

Obesity rates have been rising *rapidly*.

1 out of 3 kids are overweight or obese in America.

For the first time ever, life expectancy has dropped due to the rising rates of obesity and Type II Diabetes.

- 95% of parents who have overweight children think their child's size is "just right"
- 78.4% of parents who have obese children think their child's size is "just right"

Overweight/obese children tend to stay overweight/obese into adolescents and adulthood.

One of the best ways to prevent your child from getting overweight/obese is to teach them healthy habits while they are young!



Q: How do I know if my child is overweight or obese?

A: Body Mass Index (BMI) can be a great way to tell how healthy your child's weight

$$\text{BMI} = \frac{\text{Weight (lbs)}}{\text{Height (in)}^2} \times 703$$

OR

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

Child's BMI: _____

Is my child....

Underweight ☐

Healthy weight ☐

Overweight ☐

Obese ☐



BMI Chart

BMI less than 18.50	Underweight
BMI 18.50 - 24.99	Healthy weight
BMI 25.00 - 29.99	Overweight
BMI 30 or more	Obese

Potential Health Problems due to Obesity

Physical	Mental
High cholesterol	Low self-esteem
High blood pressure	Bullying
Type II Diabetes	Depression
Sleep apnea	Eating disorders
Asthma	Poor coping skills

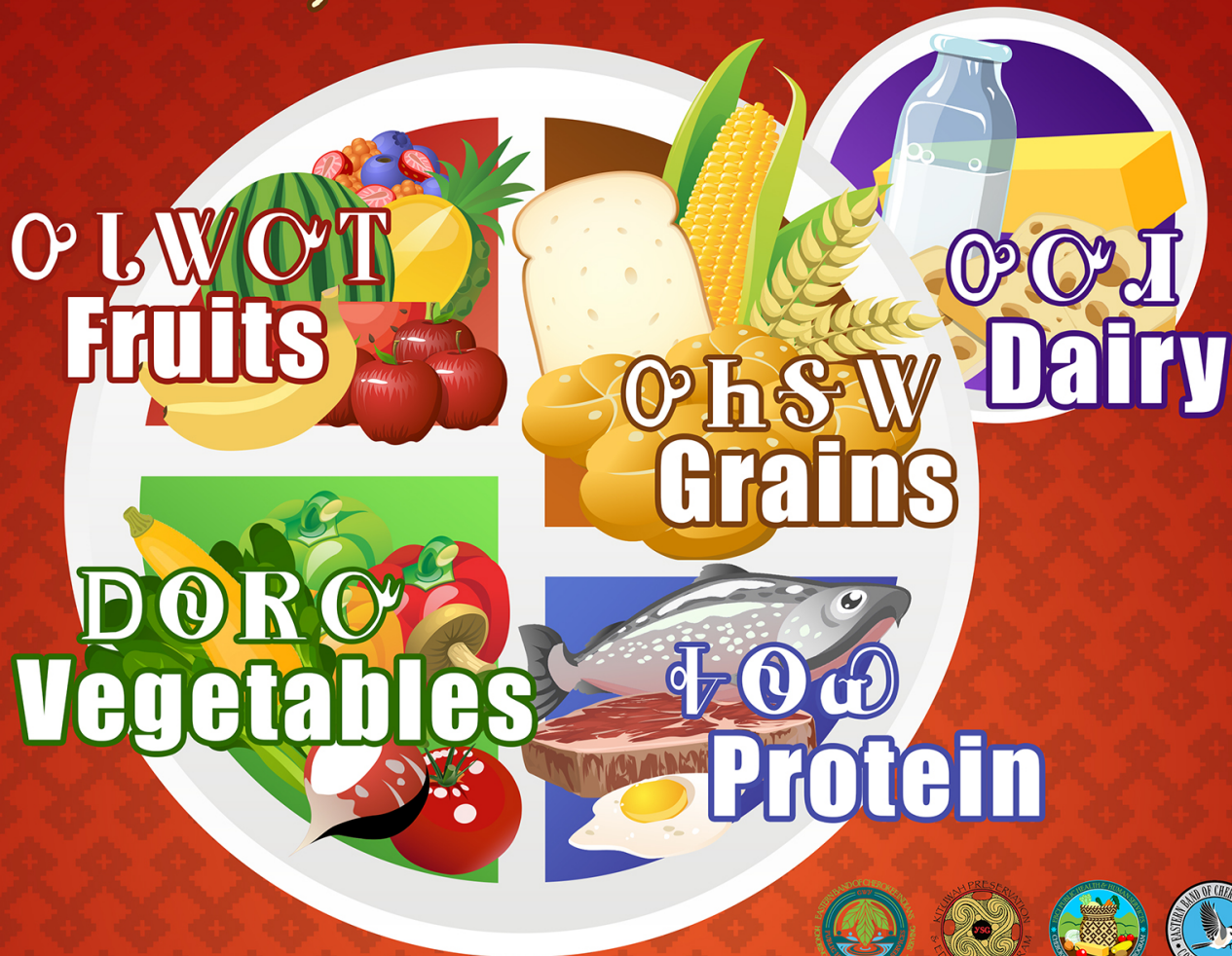
*Easy first tips that give you **BIG** outcomes!*

- Cut out sodas and juices
- Limit screen time (ex. computer, iPad, TV)
- Get an hour of physical activity a day
- Stay well-rested
- Wait 20 minutes after eating before getting more food
- Drink water with your meals

Get the whole family involved in your journey to become healthy!



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ᑭᑭᑦ Vegetables

Any vegetable or 100% vegetable juice counts as a member of the vegetable group.

Fill half your plate with fruits and vegetables.



ᑭᑭᑦ Fruits

Focus on fruits.

