



# SUPERSIZING OUR CHILDREN

## Childhood Obesity



# OBJECTIVES

- Describe the epidemic of obesity affecting adults and children
- List the possible consequences of being overweight as a young child
- Describe the role of the child care environment and staff in helping to prevent overweight in children
- List some ways child care providers can help children eat healthy and be more physically active

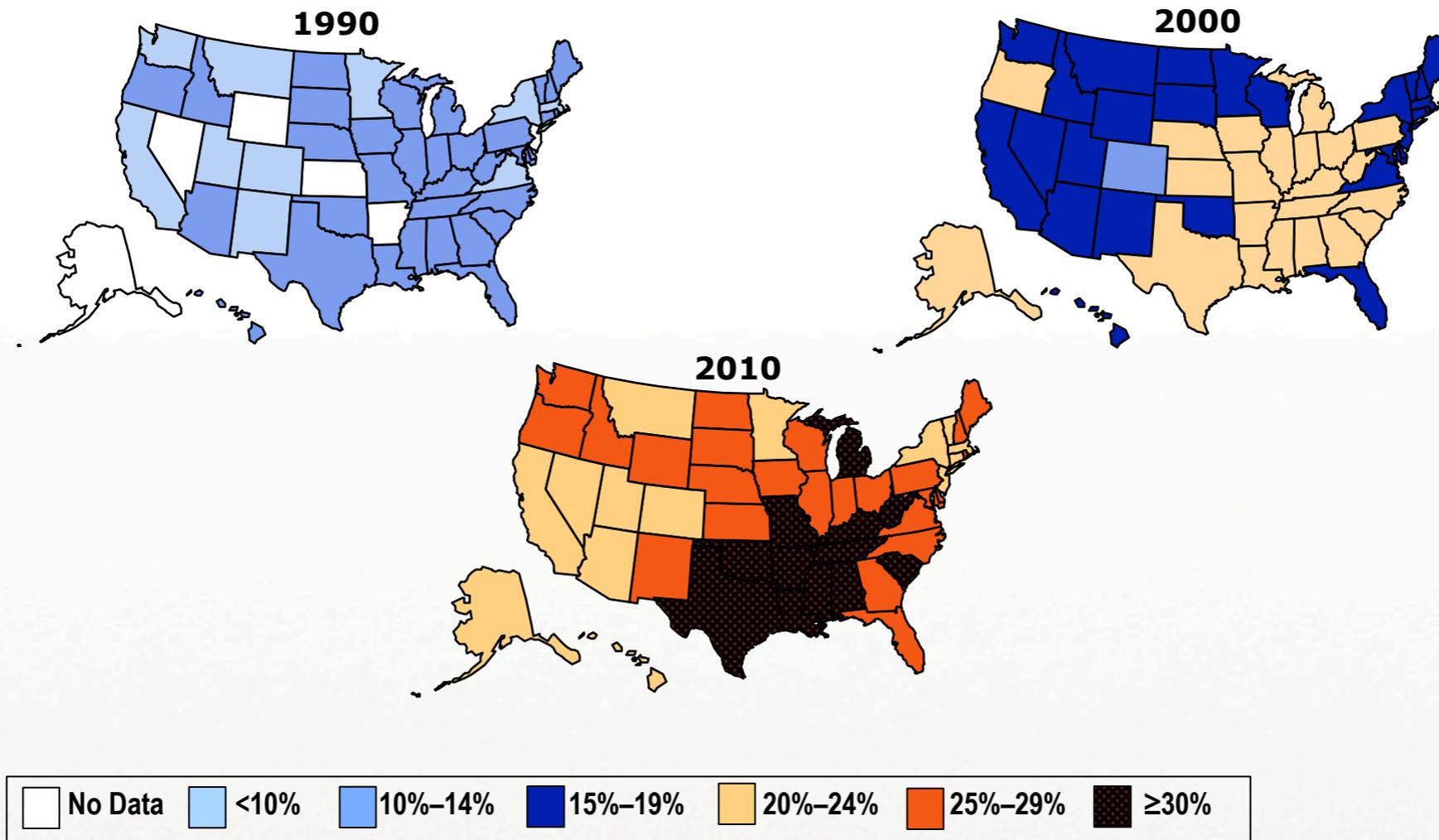
# OBESITY IN AMERICA



# OBESITY TRENDS\* AMONG U.S. ADULTS

## BRFSS, 1990, 2000, 2010

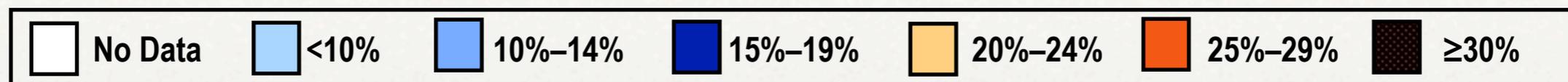
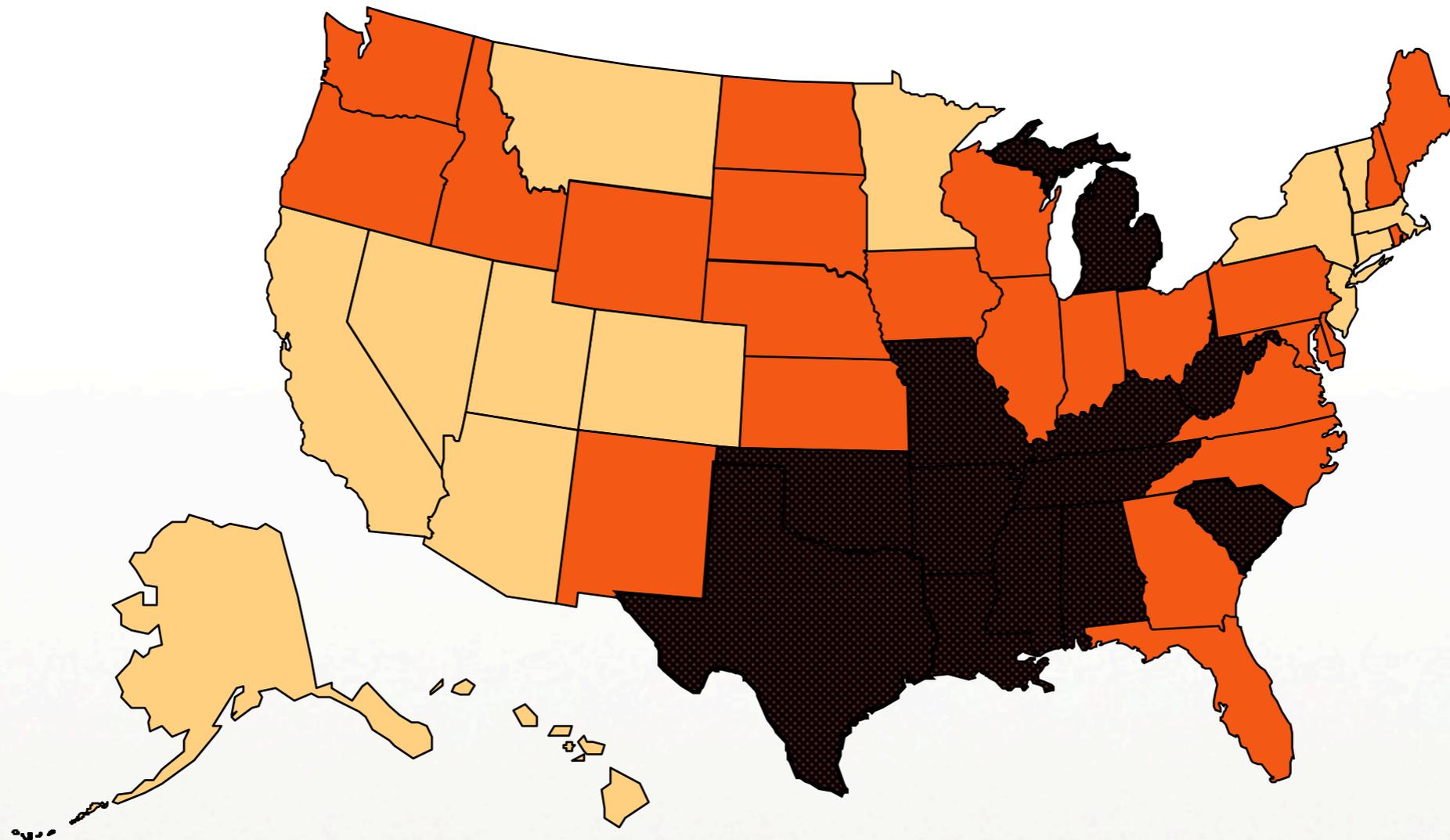
(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



# OBESITY TRENDS\* AMONG U.S. ADULTS

## BRFSS, 2010

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# **OBESITY:** **THE FACTS**

