

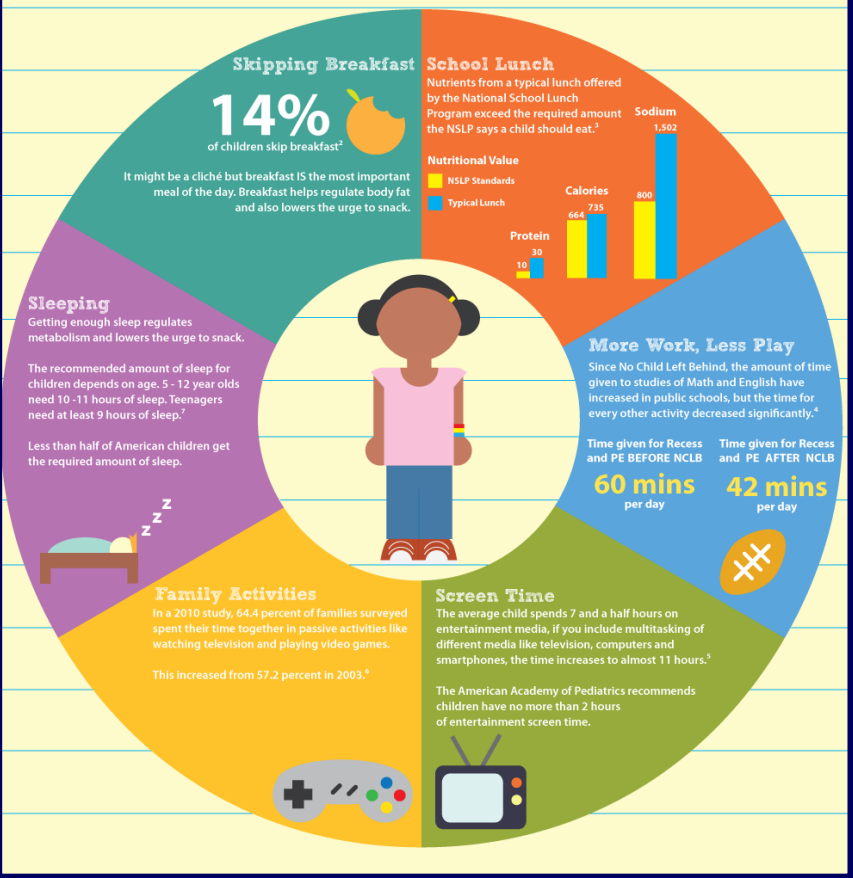


Childhood Obesity Awareness

Childhood obesity is a complex health issue that occurs when a child is well above the normal or healthy weight for his or her age and height. The causes of excess weight gain in young people are similar to those in adults, including factors such as a person's behavior and genetics.

THE MANY ROADS TO CHILDHOOD OBESITY

According to the Center of Disease Control and Prevention, approximately 17% (or 12.5 million) of children aged 2 - 19 years are obese.¹ Some have blamed bad health choices on part of the parents and/or the child. Others have blamed the lack of exercise as the culprit. But what if its not just one thing, but a collection of factors that lead to childhood obesity? We'll look at just a few of these factors and how they effect childrens' health.



Consequences of Obesity

Obesity during childhood can have a harmful effect on the body in a variety of ways. Children who have obesity are more likely to have:

- High blood pressure and high cholesterol, which are risk factors for cardiovascular disease (CVD).
- Increased risk of impaired glucose tolerance, insulin resistance, and type 2 diabetes.
- Breathing problems, such as asthma and sleep apnea.
- Joint problems and musculoskeletal discomfort.
- Fatty liver disease, gallstones, and gastro-esophageal reflux (i.e., heartburn).
- Psychological problems such as anxiety and depression.
- Low self-esteem and lower self-reported quality of life.
- Social problems such as bullying and stigma.

Information provided by the CDC at <https://www.cdc.gov/obesity/childhood/causes.html>