Whole fruit is preferable to juice, but any fruit counts: fresh, frozen, canned, 100% juice, or dried.

Fill half your plate with fruits and vegetables.



ᑭᑭᑦ Grains

Make at least half your grains whole.

Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.

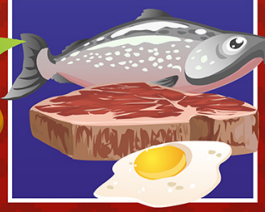


ᑭᑭᑦ Protein

Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans, peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



ᑭᑭᑦ Dairy

Get your calcium rich foods.

Remember to choose skim milk or 1% milk.

Try nonfat yogurt.

Keep choices low in fat, sodium, and sugar.



PHYSICAL ACTIVITY

Physical activity produces overall physical, psychological and social benefits. Inactive children are more likely to become inactive adults.

All children age 2 and older should get at least 60 minutes of enjoyable, varied, moderate-intensity physical activities every day.



12.6% of children who participate in sports are overweight, compared to 18.1% of children who do not participate.

Only 1/3 of high school students get the recommended levels of physical activity.



MEDIA

Only 2% of food advertising combined is for fruits, vegetables, grains and beans.



90% of the ads on Saturday morning television are for foods and beverages high in fats, sodium and added sugars, or are low in nutrients like sugary cereals, fast food and snack foods.

8 to 18-year-old adolescents spend an average of 7.5 hours a day on screentime, including TV, computers, video games, cell phones and movies.



FOOD

Children age 2 years and older should be encouraged to eat at least five servings of fruits and vegetables daily as well as a wide variety of other foods low in saturated fat and cholesterol.



Children eat almost twice as many calories when they eat a meal at a restaurant compared to a meal at home.

30 years ago, kids ate just one snack a day, whereas now they are trending toward three snacks, resulting in an additional 200 calories a day.



Children who consume more soft drinks consume more calories than kids who drink fewer soft drinks and are more likely to become overweight.

HEALTH

Childhood obesity is now the No. 1 health concern among parents in the United States, topping drug abuse and smoking.



Currently, less than 1% of the population, and almost no children in the United States ages 5-19, have ideal health as it relates to the American Heart Association's Healthy Diet Score.

Among American children ages 2-19, the following **males** and **females** are overweight or obese.



CHILDHOOD OBESITY

Over the past three decades, childhood obesity rates in America have tripled and today, nearly one in three children in America is overweight or obese. The numbers are even higher in African-American and Hispanic communities, where nearly 40% of the children are overweight or obese. If we don't solve this problem, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives. Many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer and asthma.

WHAT THE AMERICAN HEART ASSOCIATION IS DOING



Through our educational and fundraising programs for elementary and middle school students, we've helped generations of kids learn physical education skills, community responsibility and how to keep hearts healthy. www.heart.org/Jump or www.heart.org/Hoops

Be the Beat is an online Sudden Cardiac Arrest awareness initiative to teach teens the simple steps that can save a life — and create the next generation of lifesavers. Anyone can utilize these free tools to help start and sustain CPR and AED programs. www.bethebeat.heart.org/schools

We've teamed with noted child-nutrition activist and philanthropist Kelly Meyer to create the American Heart Association Teaching Gardens. These real-life learning laboratories in elementary schools across the country are teaching students what it means to be healthy. www.heart.org/teachinggardens

Our You're the Cure advocates are the moving force behind policy change for physical education, school and childhood nutrition and other childhood obesity issues at the local, state and national levels for the AHA/ASA. www.YoureTheCure.org

September is

Childhood Obesity Awareness Month

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. The good news? Childhood obesity can be prevented. You can help by promoting strategies to prevent childhood obesity during National Childhood Obesity Awareness Month in September (health.gov).

What Can We Do?

1



CREATE A HEALTHY START.

Breastfeed! *Did you know:* Forest County Potawatomi Community Health supports breastfeeding families? Contact Community Health for more information.

2



SHARE WHAT YOUR FAMILY IS DOING TO BE HEALTHY.

Share with your friends and family ways that your family enjoys being healthy. You can also share on social media and

#NationalChildhoodObesityAwarenessMonth or
#ChildhoodObesityAwarenessMonth

3



LET'S MOVE!

Did you know: FCP Community Health provides opportunities to move more? Join in on any or all of our events and programs including the Fall Hike, and the Fun Run/Fitness event at the Farm.

FCP Community Health Improvement Plan (CHIP)

Obesity Prevention Vision: Forest County Potawatomi Tribal Members will make healthy lifestyle choices related to nutrition, physical activity and weight management. Obesity is defined as having a Body Mass Index (BMI) greater than 30. BMI is a screening tool used to estimate a person's overall body fat. Overweight and obesity are major factors for chronic conditions including heart disease, stroke, type 2 diabetes and certain types of cancer, which happen to be the leading causes of preventable deaths in the U.S.

- Exercise 150 minutes per week for adults, 60 minutes a day for youth.
- Eat adequate amounts of fruits and vegetables.
- Move toward or achieve a healthy BMI.

For more information on nutrition, physical activity, and weight management, please contact Lisa Miller, RDN, CD or Kate Richlen, CH Nutritionist at (715) 478-4355.

For more info, contact:



FOREST COUNTY POTAWATOMI
HEALTH & WELLNESS CENTER
COMMUNITY HEALTH

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cmh.fcpotawatomi.com

Obesity has doubled in children
and tripled in adolescents
in the past 30 years.

Childhood obesity alone is
responsible for \$14 billion in
direct medical costs

Childhood Obesity: What's the Big Deal?

Be the Solution!



www.eatright.org/kids



www.FuelUpToPlay60.com



www.NCESCatalog.com