**Body Mass Index (BMI) is the standard measurement of overweight and obesity**

- **For adults:**

- Overweight is defined as a BMI of 25-29
- Obesity is defined as a BMI  $\geq 30$

# **OBESITY:** **THE FACTS**

**Obesity is common, serious and costly:**

- U.S.: \$147 billion per year
- Utah: \$393 million per year

**Medical costs for obese person were \$1400 more than normal weight person per year**

**Medical costs involve direct and indirect costs**

SOURCE: [www.cdc.gov](http://www.cdc.gov)

# WHAT FACTORS AFFECT OBESITY?

## Biology

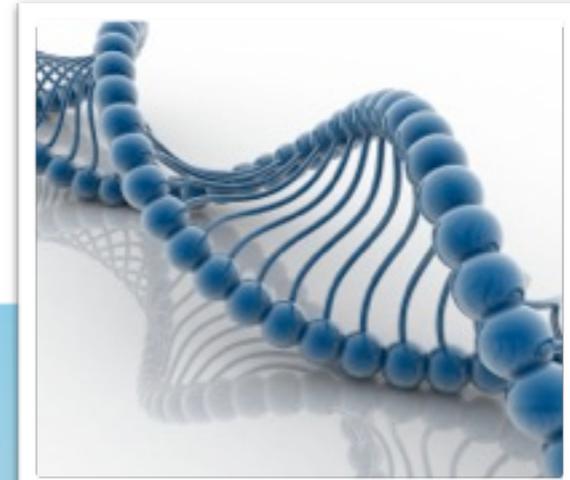
- Genes

## Behaviors

- Eating
- Physical activity
- Screen time

## Environment

- Social
- Physical



**Focus on what we can change!**

# OBESITY IS CAUSED BY LONG-TERM ENERGY IMBALANCE



# WHY THE INCREASE IN OBESITY?

Rising obesity rates result from increases in caloric intake and/or decreases in caloric expenditure

