My Child is Obese?

Obesity is determined using the Body Mass Index (BMI). BMI is measured using the child's height and weight. According to the *American Obesity Association*, a child is overweight if his/her BMI is above 95%.

Speak with your doctor to find out your child's BMI. If the child has a high BMI and is not treated, he/she has up to 79% chance of being overweight as an adult.





How Can I Help My Child Keep a Healthy Weight?

Make sure your child eats healthy foods low in fat and sugar and get more physical activity. Here are some suggestions:

(1) **HEALTHY EATING**

Your child should eat three meals and one to two snacks per day.

Eat Foods with Less Sugar

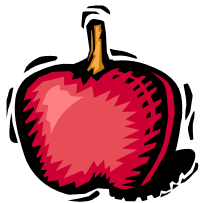


- **Drink water instead of soda.** Soda has a lot of sugar and diet soda doesn't have much nutrients.
- **Eat fruits instead of drinking fruit juices.** Fruit juices are high in sugar.
- **Snack ideas:** Eat pretzels or nuts instead of cakes or cookies, and drink low-fat milk instead of chocolate milk.

Eat Low-Fat Foods



- **Try to eat more lean white meat** (such as fish, chicken, and turkey) than red meat (such as beef and pork).
- **Try not to eat a lot of fatty foods** such as fried chicken, French fries, pizza, sausage, and deep-fried foods. These foods can be eaten once in a while but not everyday.
- **Have low-fat dairy products** such as low-fat milk, low-fat yogurt, and low-fat cheese.



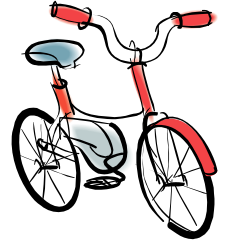
Eat High-Fiber Foods

- **Eat lots of fresh fruits, vegetables, and whole grain cereals,** which have a lot of healthy fiber.

- (2) **BE ACTIVE and EXERCISE** - Children should have about **60 minutes of exercise** each day. This 60 minutes can be broken down into short sessions of exercise throughout the day. For example, your child can exercise for 10 minutes six times each day. Try to help your child not to watch television, play video games or use the computer for more than 1-2 hours a day.

Some fun physical activities for your child to do:

- Ride a bicycle or scooter
- Rollerblade
- Walk or jog in the park
- Jump rope
- Hoola hoop
- Climb stairs
- Swim
- Play sports (baseball, basketball, soccer, etc.)
- Outdoor/group activities (such as hide-and-seek)



Safe Weight Loss Tips for Children

1. Weight loss should be long and slow, not short and fast. For example, losing 3 lbs in one month is safer than 10 lbs in one month.
2. Parents should not limit the diet of children 2 years old and younger, since this may lead to not enough nutrients in their diet, and can slow their growth.
3. Overweight children who currently don't have health problems such as diabetes or high cholesterol, should avoid gaining more weight. They can grow in height, while staying at the same weight.
4. For overweight children with health problems:
 - 2 – 7 years old:** They should not gain any more weight.
 - 7 years and older:** They should only lose 1-2 lbs a month.

Overweight children should see a doctor. A doctor can help your child control and manage his/her weight and also check for health problems your child may have from being overweight.

CHARLES B. WANG COMMUNITY HEALTH CENTER

王嘉廉社區醫療中心

Website / 網址: www.cbwchc.org

268 Canal Street,
New York, NY 10013

136-26 37th Avenue, 2 & 4/F
Flushing, NY 11354

125 Walker Street, 2/F
New York, NY 10013

Internal Medicine / 內科部
(212) 379-6998
Women's Health / 婦女健康部
(212) 966-0228

Internal Medicine / 內科部
OB/GYN / 婦產科部
(718) 886-1200
Pediatrics / 兒科部
(718) 886-1222

Pediatrics & Adolescent
Health / 兒科及青少年部
(212) 226-3888
Dental / 牙科部
(212) 226-9339

Health Education Department / 健康教育部 (212) 966-0461

Sources:

CDC.gov: Overweight Children and Adolescents: Screen, Assess and Manage
2005. 24 May 2005
<<http://www.cdc.gov/nccdphp/dnpa/growthcharts/training/modules/module3/text/page5a.htm>>

Child Obesity Retrieved May 24, 2005 from
<http://www.obesity.org/subs/childhood/>

“Prevention of Pediatric Overweight and Obesity.” Pediatrics .
Aug. 2003. 9 Sept. 2003<<http://www.aap.org/policy/s100029.html>>

Schneider, Marcie B., MD and Brill, Susan R. MD. “Obesity in Children and Adolescents” Pediatrics in Review 26(2005)155-161.

http://mypyramid.gov/kids/kids_game.html

The Charles B. Wang Community Health Center encourages the distribution and reproduction of this educational material with acknowledgement of the Health Center and the sources cited.

The content of this brochure has been reviewed by our clinical staff. The content is not a substitute for professional medical advice. See your doctor if you have questions about a medical condition.

王嘉廉社區醫療中心鼓勵你複製和分發這份資料，但使用這份材料時需提及本中心以及資料的出處。

這份資料的內容已由本中心的醫療人員審閱，資料的內容不能取代專業人員的醫療建議。如有任何關於醫療的問題，請與醫生聯系。