

A vibrant, cartoon-style illustration of a diverse group of children and a dog. The children, of various ethnicities and ages, are depicted in mid-air, jumping or dancing joyfully. They are surrounded by a light blue, textured background. In the bottom center, a small dog with white fur and brown patches is also jumping. The overall mood is happy and energetic.

**MICHIGAN**  
**Healthy Habits**  
**For**  
**Healthy Kids**

## Who's to Blame?

Obesity in America:

How to Get Fat Without Really Trying

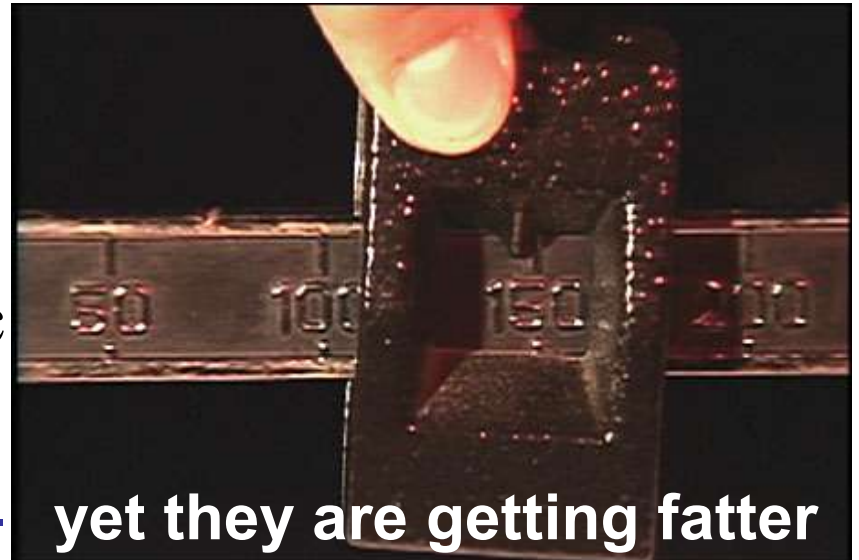
*ABCNEWS.com* Dec. 8, 2003



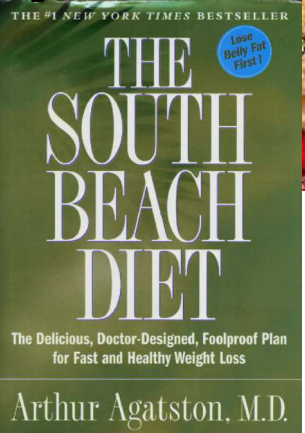
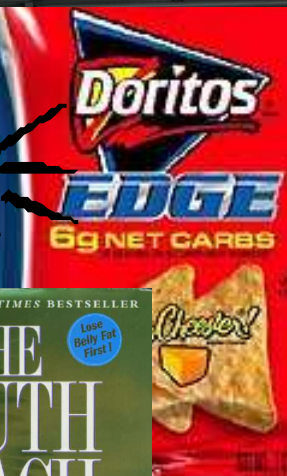
CNN A fat chance

America's facing a fat epidemic

**Americans want to be thinner — yet they are getting fatter**



# The times we live...



# Increased Caloric Intake

- 500% increase in soda intake over 50 years
- Increase cookies, desserts, potato chips and candy for snacks
- Increase in fast foods and portion size
- Less family meals more eating alone
- Increase eating out in restaurants and greater demand for convenience

# Increase in Inactivity

## Decrease Physical Activity

- Increase in TV, Computer, video time
- Cuts in PE and after school programs
- Less walking/biking to school
- Less opportunity to “play” outside
- Less family activity time





# What happened? Influences

- Sweetened drinks: Pop

- Fast food
- Portion size
- Snacking
- Breakfast

Promote  
physical activity

Increase fruits  
& veggies

Reduce TV time

Breastfeeding

➤ CDC

- Parental modeling

- Parents dietary restraint

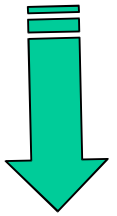
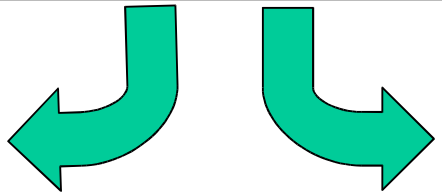
- Using food as a reward
- Family meals communication
- Inactivity

[www.cnr.berkeley.edu/cwh](http://www.cnr.berkeley.edu/cwh)

INFLUENCES

OVERWEIGHT

OVERWEIGHT



Weight loss

FOCUS

Healthy Habits

Weight Control  
Dieting

Treatment

Family Lifestyle  
Change/Choices

Weight Cycling  
Low Self-esteem  
Disordered Eating

OUTCOME

Healthy Weight  
Self-esteem  
Normal Eating

# Big picture: Weight or Health

What preconceived notions do you have regarding weight?

