

# Childhood Obesity Infographic



**SAY NO TO OBESITY, YES TO LIFE!**

## RISK FACTORS

### Poor Dietary Patterns



- Fast Food Consumption has skyrocketed the rates of obesity since the 80s and 90s.
- Sugary beverages, high-calorie foods, and large portion sizes are known to contribute to poor nutritional health influenced by society.

### Lack of Physical Activity



- Playing videogames for long periods of time
- Watching Television
- Research which indicates the number of hours children spend watching TV correlates with their consumption of the most advertised goods, including sweetened cereals, sweets, sweetened beverages, and salty snacks.

### Socioeconomic Status



- People who reside in low-income homes are prone to obesity. Why?
- Because Racial and ethnic minorities often lack access to healthy food options and experience poorer nutritional health compared to their white counterparts.

## COMPLICATIONS OF OBESITY

### Greater risk of developing health complications



- "Childhood obesity has been linked to numerous medical conditions"(J Family Med Prim Care).
- SUCH AS
  - HIGH CHOLESTEROL AND HIGH BLOOD PRESSURE
  - TYPE 2 DIABETES

### Negative impact on academic performance



- Overweight and obese children tend to have LOWER READING AND MATH TEST SCORES
- ASTHMA AND DIABETIC CHILDREN MISS SCHOOL FREQUENTLY

### Poor Self-Esteem & Depression



- OBESE CHILDREN FACE BULLYING FROM THEIR NORMAL-WEIGHT PEERS
- "Obese children are often excluded from activities, particularly competitive activities that require physical activity. It is often difficult for overweight children to participate in physical activities as they tend to be slower than their peers and contend with shortness of breath" (J Family Med Prim Care).

## PARENTAL TIPS ON HOW TO PREVENT CHILDHOOD OBESITY



### Set A Good Example

- Prepare and prep meals with your kids
- Include fruits and veggies in every meal.
- Eat small portions that are high of nutrients.



### Encourage Physical Activities

- Help your child find an activity or sport that he or she enjoys.
- Make it a point to reward your child's efforts to indulge in various physical activities.



### Drink More Water. Avoid Stress & Get Your Beauty Rest.

- Children and teens should get 8-10 hours of sleep daily.
- Could you set up a bedtime routine for your children?
- Meditate and practice stress relievers that help relax you and your child.