

BMI and Risks of Obesity

Body Mass Index (BMI) is a tool to check if a person might have more or less weight than is healthy for their body.

S/N	Percentile Ranking	Weight Status
1.	Less than 5 th percentile	Underweight
2.	5 th percentile to less than 85 th percentile	Healthy weight
3.	85 th percentile to less than 95 th percentile	Overweight
4.	Equal to or greater than the 95 th percentile	Obese

BMI is one way to estimate body fat and it is found differently for adults and children. In children and teens, BMI is used to check if a child or teen might be underweight, a healthy weight, overweight, or obese.

A child's body fat changes with age. Also, a child's body structure changes as they age and is different between girls and boys. A child's BMI range is found using a BMI number that is based on their weight, sex, and specific age.

There are many BMI calculators on the Internet where you can enter your child's sex, height, and weight and the BMI will be calculated. Your child may be at risk if the BMI falls within these ranges:

Underweight = BMI less than the 5th percentile for same age/sex

Overweight = BMI between the 85th and 95th percentile for the same age/sex

Obesity = BMI at or above the 95th percentile for the same age/sex →

Children who are obese are more likely to become obese adults and may be treated differently or made fun.



Doctors and scientists are concerned about the rise of obesity in children and youth because it may lead to these health problems:

- ✓ Heart disease caused by high fat (cholesterol) and/or high blood pressure
- ✓ Type 2 diabetes (the body does not use insulin properly)
- ✓ Asthma (lung disease that makes breathing difficult)
- ✓ Sleep apnea (pauses in breathing as you sleep)

Adult obesity is also linked with many serious health conditions, including:

- ✓ heart disease
- ✓ diabetes
- ✓ metabolic syndrome and cancer

Making Sense of Food Labels

All packaged foods have food labels or nutrition facts. Here are some tips on how to read food labels and make healthy food choices.

Nutrition Facts		
① Start Here →	Serving Size 1 cup (228g) Servings Per Container 2	
	Amount Per Serving	
② Check Calories	Calories 250 Calories from Fat 110	
		⑥ % Daily Value*
③ Limit these Nutrients	Total Fat 12g	18%
	Saturated Fat 3g	15%
	<i>Trans Fat</i> 3g	
	Cholesterol 30 mg	10%
	Sodium 470mg	20%
	Total Carbohydrate 31g	10%
	Dietary Fiber 0g	0%
	Sugars 5g	
	Protein 5g	
④ Get Enough of these Nutrients	Vitamin A	4%
	Vitamin C	2%
	Calcium	20%
	Iron	4%
	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
⑤ Footnote	Calories:	2,000 2,500
	Total Fat	Less than 65g 80g
	Sat Fat	Less than 20g 25g
	Cholesterol	Less than 300mg 300mg
	Sodium	Less than 2,400mg 2,400mg
	Total Carbohydrate	300g 375g
	Dietary Fiber	25g 30g

Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

1. **Serving Size** – the nutritional information listed on the label is based on one serving. Servings are shown in common measurements like cups, ounces or pieces. A package may contain more than one serving. If you eat more than one serving, you're getting more calories and nutrients than what is listed on the label.

2. **Calories** – a single food item with 400 or more calories per serving is considered high. A moderate serving is 100 calories. If a food gets more than 30% of its calories from fat, eat sparingly. →

3. List of Nutrients – a list of nutrients is provided on every label. The ones listed first are the ones we generally eat in adequate amounts, or too much. Eating too much fat, saturated fat, cholesterol, sodium or sugar can increase risk for chronic diseases and obesity. Most of us don't get enough fiber, vitamin A, vitamin C, calcium or iron. Look for foods that are high in fiber, protein, vitamins and minerals.
4. Vitamins and Minerals – the vitamin and minerals listed won't be the same on every food label. Try to select foods throughout the day that offer a variety of different vitamins and minerals. Remember, if the number is 20% or higher, the food is a good source of that vitamin or mineral.
5. Daily Values – percent Daily Value recommendations are based on eating a 2,000 calorie per day diet for the average male. Active teens may need more calories each day. Most children, women, and older adults need fewer calories each day. The number of calories needed depends on your level of physical activity, sex, age, and health level.
6. % Daily Value – This is based on the recommended amounts of each nutrient for people (ages four and older) to eat every day. A value of 5% or less means the amount of the nutrient per serving is low. A value of 20% or more means the amount of the nutrient per serving is high. Look for higher numbers for nutrients such as calcium, fiber, iron, protein, and vitamins. Look for low numbers for nutrients such as fat, sodium, sugar, and cholesterol.



