

Developing Healthy Lifestyle Habits in Pediatric and Adolescent Populations: Plain Language Even Kids Can Understand

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Background and statistics

- Arkansas has one of the most comprehensive BMI screening requirements in the US
- Measuring since 2004
- Males - 21.5% obesity (6th grade)
- Caucasian, African American - decreased obesity rates
- Hispanic - increased obesity rates



Background and statistics

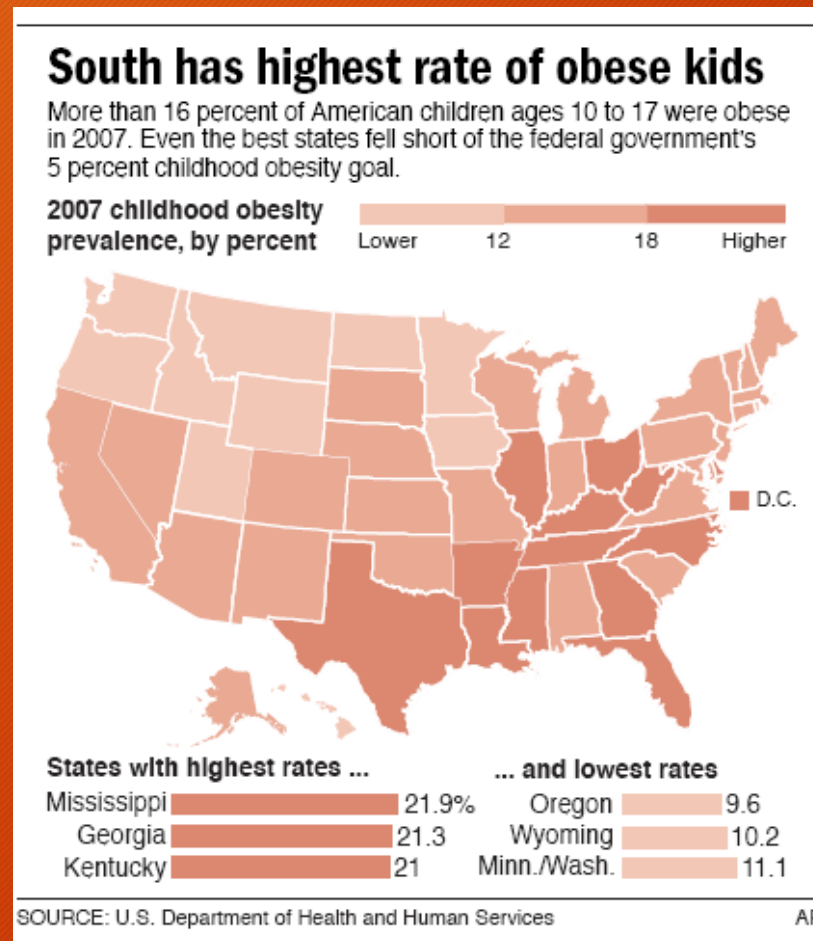
Year 1 (2004)	Year 7 (2009-10)		Year 8 (2010-11)	Year 9 (2011-12)	Year 10 (2012-13)			
					All	M	F	
Obese	21%	20.8%		21.0%	21.0%	20.7%	21.5	19.9
Overweight	17.2%	17.3%		17.3%	17.0%	16.8%	16.2	17.3
Healthy Weight	59.99%	60.0%		59.6%	59.8%	60.3%	59.8	60.7
Underweight	1.81%	1.9%		2.1%	2.2%	2.3%	2.5	2.1

Comorbidities and Risks: Why this is important

- Hypertension (earlier onset in obese children/adolescents)
- Type II Diabetes (not seen in children before mid 80s)
- Cardiovascular disease
- Sleep apnea
- Metabolic syndrome (PCOS, decreased fertility)
- Orthopedic problems (hip and joint problems)
- Poorer quality of life (children will have shorter lifespan)



Comorbidities and risks: Why this is important



IS A PREMATURE DEATH SO TEMPTING?

1 out of 10 kids will grow up to have
chronic conditions of 1st or 2nd degree.
Even if you think they look healthy today,
adulthood could bring an early death from
heart disease, Type 2 diabetes or cancer.

