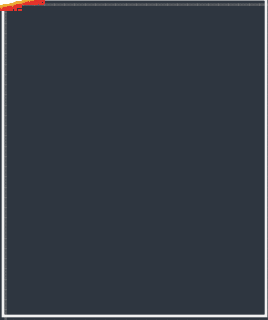


JUST ADD  
YOUR  
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USE MICROSOFT WORD TO ADD TEXT  
OR ADD YOUR OWN BANNER HERE



First Name, Last Name  
Company Name  
Email Address  
Web Site

### Testimonials

Please insert your own patient testimonial or any other content here. The more specific the testimonial, the better. Use this section for anything, you don't have to enter a testimonial.. you can also use other content instead of testimonials. The following is an example of a testimonial:

I have worked with Jane for over a year now and am amazed with her efficiency! She has helped me overcome all the aches and pains that prevented me from working and doing the things I wanted. She is an excellent therapist and I recommend her highly! Coming to your clinic was one of the best decisions ever. Thank you so much!

*Patient Name, Town Name*



## Childhood Obesity: Are Our Children Getting Too Obese?

### Childhood Obesity: Are Our Children Getting Too Obese?

This is one problem that hits close to home. In May 2010, First Lady Michelle Obama of the United States was in full swing with her campaign against childhood obesity.

According to the Centers for Disease Control and Prevention and reports from the National Health and Nutrition Examination Survey, the prevalence of overweight children between 6-19 years of age is between 17-18 percentile in the United States. This is a disturbing global trend; the number of obese children has tripled over the past four decades across the world.

#### Why is childhood obesity a problem?

There are several medical issues directly associated to obesity:

- 1) Hypertension
- 2) Diabetes
- 3) Respiratory disease
- 4) Increased risk of injury

After a child turns 6, the chances that obesity will persist into adulthood increase by 50%. The sooner obesity is treated, the greater the likelihood that the individual can achieve a normal adult weight.



## Is Your Child At Risk?

Use this section to insert more content about your services. Add another testimonial or provide more information about your practice.

### More Information

This section can be used to provide some more information about your unique products, services, and a 'hook' for patients to contact you.

### Contact Us

Use this space for more announcements or repeat your contact information here.

Here are known risk factors for childhood obesity:

- Season (winter), population density (large urban areas) are associated with higher childhood and adolescent obesity.
- Both parents happen to be obese (body frame tends to be inherited).
- Levels of parental education and socioeconomic class.
- Dietary fat intake.
- Time spent watching television. The average American child watches approximately 25 hours of television per week.



### **What Contributes To Childhood Obesity?**

- **Diet:** High-fat diets, irregular meals and inactivity continue to be primary contributors to obesity. Limit/avoid the "empty calories" like sodas, candy and chips.
- **Inactivity:** Inactivity is widely recognized as a contributor to obesity. Children aged 6 to 11 years watch 23.5 hours of TV per week and adolescents ages 12 to 17 years watch about 22 hours. A study published in the American Journal of Clinical Nutrition assessed the effects of reducing television watching and video game-playing in obese 3rd and 4th grade students. The results showed that the body fat level of the children who received the intervention for 6 months dropped significantly compared to the controls.

### **The Emotional Factor**

- Children, like adults, can eat in response to moods. Emotions that commonly lead to overeating include sadness, loneliness, anger and celebration. Children can learn to identify their feelings before eating and control the "misinterpreted" urges to eat.
- Obese children report greater number of life changes (indicative of stress) compared with other adolescents. Depression, anxiety, social and behavior problems are commonly reported by obese children.

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## Exercise Is The Solution

- A physical therapist can determine realistic weight loss or maintenance goals and help the child accept his / her natural body frame. Otherwise, he/she will constantly strive for an unrealistic weight, often leading to restrictive dieting, overeating or binging. Weight loss of one-half to 1 pound per week is realistic. **If a child you know needs help, seek the services of a physical therapist, who can set realistic, attainable goals for your child.**
- Encourage daily activity in obese children. Sports participation contributes to improved fitness levels, specifically increased endurance, strength, self-esteem, energy and often, improved mood. Family involvement is crucial.
- A physical therapist can identify what (if any) changes family members must make to improve the health and fitness level of everyone in the family, not just the obese member. Parents must become good role models with their eating, exercise and stress management. Strive for an attitude of "we're going to do this together."