Good **Food**

Good **Mood**



Making Healthy Choices



People who eat healthy foods and get regular exercise usually have lower risk of having extra weight or related health problems. Parents can help teach children healthy eating and fitness habits.

Physical Activity is important

Children need at least one hour of physical activity a day.

- ✓ Parents can be active with kids by playing catch or walking the dog as a family activity.
- ✓ Be active together. Walk the dog or play a sport together.
- ✓ Find a sport or class together or one they want you to cheer them on at.
- ✓ Find space and time to be active indoors if the weather isn't comfortable outside.

Eat Healthy

Eating a variety of foods helps everyone get the different nutrients they need.

- ✓ Switching to whole-grain breads, cereals, and pastas can help reach fiber goals (be cautious of added sugar).
- ✓ Having a fruit and vegetable at every meal and using fresh vegetables and fruit as snacks adds fiber and essential nutrients.
- ✓ Limit fast foods, sweets, and pre-made foods.
- ✓ Drink water and skip sugary drinks.
- ✓ Eat meals as a family and without screens.
- ✓ Try new foods together
- ✓ Eat when your hungry; usually 3 meals and 2 snacks a day.



Limit Screen Time & Be a Role Model

To help kids get enough physical activity, limit screen time to no more than two hours per day.

- ✓ Don't allow TVs, video games, computers, or cell phones in the bedroom or during mealtimes.
- ✓ Watch TV as a family. Get up and get active during commercial breaks.
- ✓ Pay attention to how and what you eat.
- ✓ Be active with your children.
- ✓ Be supportive of your own body and your child's body.
- ✓ Focus on health not weight. Fluctuations in body size are normal as kids grow.
- ✓ If you're concerned about your weight or your child's weight, talk to your doctor; studies show that dieting usually doesn't work long-term and may lead to other health problems.

Learning healthy habits as a child can lead to a lifetime of making healthy choices.

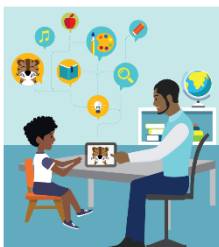


Engage



Communicate

TECHNOLOGY IS MORE EFFECTIVE WHEN USED TOGETHER



Learn



Create

Healthy Foods for Preschoolers

Avoid these types of empty calories:

- **Sugars or sweeteners** in soft drinks, fruit punch, candies, cakes, cookies, pies and ice cream.
- The **solid fats** in cookies, cakes, pizza, cheese, sausages, fatty meats, butter and stick margarine.
 - **Healthy fats** can be found in fruits, vegetables, seeds, nuts, fish, and tofu.
- Some foods – such as milk, yogurt and cereals – provide important nutrients, but they can also contain some **empty calories**.
 - ✓ For example, sweetened yogurt and sweetened breakfast cereals contain added sugars. Whole milk and cheese contain solid fat. **Look for food choices that are low-fat, fat-free, unsweetened or with no-added sugars.**

Instead of...	Choose
Regular cheese	Low-fat cheese
Sweetened yogurt	Plain yogurt plus fruit
Whole milk	Fat-free or low-fat milk
Sweetened breakfast cereals	Cereals with little/no added sugar
Cookies	Graham crackers
Fried chicken or fried fish	Baked chicken or fish
French fries	Oven-baked fries
Ice cream or frozen yogurt	Frozen fruits or frozen 100% fruit bars
Soft drinks or fruit punch	Water
Potato chips	Baked chips or whole grain crackers
Butter or margarine	Trans fat-free margarine
Jam or jelly	100% fruit spread



Picky eating is a typical behavior for many

preschoolers. If your preschooler is healthy, growing normally and has plenty of energy, he or she is most likely getting needed nutrients. It is normal for many children to show one or more of the following behaviors for periods of time during preschool years:

- Refusing a food based on a certain color or texture.
- Eating only certain types of foods. They may choose one or two foods and refuse to eat anything else.
- Wasting time at the table or afraid to try new foods, especially fruits and vegetables. Having your preschooler help you in the kitchen is a good way to get your child to try new foods. Kids feel good about doing something “grown-up.” Give them small jobs to do and praise their efforts.
- Children are much less likely to reject foods that they help make. - See more at: <https://www.myplate.gov/life-stages/preschoolers>

Staying physically active helps your preschooler learn healthy habits.