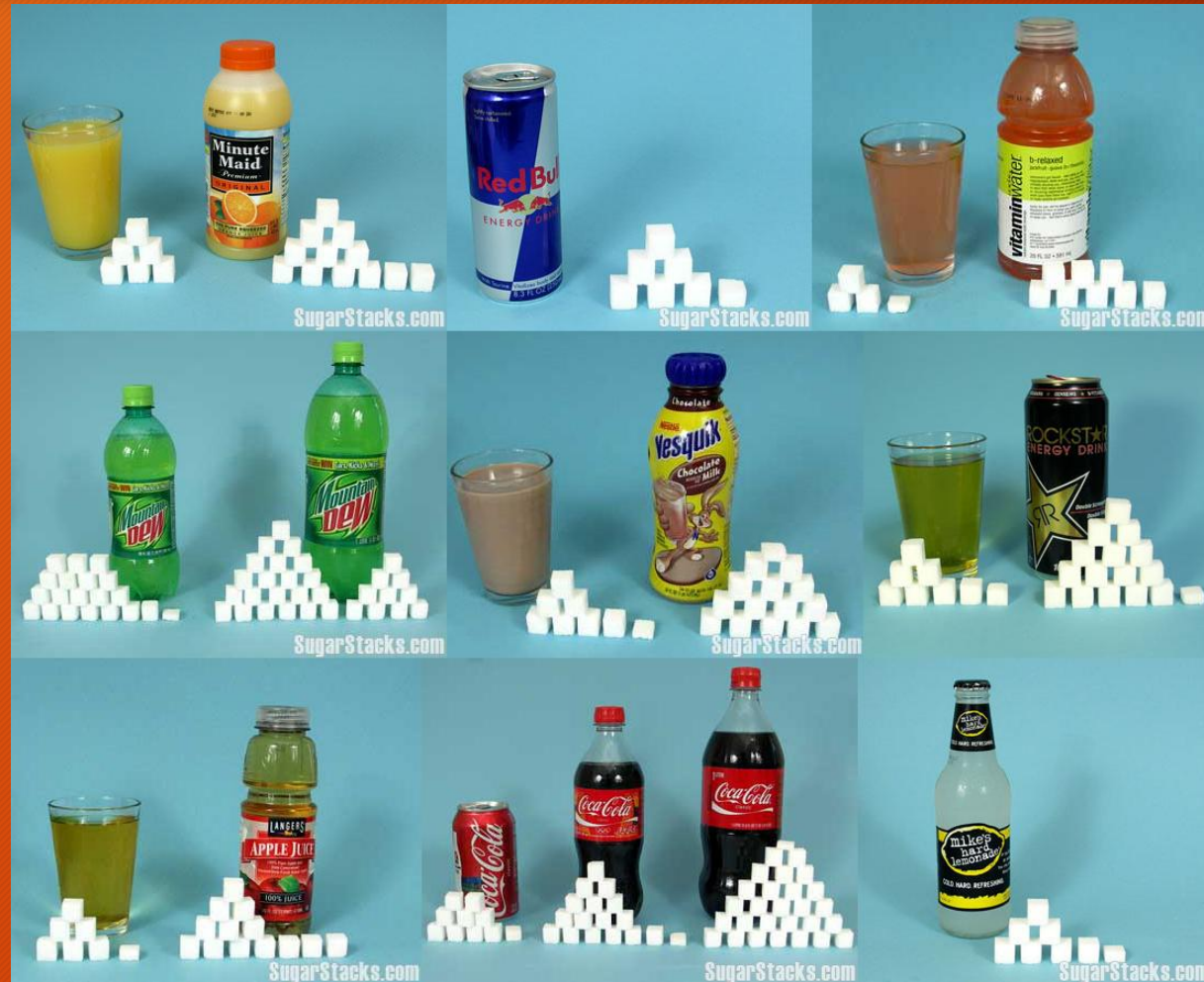
To make sure your kids are ready for an
healthy life, make sure they eat right.
For help and advice visit myplate.gov



Nutrition for all ages

- Obese - higher intake of fats, sugars, carbs
- Eliminate all sugary drinks (soda, Koolaid, Gatorade, juices, energy drinks, sweet tea, vitamin water)
 - 16 tsp sugar in 1 soda!
- Increase fruits and vegetables (whole, not juices).
- 3 veggies, 2 fruits daily
- Decrease high sugar, low nutrient foods (cookies, chips, candy)
- If FAT or SUGAR are in first 3 ingredients, avoid altogether!

How much sugar is in a drink?



Limit fat and sugar intake



Physical activity

- For every 100 kcal: run or walk 1 mile to burn
- Nonstructured activity is more effective
- 60 min/day exercise: Broken down into 10-12 minute increments
- Get up and MOVE during commercials or homework (jumping jacks, running in place, pushups, crunches, stretching, Zumba, etc.)
- Burn some calories!
 - Important to have kids listen to their bodies. Out of breath? Joints or muscles hurt? Modify activity as needed

Get up and MOVE!



Behavior changes

- No sedentary lifestyle!
- No more than 2 hours/day of TV, video game time
- Reading? Get up and move between chapters
- Kids need to get up every 15-30 minutes when inactive including the WEEKENDS
- Portion control: the size of your fist or what fits into the palm of the eater's hand
- Want seconds? Wait 20 minutes. Takes the brain this long to register fullness!

Behavior changes

- Decrease snacking (only eat small snacks, not full meals)
- Decrease eating outside the home (If I pay for food, then I must eat all of it)
- Turn off TV and eat at the table
- No binge eating
- No TV in the bedroom

Stop sitting and snacking!



Wrapping it up



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