

CHILDHOOD OBESITY

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REVALENCE AND IDENTIFICATION

About 15.5 % of adolescents (ages 12 to 19) and 15.3 % of children (ages 6 to 11) are obese. The increase in obesity among American youth over the past two decades is dramatic

A measurement called percentile of Body Mass Index (BMI), a measurement of height and weight

CHILDREN'S HEALTH

- USDA must enforce its own rules against junk foods in schools
- The parents have to provide children with their traditional based diets
- Obesity and smoking before and during pregnancy linked to childhood weight problems
- Obesity refers to an individual being more than 20% above ideal body weight or a BMI greater than 30%
- Obesity is classified as a disease
- Poor adolescents more likely to be overweight today than 30 years ago (increase in consumption of sweetened beverages, physical inactivity, skipping breakfast) A child overweight by the second birthday might stay overweight for a life time
- An elevated BMI is associated with elevated blood pressure and lipids in older adolescents and increases their risk of diseases like cancer, and is a criteria for more aggressive treatment
- Type 2 diabetes, previously considered as an adult disease, has increased dramatically in children and adolescents
- The most immediate consequences of overweight is social discrimination

HEALTHY DIETS AND EXERCISE FOR WEIGHT LOSS

- Eating a diet full of fruits, vegetables and protein, eat when hungry and slowly
- Portion control, "Super-Sizing" is the wrong concept in ordering prepared foods
- Exercise program is necessary to ensure burning of calories (30 to 60 minutes daily)
- Sweating and appropriate water consumption must occur daily to detoxify the cells
- Lactose and gluten intolerances are creating havoc in African-American children
- Acupuncture does not melt the fat but rebalance the whole person
- Treating obesity with acupuncture stimulates the endocrine system
- Overweight children need support, acceptance and encouragement from their parents
- Be a good role model, if you have a weight problem yourself set a good example for your child by visiting your doctor and making a plan to get to a healthy weight