## **What about Genetics?**

The strongest predictor of a child's weight is the weight of his or her parents

A child with two overweight parents has an 80% chance of becoming overweight.

# Every Child has a Hero



- Most children ages 8 to 12 consider their mother & father their top role model
- What do kids need?
- They will do what you DO not what you SAY

# Healthy Habits questionnaire

1. Have regularly scheduled meals at home?
2. Eat meals together at least once a day?
3. Plan snacks?
4. Tailor portion size to each person's needs?
5. Eat three meals a day?
6. Try to make meals enjoyable?
7. Avoid making everyone eat everything on their plate?
8. Eat only in designated areas of the house?
9. Avoid using food to punish or reward?
10. Enjoy physical activities together once or twice a week?

Total your score and use this to help you set some goals

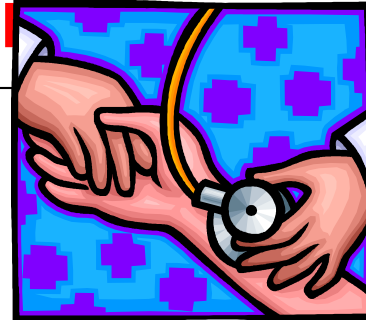
# Consequences of Childhood Inactivity & Unhealthy diet

## Common

- Psychosocial/negative body image
- Depression/peer rejection
- Abnormal glucose metabolism
- Fatty liver – elevated liver enzymes
- Elevated lipids

## Uncommon

- Hypertension
- Sleep Apnea
- Polycystic Ovary Disease - PCOS
- Gallstones
- Orthopaedic problems

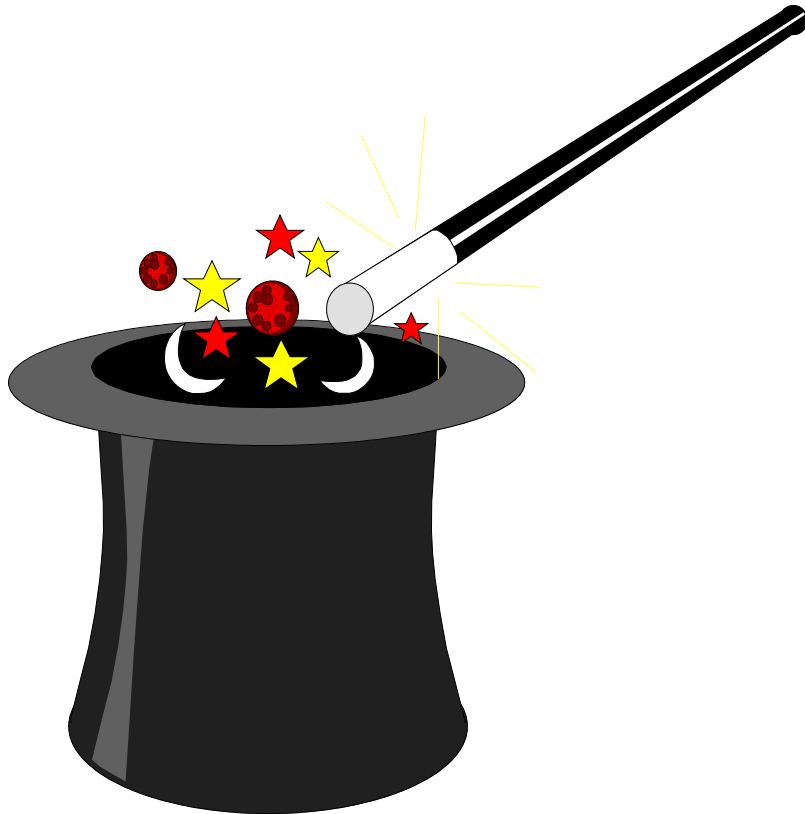


# Symptoms

- Headaches
- Blurred vision
- Nighttime snoring or breathing difficulty
- Hip or knee pain
- Leg bowing
- Abdominal pain or tenderness
- Menstrual irregularity
- Hirsutism
- Acanthosis nigrican