The rise in obesity rates in the last decade could be explained by as little as an average net increase of 100 calories per day

| <b>FOODS</b>          | <b>Calories</b> |
|-----------------------|-----------------|
| 2 Oreo cookies        | 106             |
| 4 Hershey's Kisses    | 100             |
| 8 fl oz Coca-Cola     | 162             |
| 1 Tbsp ranch dressing | 90              |
| 2 slices white bread  | 130             |

*SOURCE: [www.calorieking.com](http://www.calorieking.com)*

| <b>ACTIVITIES</b>        | <b>Calories</b> |
|--------------------------|-----------------|
| Walking 1 mile           | 96              |
| Biking 4 miles (@10 mph) | 102             |
| Jogging 1 mile (@5 mph)  | 120             |

*SOURCE: [www.healthyheart.org/nutrition/caloricostofexercise.htm](http://www.healthyheart.org/nutrition/caloricostofexercise.htm)*

# CHANGES IN CALORIC INTAKE FROM 1970 TO 2000

## Adults

- Men: 2,450 to 2,618 kcal/day (+7% )
- Women: 1,542 to 1,877 kcal/day (+22% )

## Children

- Boys: 2,550 to 2,800 kcal/day (+10%)
- Girls: 1,780 to 1,900 kcal/day (+7%)

**HELP, THE ENVIRONMENT IS  
MAKING US FAT!**



# BRAINSTORM

What factors in the environment make it harder for us to eat smart and move more?



# URBAN SPRAWL AND TIME SPENT IN CARS



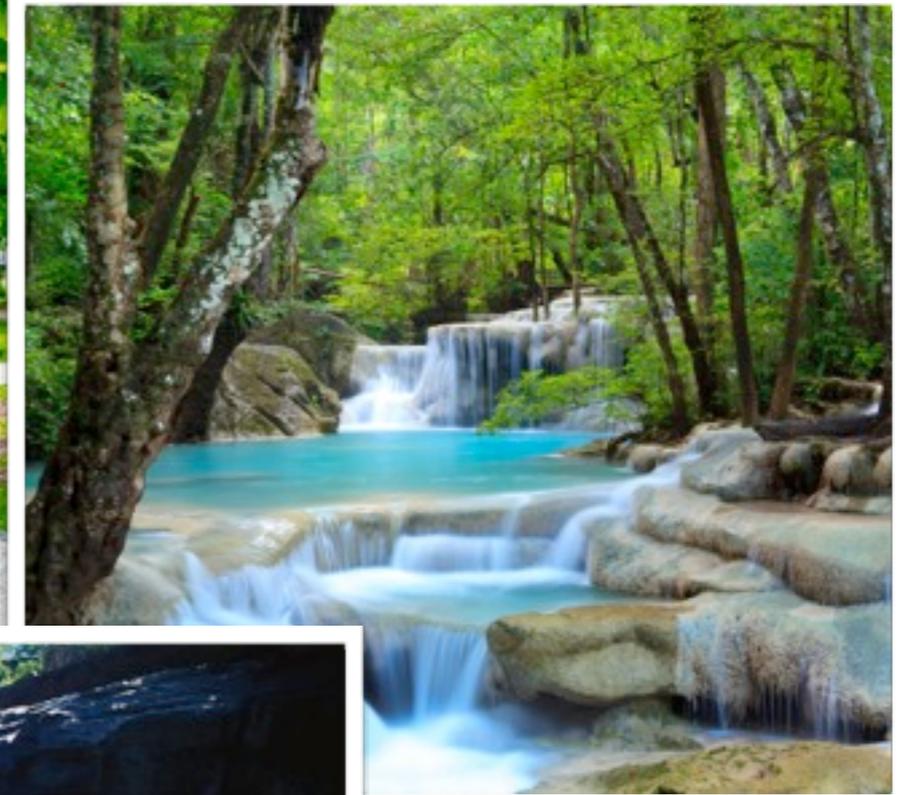
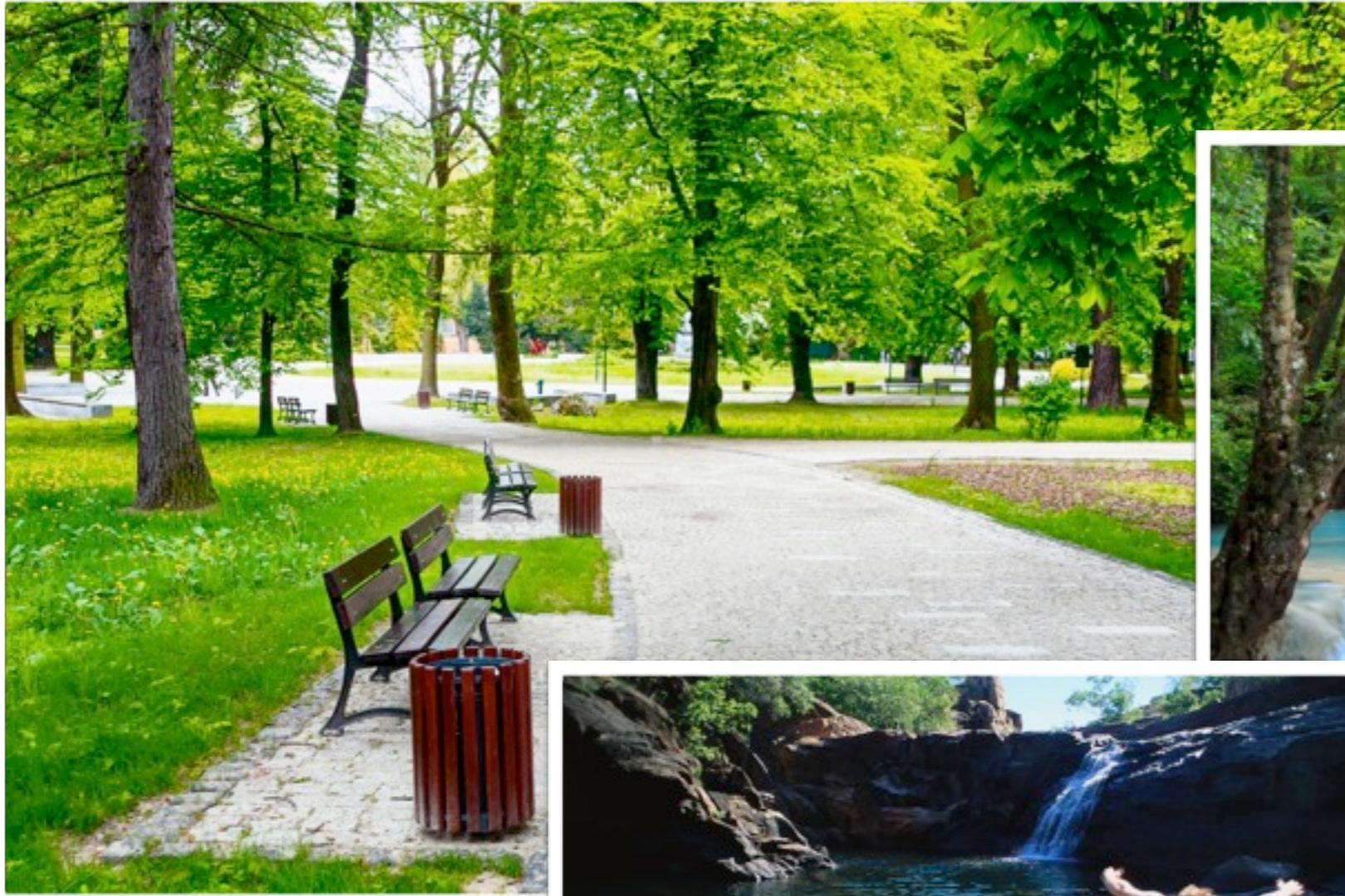
# STREET CONNECTIVITY AND MIXED USE



