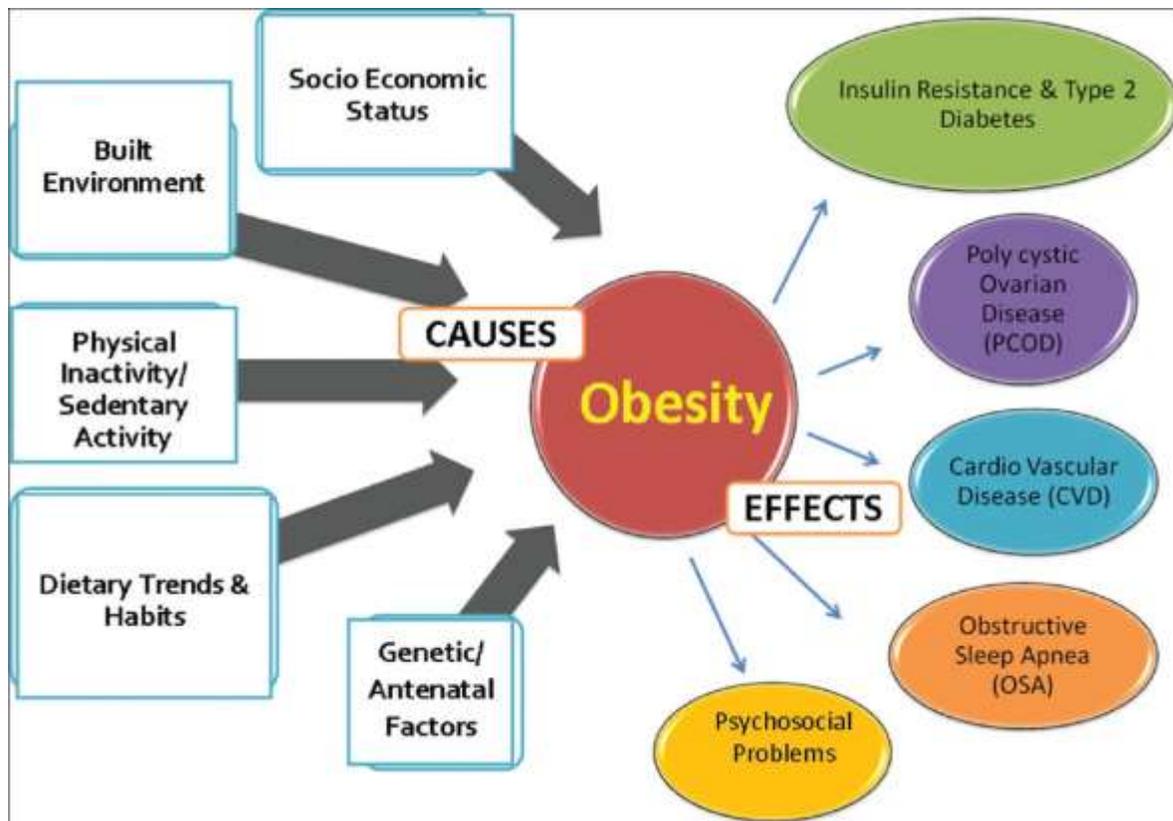


HEALTH TIPS FOR THE MONTH OF OCTOBER 2016

TO PREVENT CHILDHOOD OBESITY

Childhood obesity has more than tripled in the past 30 years. The prevalence of obesity among children aged 6 to 11 years increased from 6.5% in 1980 to 19.6% in 2008. The prevalence of obesity among adolescents aged 12 to 19 years increased from 5.0% to 18.1%. Even it is a significant health problem and don't know where to start. This is completely understandable given the complexities associated with the causes and treatments of this condition. However, there is a great deal that families can do to promote healthy active living and support each other in staying healthy. For instance, families can focus on creating a home environment that encourages and supports healthy choices.



Obesity is the result of caloric imbalance (too few calories expended for the amount of calories consumed) and is mediated by genetic, behavioral, and environmental factors. Childhood obesity has both immediate and long-term health impacts:

1. Obese youth are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure.
2. Children and adolescents who are obese are at greater risk for bone and joint problems, sleep apnea, and socio- psychological problems such as stigmatization and poor self-esteem.
3. Obese youth are more likely than youth of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.



The scientific community agrees that each one of the following can positively impact overweight and obese in children and/ or adolescents.

1. Eat 5 fruits and vegetables per day
2. Get one hour physical activity a day (does not need to be consecutive)
3. Limit screen time to less than 2 hours a day
4. Limit consumption of sugar sweetened beverages
5. Eat breakfast daily
6. Switch to low-fat dairy products
7. Regularly eat family meals together
8. Limit fast food, take out, and eating out
9. Prepare foods at home as a family
10. Eat a diet rich in calcium
11. Eat a high fiber diet

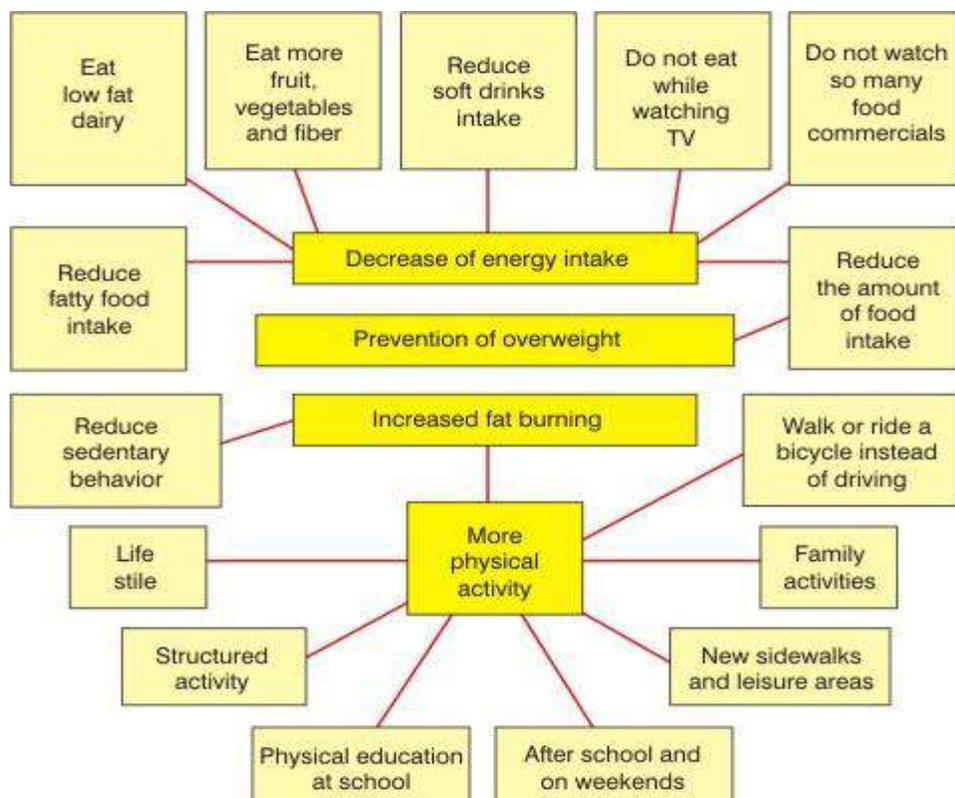


Figure 5 - Principal targets in childhood and adolescence obesity prevention⁷⁶

As a family you can chose one, two, three, or all of these as possible goals or actions to help support healthy active living in your home.

Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.

MEDICAL TEAM

JSS INTERNATIONAL SCHOOL

AL BARSHA