Engage your preschoolers in active play several times daily. Getting the physical activity they need will help them maintain a healthy weight, develop strong muscles and bones, and reduce their risk of developing chronic diseases such as Type 2 diabetes.

Make sure your preschoolers get some quiet time. Quiet time is best before naps and bed. Limit TV and screen time to less than two hours daily, encourage reading or crafts rather than TV time.

- Encourage your child to become active after 60 minutes of inactivity (such as watching TV).
- Avoid having the TV on during mealtimes. Don't put a TV in your child's bedroom.

Look for childcare settings that engage children in active play and regular physical activity.

Be a role model and limit your own inactivity. Manage the time you spend watching TV or using mobile devices. Your preschooler will learn that being physically active is part of a healthy life.

Limit Screen Time

Limit Screen Time

Children spend on average almost **45 hours per week** with screens –TVs, computers, tablets, phones, gaming devices, and others. Even kids under age two spend one to two hours watching screens a day. Ungluing from the screens may help prevent and treat weight problems. TV and other screen time can be entertaining and educational, too much is linked with extra weight.

- Your kids may be in front of screens more than you are aware.
- Talk to your kids about their screen time; even when they are in school.
- Keep TV out of the bedrooms.

Focus on food and family during mealtimes by turning off screens. This can help the whole family be healthier and maintain a better weight. An occasional family movie and pizza night is great, but keep television sets off while eating.

- Sit down with your kids to help them select the specific TV shows they'll watch, giving them some control and helping them make decisions. Watch with them when you can.
- Limit TV and other screens to less than two hours per day for kids ages two and older. Avoid television viewing for children less than two years of age.



1

Set and enforce daily limits on screen time.



2

Monitor content and discuss values, empathy and good choices.



3

Discuss sending inappropriate text messages and cyber bullying.



4

Skip through the commercials selling junk food and useless items.



5

Select appropriate shows and websites.



6

Turn off the television while eating meals.



7

Make bedrooms "screen-free zones".



8

Avoid using shows and games as rewards.



9

Add physical activity during commercials.



10

Track screen time versus active time.

Avoid Energy Drinks and Sodas

Energy Drinks & Sodas

Energy drinks can be very bad for children. They are loaded with caffeine and should be avoided or very limited. Stimulating properties of energy drinks can:

- ✓ Boost the heart rate and blood pressure (sometimes to the point of palpitations)
- ✓ Cause the body to lose water (dehydrate)
- ✓ Prevent sleep

Energy drinks should not be used while exercising. Sweating and the increased urine produced by the caffeine can lead to severe dehydration.

Over time, drinking sodas and other sugary drinks can lead to obesity. This, in turn, can lead to type 2 diabetes and heart problems.

Avoid drinking sugary beverages. Sodas (and energy drinks) have sugar in many forms, but the body responds to any form of sugar in the same way.

If your child or teen drinks sodas or energy drinks, consider these tips:

- ✓ Cut down the number over time. Each week, have your child cut back until they drink one serving or less a day. The daily limit should be no more than 12 ounces – or better yet, none at all!
- ✓ Diet sodas are a better choice than regular sodas, but water is the healthy choice and the best way to satisfy thirst.
- ✓ Serve water or low-fat or fat-free milk at meals instead of soft drinks or sugary beverages.

Beware of Sugar

High sugar intake has been linked to everything from cavities, extra weight, Type 2 diabetes, heart disease and other health conditions – many of which last into adulthood.

Reducing added sugar is a priority for many parents, but it is **not** as simple as trading cookies and soda for fruit and water. Added sugar can be found in many foods where you may not expect it and has more than 65 names, such as:

- ✓ Whole-grain cereals and granola
- ✓ Instant oatmeal
- ✓ Frozen foods
- ✓ Granola bars, protein bars and cereal bars
- ✓ Pasta
- ✓ Dried fruit, canned fruit, applesauce and fruit juices
- ✓ Baby food
- ✓ Spices and sauces such as ketchup and salad dressings



20
oz soda



6
donuts



18
cookies

A 20-oz bottle of soda contains more sugar than 18 cookies or 6 glazed donuts