# POOR ACCESS TO RECREATIONAL FACILITIES



# LACK OF PARKS AND GREEN SPACES



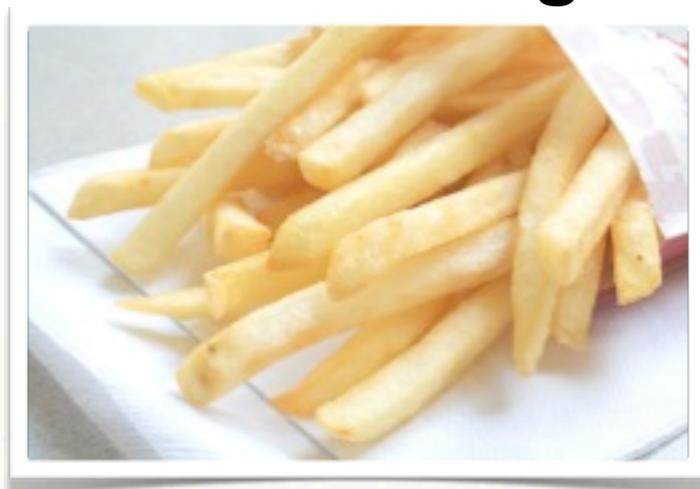
# DENSITY OF FAST FOOD RESTAURANTS



# EATING AWAY FROM HOME CONTRIBUTES TO PORTION DISTORTION

## FRENCH FRIES

**20 Years Ago**



210 Calories  
2.4 ounces

**Today**



610 Calories  
6.9 ounces

**Calorie Difference: 400**

# PRESENCE OF CONVENIENCE STORES AND ABSENCE OF GROCERY STORES



# PRICE MATTERS



# SCHOOL AND WORK



- Poor food choices in cafeteria or vending machines
- Minimal opportunities for physical activity
- School or work environments that don't support or encourage healthy eating and physical activity
- Technology that makes work easier but reduces physical activity



# HOME

- Availability and accessibility of fruits & veggies and healthy snacks
- Family meals, especially for children
- Family traditions (walks after dinner, playing with the kids)

**Adults control what enters the home!**



# HOME

- Presence of exercise or play equipment
- Outdoor space for child play
- Media importance in home (use of TV at meals, video games, etc)
- Number and location of TVs
- Healthy sleep routines