# Should I put my child on a diet?



**No magic bullets**

# Screening and Identification

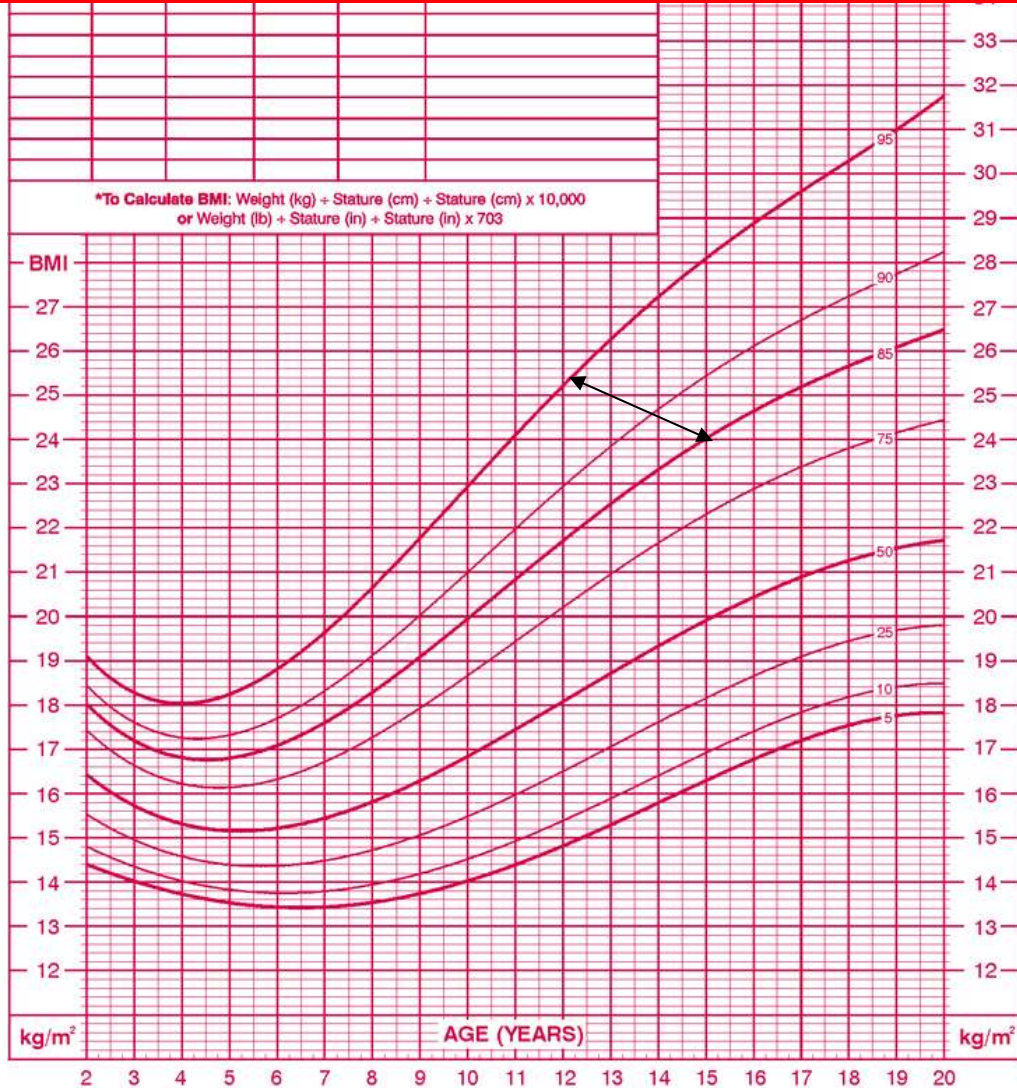
- BMI for age and gender
  - Used for ages 2 to 20 years
- Underweight < 5<sup>th</sup> %tile
- Normal weight between 5<sup>th</sup> & 84<sup>th</sup> %tile
- “At risk for overweight” between 85<sup>th</sup> & 94<sup>th</sup> %tile
- Overweight  $\geq$  95<sup>th</sup> %tile

[www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts)

Weight (lbs) divided by height (in) divided by height (in) x 703

Date	Age	Weight	Stature	BMI*	Comments															
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# How do I know if my child is at a healthy weight?



