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SAFE WEIGHT LOSS FOR OVERWEIGHT CHILDREN

OVERWEIGHT CHILD IS?

A child who has accumulated excessive fat that impairs activity and develops certain health risks.

HOW DOES CHILDREN BECOME OVERWEIGHT?

A number of factors contribute towards children becoming overweight. These include:

- Genetics.
- Poor eating habits.
- Inactive lifestyle.
- Hormonal problems.

RISKS ASSOCIATED WITH BEING OVERWEIGHT?

Overweight children are more susceptible to certain diseases and conditions:

- Asthma.
- Type 2 diabetes.
- High blood pressure.
- High cholesterol.
- Liver disease.
- Early puberty.
- Sleep disorders.
- Behavioral issues.

HOW TO AVOID BEING OVERWEIGHT?

7 ways you can help your children maintain a healthy weight:

- Eat home cooked family meals together.
- Adopt an active lifestyle involving your children.
- Avoid junk and oversized food portions.
- Provide plenty of vegetables, fruits and wholegrain products.
- Include low fat or no fat milk or dairy products.
- Choose lean meat, chicken, lentils and beans for protein.
- Choose to drink water instead of sugary drinks.

WHAT TO DO FOR OVERWEIGHT CHILDREN?

- Consult a child specialist (pediatrician), dietician and or psychiatrist.
- Enroll your children in a weight loss program.
- Ensure your children get adequate sleep.
  (Age 1-3 need 12-14 hours, age 3-5 need 11-13 hours, age 5-12 need 10-11 hours and adolescents between the age of 12-18 need 8-9 hours).

References:
www.nhs.uk, www.webmd.com, www.cdc.gov, www.med.umich.edu, www.ucsfbenioffchildrens.org, www.who.int,

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