# CHILDHOOD OBESITY



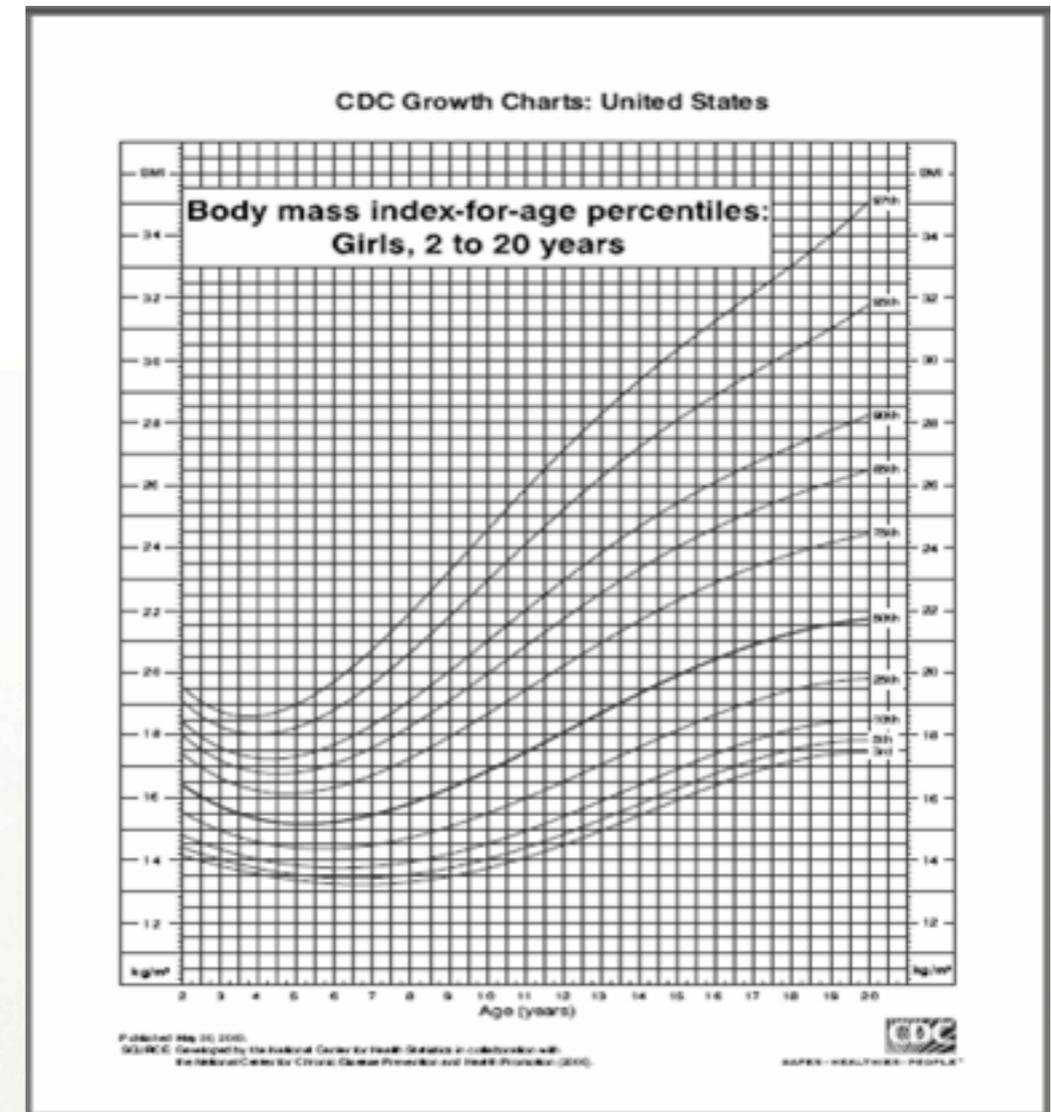
# BACKGROUND

- Current child obesity epidemic
- As of 2005, 56% of children aged 3-6 yrs enrolled in child care centers
- Child care setting is ideal for promoting early development of health behaviors