Talk to your pediatrician

## GIRLS BMI for Age

At risk for overweight



# Adolescent: Puberty Growth and Development

- 15 to 20 % adult height
  - 10 inches girls 10-14 year olds
  - 12 inches for boys 10-14 year olds
- 50% of adult body weight
  - Weight gain of 40-50 pounds girls
  - Weight gain of 50-60 pounds for boys
- 40-45% of adult skeletal mass



# Negative Body Image is...

- A distorted perception of your shape
- You are convinced that only other people are attractive
- That your body shape or size is a sign of failure
- You feel ashamed, self conscious and anxious about your body
- You feel awkward in your body

» **EDAP**

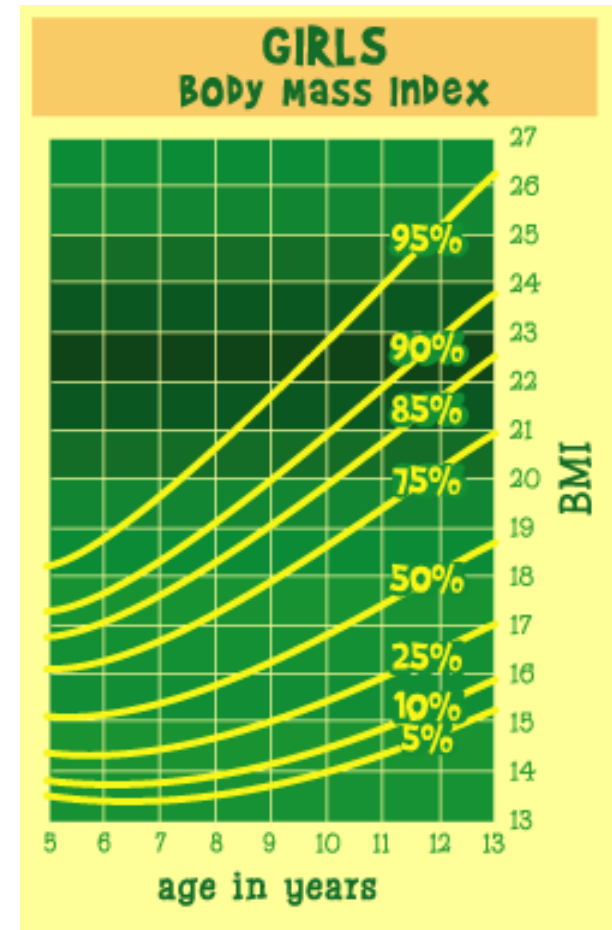
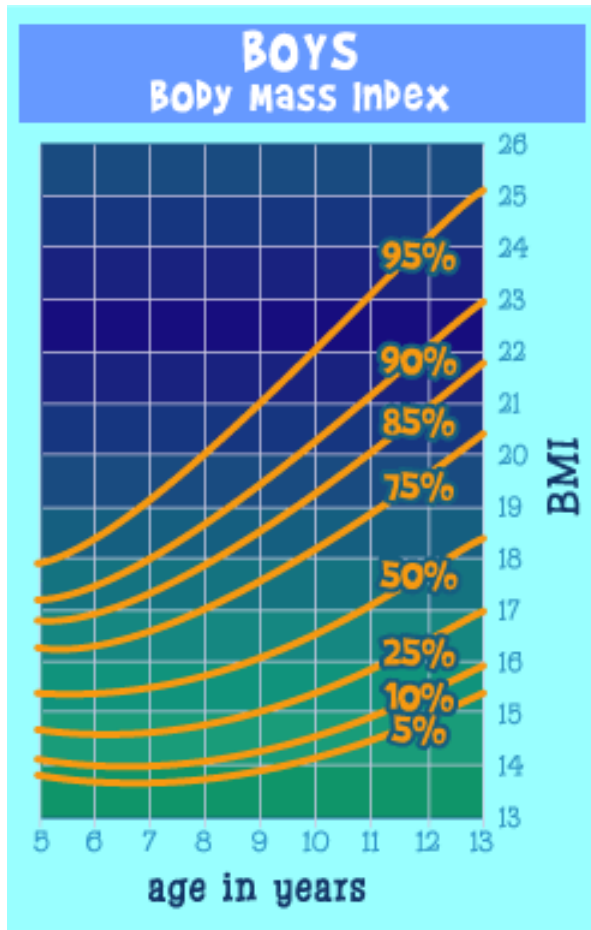
# Adolescent Nutrition Trends

