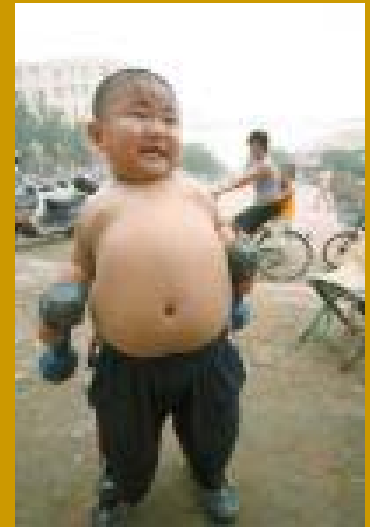


Childhood Obesity

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What is Childhood Obesity?

⌘ According to the American Obesity Association, “obesity is a chronic disease...a complex interaction of genetic, metabolic, behavioral, psychological, environmental and cultural factors”.

(AOA Fact Sheets: Obesity Research)

⌘ Children and adolescents are continuing to become overweight and obese at an astounding rate despite recent research findings.

Causes of childhood obesity

- ⌘ The percentage of overweight and obese youth is the highest it has ever been.
- ⌘ Poor eating habits due to high-caloric, low-cost fast foods and lack of physical activity are the major contributors to this epidemic.
- ⌘ Children and adolescents of this generation are considered the most inactive in history due partly to nonexistent or unsafe recreational programs in the community.

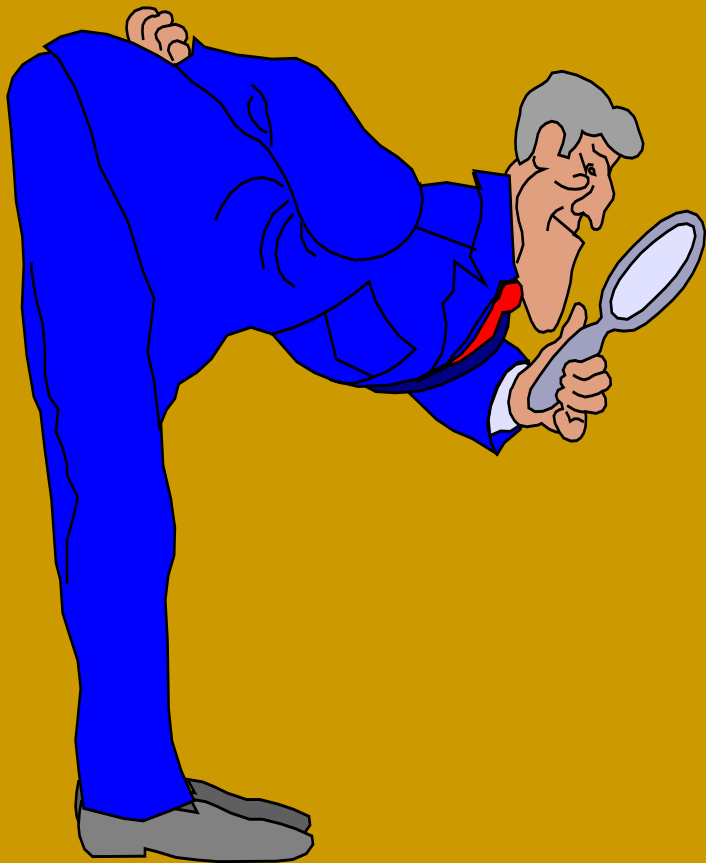
⌘ "During the age from 7-17, being overweight is the most common *real problem*".

(Berger, p. 342)

⌘ However, once being overweight starts to affect a child's emotional as well as physical well-being, it is considered obesity.

⌘ Obesity is determined by such factors as: fat accumulation especially around the abdomen, proportion of fat to muscle, body type, cultural standards, etc.

Body Mass Index



✂ A way to measure obesity is by determining the Body Mass Index (BMI) of an individual.

✂ Take the person's weight in kilograms divided by their height in meters squared, or in pounds, the formula is:

weight(lbs..) / height(ins.) X

704.5 = BMI

(AOA Fact Sheets: What is Obesity?)

Overweight Vs. Obese

- ⌘ Being overweight and being obese are not the same.
- ⌘ An overweight person has a BMI between 25 and 29.9 while an obese individual has a BMI of 30 or higher.
- ⌘ A BMI of 40 or more is considered severe or morbid obesity.