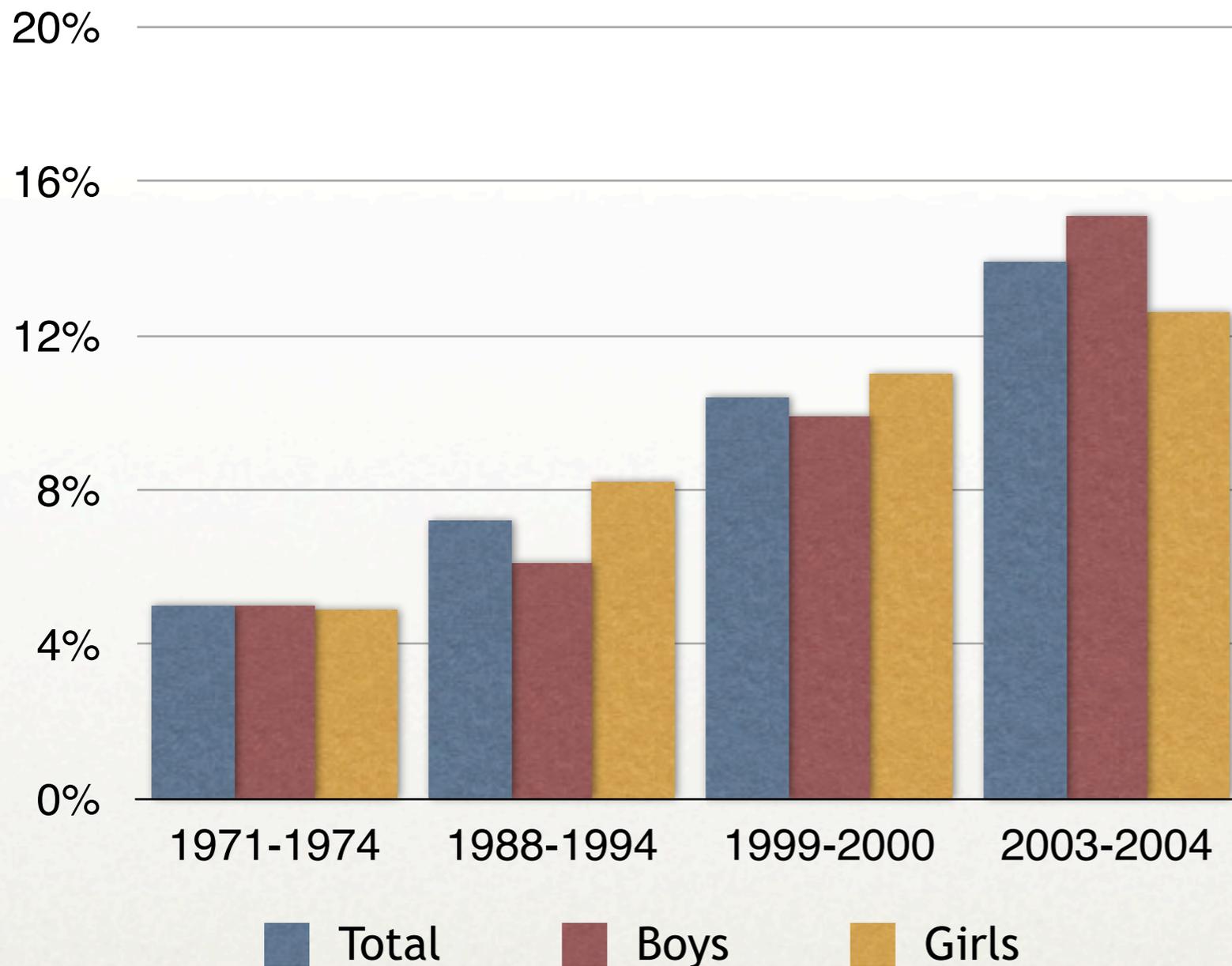
# OBESITY: THE FACTS

- BMI compared to growth charts
- BMI that falls between the 85th-95th percentile = overweight
- BMI at or above the 95th percentile = obese