- Unsafe practices used to lose weight
  - Fasting
  - Diet pills
  - Vomiting
  - Laxative use
  - Compulsive exercise
  - Removing food groups



# Internet: good or evil

Kidshealth.org



# Health at every size (HAES)

## Whole child vs. body weight

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- Normal eating
- Listen to your bodies signals
- Positive eating and activity
- Let weight evolve
- Resolve disruptive patterns
- Choices for better health
- Lifestyle change
- Opportunities to be active
- Protect family mealtimes
- Nurturing, providing emotionally and socially
- Trusting the child's innate growth process

# Parental Control

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- Stringent parental controls over foods can increase preferences for high fat, energy dense foods.
- Using foods as a reward make desire for rewards greater.
- Parental dictating intakes of food disrupt the child's ability to auto-regulate intakes based on hunger and satiety.

» Birch 1998



- Family's role
- Your healthy home
- Fit families at home
- Listen to your body
- I'm Thirsty
- Fit families on the move
- Healthy schools = Healthy students
- Health Kids: All shapes & sizes
- Breakfast boosts brain power
- What's for lunch
- Plan for healthy snacks
- Healthy choices away from home

Source: [www.emc.cmich.edu/healthyweight](http://www.emc.cmich.edu/healthyweight)

# What we can change/challenge

- Parenting style
- Inactivity patterns
- Activity patterns
- Eating patterns
  - Family meals
  - Fruit & Veggies
  - Sweetened Beverages
- Body image & self esteem
- Communication
  - Provide praise and positive comments
  - Focus on strengths
  - Openly discuss concerns
  - Discuss media
  - Parents avoid talking about personal body issues

# Division of Responsibility

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- Parents Provide

- Plan healthy meals and snacks - grocery shop
- Prepare meals and serve them
- Practice non-stressful meal time experience
- Provide support as your child develops healthy eating skills
- Purposely set an example

- Children Choose

- Choose to eat
- Choose what to eat
- Choose how much to eat.
- Challenge themselves

Division of responsibility  
Adapted from Ellyn Satter

# The Family's Role - Adults



- Help children learn to listen to body signals
- Set a good example by being physically active and eating healthy
- Show respect for yourself & your child
- Involve children in grocery shopping & meal planning
- Use non-food rewards



# Family's Role - Children

- Listen to body signals of hunger & fullness
- Choose how much to eat at meals & snacks
- Choose ways to be physically active
- Help prepare lunches & snacks
- Choose foods wisely away from home



# Minimal Television Viewing

## Recommendations:

- 0 to 2 years old – NO Television
- 2 years or older – no more than 2 hours/day

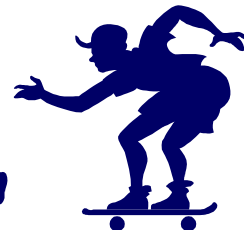
Do not allow a television in the child's bedroom

Encourage Active play



# Increase Physical Activity, Movement & Play

- 60 minutes each day
- Encourage your child to participate in PE
- Use the buddy system
- Bring a friend!
- Try after school programs and active routines
- Remember to pace
- Encourage non-skill based activities
- Ask kids what they want to do
- Role model and plan family outings
- Check out your community



# Active Play

If you let me play....

I will like myself more.

I will have more self confidence.

I will be less likely to get cancer.

I will be less likely to get heart disease.

I will be less likely to become an obese adult.



