

Helpful Tips if Your Child is Heavy

- You are the most important person in your child's life. Your child will do what you do.
- Show them how to eat healthy and get moving.
- Do things as a family and make it fun!



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Childhood Obesity

(Heavy Kids)



Obesity among children is at an all time high. In the past 25 years the number of heavy kids has tripled!

When your child is heavy or obese he or she is more likely to be heavy as an adult. Obesity can lead to health problems during childhood and then later as adults.

What are the health risks?

If your child is overweight or obese he or she is more likely to have these health problems:

- High blood pressure
- Hard time breathing
- Bowed knees
- Pre-diabetes Polycystic Ovarian Syndrome (Girls may not get monthly period and may have trouble getting pregnant later.)
- Diabetes Type 2



What can you look for?

There are signs of pre-diabetes. One sign is the skin on the back of your child's neck gets thick and dark.

How might your child feel?

Sad: Other kids and adults may tease your child.

Lonely: Your child watches friends do things he or she can not do.

Low self esteem: Your child may not feel good about being so big. Your child may not want to go to school. This may lead to your child doing poorly in school.



What can parents do?

• Your children look up to you. They will do what you do. Show them how to make healthy food choices.

• Make fresh meals for your children as often as you can.

• Limit fast food such as hamburgers and fries to no more than once a week or less. Limit junk food such as candy and chips.

• Read food labels. Buy foods low in calories, sodium and saturated fat.

• Make water the first choice drink in your home. Children do not need soda or juice.

• Cut up fresh fruit for snacks rather than eating chips.

• Go to the park and play with your children.

• Find out about low-cost sports or gyms in your community.

• Children need 1 hour of physical activity a day.

