

Mountainland Pediatrics

How to Raise Little Health Nuts

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PEDIATRICS

Overview

- ▶ What makes a person overweight or obese?
- ▶ How do children and teens become overweight and obese?
- ▶ Why are we so concerned about weight?
- ▶ What can we do to prevent and/or treat overweight and obesity?



Overweight and Obesity

- ▶ Body Mass Index = body fat
- ▶ BMI 85–94% = overweight
- ▶ BMI of 95% or above = obese



Epidemiology

- ▶ In US:
- ▶ Dramatic increase in number of obese children in last two decades
- ▶ Twice as many obese children age 6–11
- ▶ Three times as many obese children age 12–19
- ▶ 10% of kids under the age of 5 are obese
- ▶ 16% of kids between the ages of 6 and 19 are obese



Why does it matter?

- ▶ Metabolic syndrome (obesity, elevated cholesterol, high blood pressure and insulin resistance)= cardiovascular disease/diabetes=increased risk of death
- ▶ 30% of obese 12–19 year olds have metabolic syndrome
- ▶ This means that our children may actually have shorter lifespans than we do due to complications of overweight and obesity arising at younger ages



Complications of overweight/obesity

- ▶ Polycystic Ovarian Syndrome
- ▶ Fatty liver and cirrhosis/gallbladder disease
- ▶ Obstructive Sleep Apnea
- ▶ Arthritis/Orthopedic problems
- ▶ Cancer
- ▶ Anxiety/depression/low self-esteem



The cost of overweight/obesity

- ▶ Obese people spend 77% more on medications than non-obese people



How does it happen?

- ▶ More energy in than energy out
- ▶ 100 calories per day more in than out=10 pounds of weight gain a year



Junk Food

- ▶ Foods high in empty calories:
- ▶ Refined carbohydrates
- ▶ Low in protein and vitamins
- ▶ Often high in fat



Fast Food and Large Portions

- ▶ A McDonalds Quarter Pounder with Cheese value meal with a medium coke and fries is 1200 calories
- ▶ A supersized meal is 1400 calories
- ▶ A McFlurry is 600 calories
- ▶ In one fast food meal people are consuming over half or more of the total calories that they need in an entire day



Drink consumption

- ▶ A 12 oz can of soda contains 9–11 teaspoons of sugar which is equal to approximately 150 calories
- ▶ Frequent soda consumption is a common cause of excess weight gain



Juice

- ▶ Juice is NOT any better.
- ▶ 12 oz of apple juice also contains 10 tsp of sugar
- ▶ Frequent juice consumption is a common cause of overweight and obesity in toddlers and can also interfere with toddlers appetites



TV and activity

- ▶ Children spend too much time watching TV, playing video games and working on the computer and not enough time playing



Well-balanced Diet

- ▶ Healthy diets include each of the four food groups:
- ▶ Meat, fish, poultry and eggs
- ▶ Dairy
- ▶ Fruits and vegetables
- ▶ Cereals



Healthy Eating

- ▶ Breastfeed–breastfed babies are less likely to be obese
- ▶ Don't skip breakfast–kids with higher BMI eat less at breakfast and more at dinner than kids with lower BMI
- ▶ Eat meals together as family–less likely to eat fried food and carbonated beverages and more likely to eat fruits and veggies
- ▶ Don't watch TV while eating. Eat slowly
- ▶ Sugar free drinks, water, milk with 1% or less fat (for children over 2)



Healthy Eating, cont.

- ▶ Make fruits and veggies readily accessible
- ▶ Appropriate portions—limit seconds to fruits and veggies. Use the plate method (1 / 2 plate is fruits and veggies, 1/4 whole grain and 1/4 lean protein)
- ▶ High Fiber Diets—foods should have at least 2 grams of fiber per serving
- ▶ Limit fast food—prepare foods at home as a family



Teaching Children Healthy Eating

- ▶ Praise healthy behavior
- ▶ Don't use food as a reward
- ▶ Don't force children to eat
- ▶ Offer Healthy Choices



Increasing Activity

- ▶ Walk instead of drive
- ▶ Take the stairs
- ▶ No TV for kids less than 2 and limit screen time for kids older than 2 to 2 hours or less a day
- ▶ Family activities



Wrapping Up

- ▶ Recommendations from the American Academy of Pediatrics:
- ▶ 5 fruits and veggies a day
- ▶ 2 hours max screen time a day
- ▶ 1 hour of physical activity a day
- ▶ 0 sugar sweetened drinks



References

- ▶ Pediatric Care On-line
www.pediatriccareonline.org
- ▶ The American Academy of Pediatrics
www.aap.org
- ▶ Health Team Works
www.healthteamworks.org