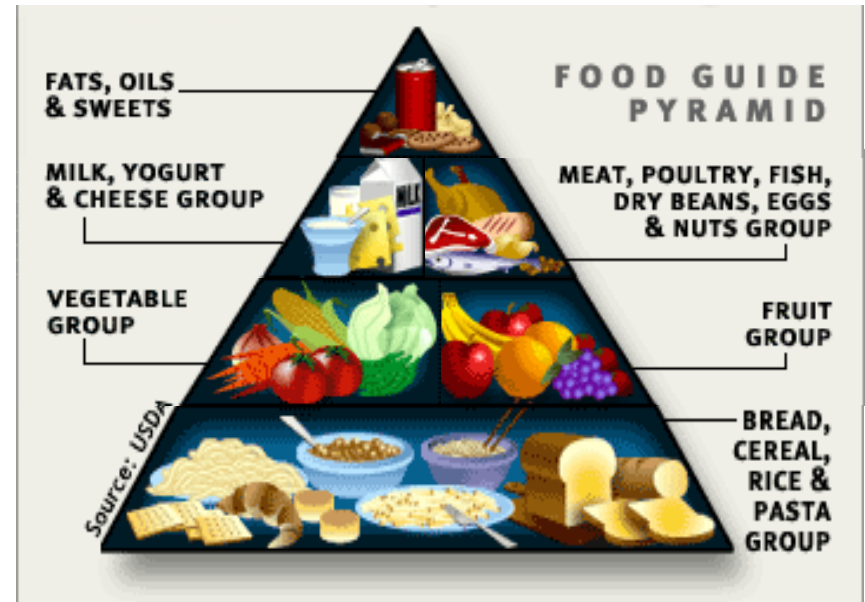
# Adolescent nutrition

## Macronutrient Range

Carbohydrate 45-65 %

Protein 10-30 %

Fat 25-35 %



- Metabolism
- Growth and development
- Physical activity

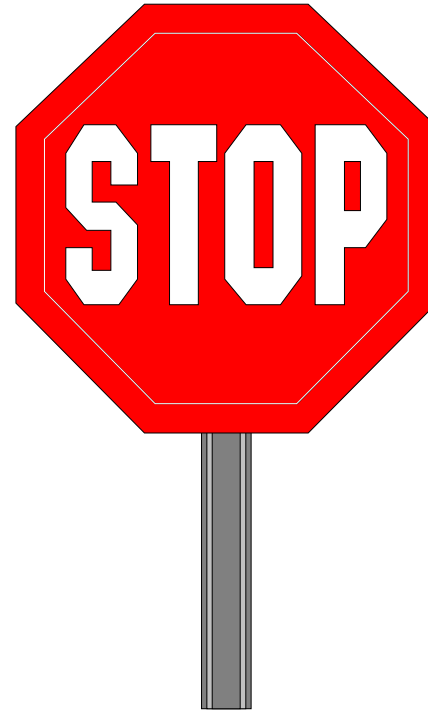
# Recommended number of servings

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	1,600 calories	2,200 calories	2,800 calories
Grains group	6	9	11
Veg. group	3	4	5
Fruit group	2	3	4
Milk group	2 or 3	2 or 3	2 or 3
Meat and beans group	2 (5 oz. total)	2 (6 oz. total)	3 (7 oz. total)

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# What about Pop?



**Research indicates that liquid calories have a low satiety value. It may interfere with normal hunger and fullness cues**

# Calcium



# Key Components

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Healthy eating



Increased activity



Behavior modification



Family-based change

# Key Components: Goal setting & Behavior change



- Does it say exactly what I plan to do? Not what I WON'T do
- Do I have control over it?
- Can I tell when I've done It?
- Is is easy to do?

My goal for this week is to:

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# Key Components of Pediatric Wt Management Programs

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- Begin early
- Must be ready to change
- Educate on medical consequences
- Include the whole family
- Promote long term changes
- Self monitoring activities and eating
- Small gradual changes
- Empathy, praise & encouragement
- Multidisciplinary Group vs. individual

*Pediatrics* 1998 102: 1-11



# Resources



## Free fact sheets for parents

- [www.emc.cmich.edu/healthyweight](http://www.emc.cmich.edu/healthyweight)
- [www.eatright.org](http://www.eatright.org) (Healthy habits for healthy kids booklet)

## • Great books

- Secrets of feeding a Healthy family
  - Ellyn Satter, MS RD
- Underage & Overweight
  - Frances Berg, MS LN

## • Magazine for early teen girls

- New Moon [www.newmoon.org](http://www.newmoon.org)