Body Mass Index for Children

⌘ At age 8, a child is considered obese if he or she has a BMI of 18.

⌘ For 12-year-olds, a BMI of 23 constitutes obesity.

(Berger, p. 343)

Statistics

- ⌘ In 2000, the national figures for adults were: *65%* were overweight, *31%* were obese and *5%* were severely obese.
- ⌘ About *30%* of children from ages 6 to 11 are overweight and *15%* are obese.

(AOA Fact Sheet: Obesity in youth)



⌘ Approximately *30%* of teens between the ages of 12 - 19 are overweight and *16%* are considered obese.

⌘ In the 6-11 age group, more boys (*33 %*) than girls (*29%*) are overweight.

(AOA Fact Sheets: Obesity in Youth)

Statistics on Racial Differences

- ⌘ African American (*20%*) and Hispanic American (*24%*) children from ages 6-11 have a higher incidence of obesity than their White counterparts (*12%*).
- ⌘ A 1999 study by the Indian Health Services on children and teens reported that *39%* of the Native American boys and *38%* of the girls were overweight.
- ⌘ In a study conducted in 1996, *21%* of Asian American adolescents were overweight.
(AOA Fact Sheets: Obesity in Youth)

Counseling a child with the problem of obesity.

- ⌘ Counsel regarding appropriate diet, weight goals, and exercise.
- ⌘ Depending on the age and maturity of the child ... ask his/her desired results and determine necessary steps to achieve the goals.
(Behavior Therapy)
- ⌘ Stress the physical and psychological damage that can be done if the problem is not addressed.

Counseling parents of a child with this problem

- ⌘ "The home environment is a critical factor in the development of childhood obesity."
(Straus and Knight, p. 5)
- ⌘ "Efforts to prevent childhood obesity should explore parental education programs that can decrease the prevalence of obesity in young children."
(Straus and Knight, p. 8)
- ⌘ Avoid nagging, set a healthy example.
- ⌘ Focus on health, not appearance.
(ANRED p. 2)

Psychological Effects

- ⌘ Low self esteem
- ⌘ Anxiety
- ⌘ Depression
- ⌘ Rebellion or Crushed feelings – when talked to about diet

Remedies / Solutions

- ⌘ Adult education
- ⌘ Reading Connection: Bread and Jam for Francis is a book that teaches that a varied diet is healthy.
- ⌘ Resources:
 - U.S.D.A.
 - “Food Guide Pyramid for Young Children”
Booklet and Graphic
 - “Dietary Guidelines for Americans”

FOOD Guide PYRAMID

for Young Children

A Daily Guide for
2- to 6-Year-Olds



U.S. DEPARTMENT OF AGRICULTURE
CENTER FOR NUTRITION POLICY AND PROMOTION

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FOOD IS FUN and learning about food is fun, too. Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong.

WHAT COUNTS AS ONE SERVING?

GRAIN GROUP

1 slice of bread
½ cup of cooked rice or pasta
½ cup of cooked cereal
1 ounce of ready-to-eat cereal

VEGETABLE GROUP

½ cup of chopped raw or cooked vegetables
1 cup of raw leafy vegetables

FRUIT GROUP

1 piece of fruit or melon wedge
¾ cup of juice
½ cup of canned fruit
¼ cup of dried fruit

MILK GROUP

1 cup of milk or yogurt
2 ounces of cheese

MEAT GROUP

2 to 3 ounces of cooked lean meat, poultry, or fish.
½ cup of cooked dry beans, or 1 egg counts as 1 ounce of lean meat. 2 tablespoons of peanut butter count as 1 ounce of meat.

FATS AND SWEETS

Limit calories from these.

Four- to 6-year-olds can eat these serving sizes. Offer 2- to 3-year-olds less, except for milk. Two- to 6-year-old children need a total of 2 servings from the milk group each day.

Remedies / Solutions



⌘ Learning activities for Young Children:

“What’s in my Taco?”

(U.S.D.A. booklet, pp. 14 – 16)

⌘ Chart food eaten in a week:

(U.S.D.A. booklet, “Plan for Your Young Child” p. 13)

⌘ Grandma’s Healthy Kids Program available to purchase

Newsletters, Tips, Recipes, Menu plans, Activities,

www.grandmashealthykidsclub.com/

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