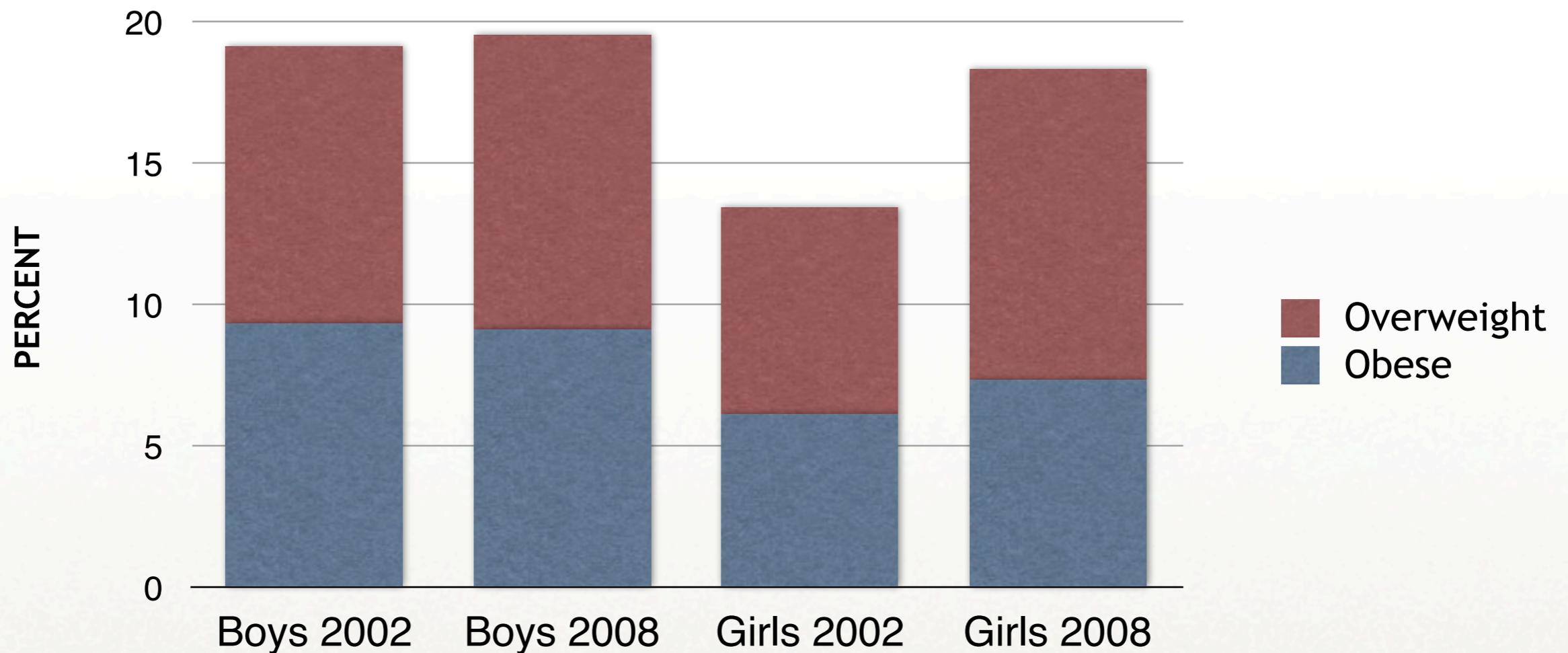


# OBESITY IN CHILDREN

Overweight and Obese children aged 2-5 in the United States

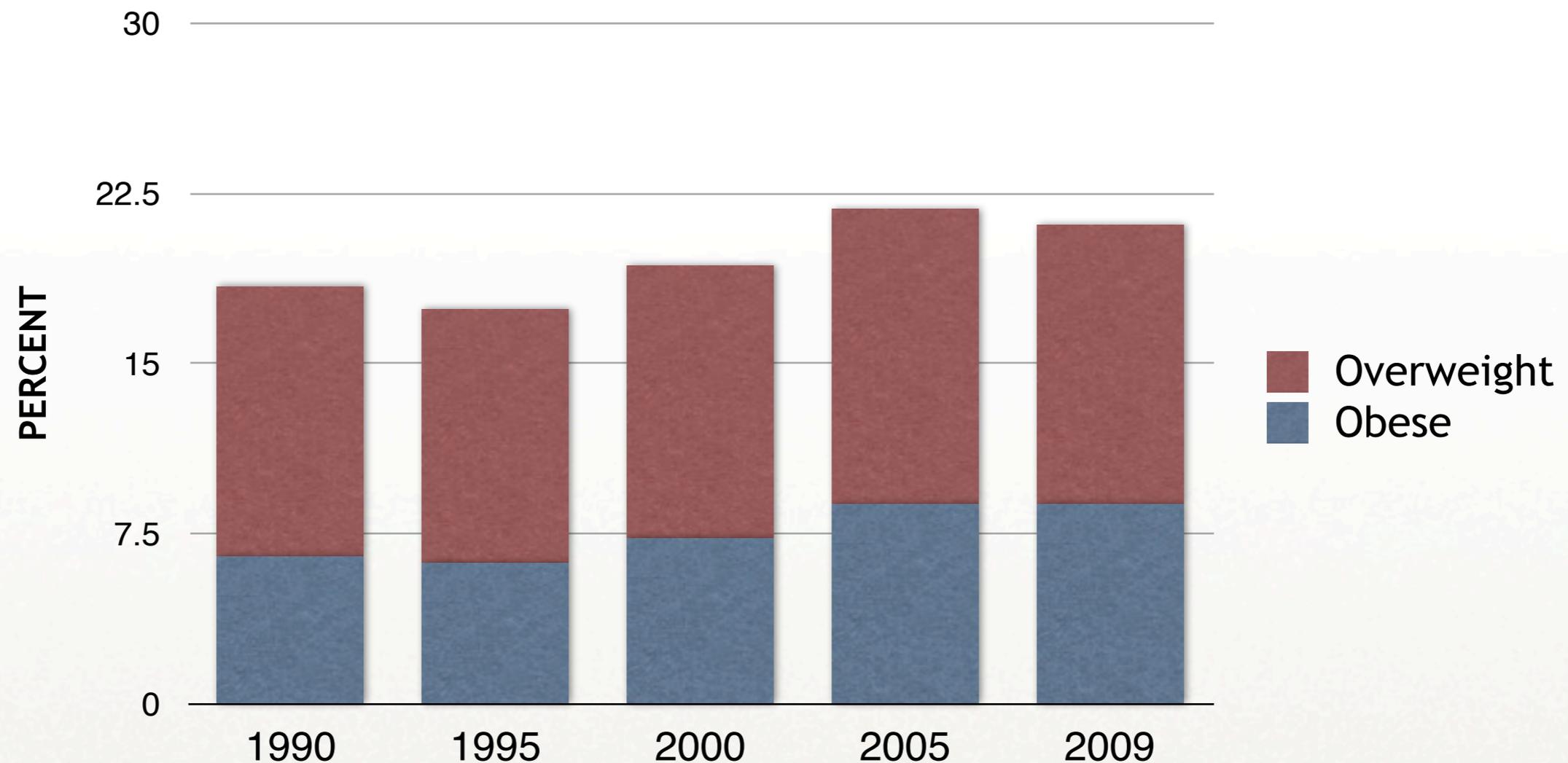


# OVERWEIGHT AND OBESITY UTAH FIRST GRADERS



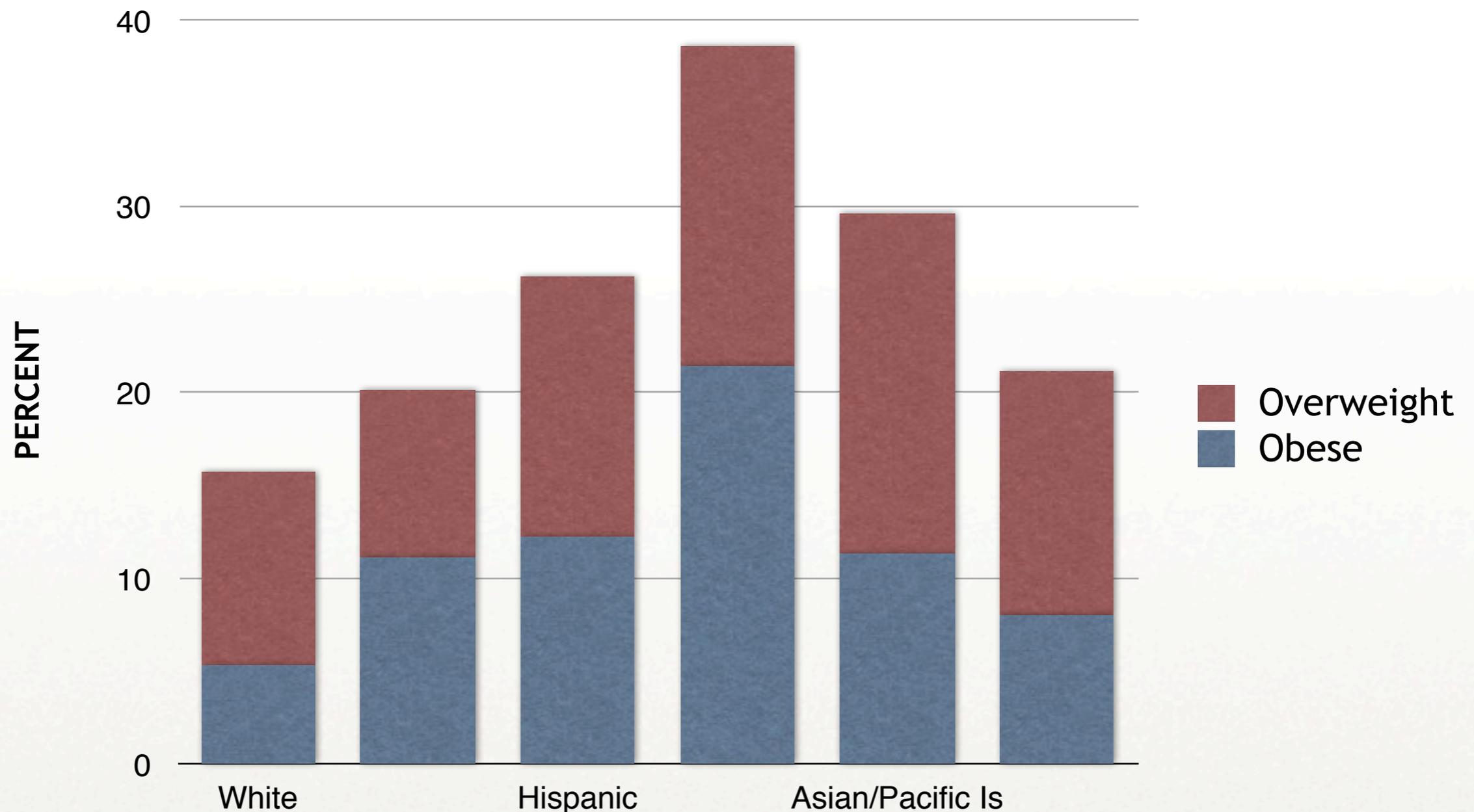
Source: Height Weight Measurement Project, Utah Department of Health

# EARLY CHILDHOOD OVERWEIGHT AND OBESITY UTAH WIC PROGRAM, 2009



Source: Pediatric Nutrition Surveillance System, Utah WIC Program, 2009

# EARLY CHILDHOOD OVERWEIGHT AND OBESITY BY RACE/ETHNICITY, 2009



Source: Pediatric Nutrition Surveillance System, Utah WIC Program, 2009

# SHOULD WE BE CONCERNED?

- Overweight is now the most common nutritional disease of children
- Preschool children who are overweight are nearly 5x more likely to be overweight as young adults
- Obesity is a risk factor for many chronic conditions and health problems



# BRAINSTORM

**What are the health risks for  
overweight and obese children?**



# HEALTH RISKS OF OBESITY

- Heart Disease
  - ➔ Total cholesterol
  - ➔ Serum triglycerides
  - ➔ Blood pressure
- Breathing problems
- Type 2 diabetes
- Musculoskeletal problems
- Weight discrimination



# CONTRIBUTORS TO CHILD OBESITY

- Food choices
- Physical
- Parental obesity
- Eating patterns
- Parenting style
- Diabetes during pregnancy
- Low birth weight
- Excessive weight gain in pregnancy
- Formula feeding
- Parental eating and physical activity habits
- Demographic factors



