

~ News From The Nurse's Office ~

Help For Overweight Children

The American Academy of Pediatrics (AAP) has proposed a number of approaches to help reduce the growing epidemic of obesity among American children. A recent study estimates 17 percent of children and adolescents ages 2-19 years are obese. Obesity isn't simply defined by a child's weight, but rather by something called "body mass index" (or BMI) which is a mathematical formula that takes into account both the child's weight and height.

Obesity puts children at risk for serious health problems including heart disease and diabetes. If you have concerns regarding your child's weight, a check up with your child's healthcare provider should be your first step. The following web sites offer helpful information for both parents and children.

http://kidshealth.org/parent/general/body/overweight_obesity.html

This site includes tips on nutrition and fitness, how to calculate the your child's BMI, healthy eating tips and more!

<http://www.mayoclinic.com/health/childhood-obesity/ds00698>

This site, run by the Mayo Clinic, features articles to help parents with weight management skills. It also has a calculator that makes it easy for children to learn their own body mass index (BMI).

<http://www.cdc.gov/obesity/childhood/index.html>

This Web site provides information about childhood overweight and obesity, including its prevalence, and the related health consequences.