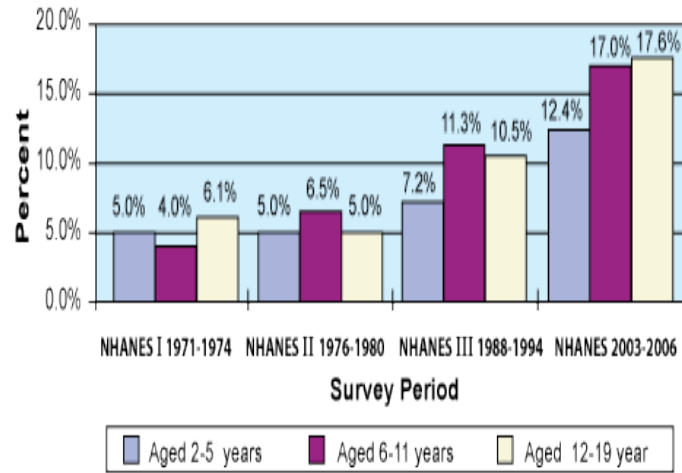


Did you know?

- National childhood obesity is on the rise...and 80% of children, who are overweight at the age of 10–15 years old, are obese adults at age 25 years, meaning they will not “outgrow it.”



- Prevalence of Obesity Among U.S. Children and Adolescents (Aged 2 –19 Years)

- Childhood obesity is determined by comparing the child’s weight to their height. This is usually called body mass index, or BMI.



What Can I Do As A Parent???

- What is wrong with this picture?!?!



- Increase your child’s activity!
- Obesity risk can decrease by 10% by performing 1 hour of physical activity daily
- Do NOT put your child on a diet!
 - Instead, make healthier food choices and portions.
 - Avoid soft drinks, chips, fast food.
- Reduce “media time” to 1-2 hours a day.
- Encourage and support your child.
- Interact with your child. Be a role model!

All information in this brochure and packet is from the following sources: Center of Disease Control, American Heart Association, Texas Department of State Health Services, National Library of Medicine National Institutes of Health, NDSU.edu, Kidshealth.org, National Association of Children’s Hospitals and Related Institutions, fitnessforyouth.umich.edu, healthiergeneration.org.

Does your child play video games, use a computer, or watch TV?

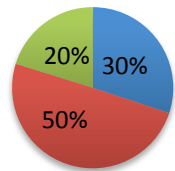
A Parent’s Guide about the Awareness of Inactivity & Childhood Obesity



What Causes Childhood Obesity?

- ✚ Watching TV, movies, or video games over 5 hours per day.
 - Children who spend more than 4 hours/day with “media time” are more likely to be overweight, and **increase** chances by 12% for each hour of “media time.”
- ✚ Poor Diet Choices (i.e. Fast food)
 - Nearly 1/3 of U.S. Children aged 4-19 eat fast food daily, resulting in approximately **6 extra pounds** per year, per child.
- ✚ Lack of a 1-hour daily exercise program.

Children of Tom Green County
That...*



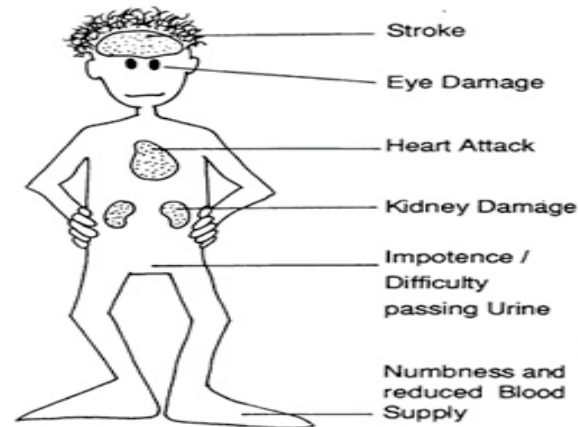
- ✚ * **20%** of children **perform** 1-hour of daily exercise.
- ✚ * **30%** of children perform **NO** exercise.
- ✚ * **50%** of children **do not meet** 1-hour of daily exercise.

But Our Schools Will Fix It: False!

- ✚ Only **14%** of **all** our **nation's** schools provide **daily** physical education or its equivalent for the entire school year!
- ✚ **22%** of schools **do not** require students to take physical education at all!
- ✚ Overall, schools are reducing their requirements for daily physical education. Schools are limiting exercise even though most of their students' day consists of sitting. So, how much exercise is your child *really* getting each day?

What Can Obesity Cause?

- ✚ Obesity can cause **life-long** diseases and other medical concerns, most commonly diabetes. Diabetes can cause the following:



Is My Child Overweight or Obese?

- ✚ IF your child appears big, **be careful**, he/she may be at a healthy weight.
 - Children are **not** little adults, and will **not** be shaped like adults.
- ✚ However, noticeable **soft fatty tissue/skin folds** may indicate a weight issue.
- ✚ IF your child's BMI is **25-50**, your child may have a **weight problem!**
 - To determine this, please refer to the child BMI table attached to this packet.
- ✚ Still concerned? **Contact your physician** about your questions of your child's weight.