# WHAT CAN WE DO?

## Factors within our control

- Nutrition
- Physical activity
- Screen time
- Feeding interactions
- Support breastfeeding mothers and children

**Focus on what we can change!**



# YOU CAN MAKE A DIFFERENCE!

**Child care providers are advocates for healthy children!!**



# BRAINSTORM

**What is the role of child care in helping children develop healthy habits?**

**What can you do to prevent obesity in young children?**



# NUTRITION ACTIVITY

Locate and complete the handout:  
“Improving Your Facility’s Nutrition and Physical Activity Environment”

Take some time to brainstorm ways you can help the children in your care eat more healthy and be more physically active.

**Improving YOUR Facility's Nutrition and Physical Activity Environment**

Complete the following brainstorming exercise in pairs or by yourself. Then share your ideas with the group.

List three ways you can help the children at your facility eat or drink healthier.

- 1.
- 2.
- 3.

List three things you can do at your facility to get the children more active.

- 1.
- 2.
- 3.

**BONUS:** Think of a NAP SACC motto or catchphrase for your facility. As a group, vote on the best one!

# NUTRITION ACTIVITY

## Making Changes in the Child Care Environment



# SUMMARY

- Obesity is a complex, serious, and costly problem in our country
- More than 1 in 4 preschoolers are overweight or obese
- Child care providers can help kids develop healthy habits, and grow in a healthy way
- Together, we can make a difference!