A Family Health Approach for Promoting Healthy Weights in Children

January 11, 2005

Stephen E. Saunders
M.D., M.P.H.
Associate Director
Office of Family Health

The Problem

- More than 59%of Illinois adults are overweight and obese -BRFSS 2002
- Overweight is increasing among Illinois children and teens as well.
- Child overweight has increased from 9.3% (1976) to 14.0% (2002)
- Illinois rates are higher than the national average of 13.4%. -PedNSS 2002.

Following the CDC's Lead

- **The CDC has listed a number of strategies to address child overweight including:**
  - **Breastfeeding**
  - **TV Viewing**
  - **Fruit/Vegetable Consumption**
  - **Physical Activity**
  - **Feeding Dynamics**

Stephanie Bess
M.S., R.D., LDN
Acting Nutrition Services Coordinator

Objectives:

- **Participants will be able to:**
  - List the five recommended approaches for addressing child overweight.
  - Describe why these approaches are recommended.
  - Educate members of their community about child overweight including: appropriate terminology, prevention and management strategies, and what is happening in Illinois.

Definitions

- Adult overweight = BMI of >25
- Adult obesity = BMI of >30
- Child overweight = BMI for age of >95 percentile
- Note that a BMI cannot be calculated for a child under two years of age.
- At this time the term “obesity” should not be used for children as there is no standard for it.
  - http://www.cdc.gov/nccdphp/dnpa/obesity/defining.htm

Brenda Snyder, MS, RD, LDN, CLC, CLE
State Breastfeeding Coordinator

How Can Breastfeeding Prevent Overweight?

- Direct effects of formula may lead to overweight
- Nursing teaches self regulation of intake
- Breastfeeding alters parent-child interactions

Can-Do Counseling Tips

- Encourage good maternity care practices locally
- Improve workplace support of breastfeeding- this includes child care
- Provide breastfeeding education
- Work to improve public acceptance of breastfeeding
- Offer peer support

Relate This to Every Day Life

- Do breastfeeding women feel comfortable breastfeeding in public?
- Does the breastfeeding mom receive criticism for “starving” her breastfed baby?
- Do daycare providers welcome breastfed babies?
- Do businesses support breastfeeding women/employees?

Penny Roth, MS, RD, LDN
Chief
Bureau of Family Nutrition

How is TV Viewing a part of the problem?

- 1/3 of our children watch 5 hours of TV per day even at an early age.
- This becomes a problem due to:
  - Decreased energy expenditure
  - Increased energy intake
  - Potential for decreased resting metabolic rate

Barriers to Reducing TV Viewing Include:

- Parents don't see this as a problem
- Parents may watch a lot of TV
- Time pressures
- Hassle involved
- Concerns about weather, safety, access

Can-Do Counseling Tips

- Teach and Encourage Parents to:
  - Not allow TV in child's room
  - Not allow TV in dining area
  - Practice good role modeling
  - Not connect TV with eating
  - Pay attention to time spent with TV/video
  - Be fair about limits--small steps
  - Identify enjoyable alternatives
  - Plan TV viewing

Relate This to Every Day Life

- Observe children while they try to eat and watch TV.
  - Do you notice them being distracted from their eating by the TV?
  - Do they consume mindlessly?
  - Do you hear them say they want something b/c it is being advertised at the moment?

LaShon Keys, M.ED, RD, LDN
Regional Nutritionist Consultant

How Can Increasing Fruit & Vegetable Intake Help?

- Fruits and vegetables are an important component of the diet
- They need to replace non-nutritive foods in order to make a difference with weight
- Watch the juice intake!

Can-Do Counseling Tips

- Encourage parents to:
  - Include fruits and vegetables as part of all meals and snacks
  - Involve children in meal preparation
  - Identify low cost, seasonal fruits and vegetables
  - Be good role models

Relate This to Every Day Life

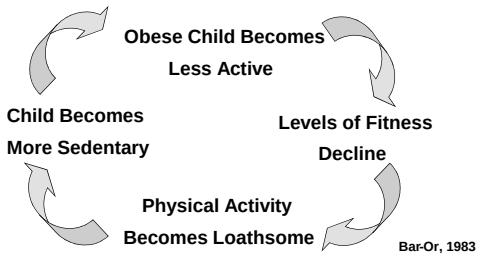
- What creative tips can be used to introduce fruits and vegetables to children?
- Many people say that vegetables are expensive. How can a family add fruits and vegetables into their budget?
- How can parents add more vegetables and fruits to their school-aged child's lunch?
- How exactly will eating fruits and vegetables reduce one's child's risk of becoming overweight?

Jeff Sunderlin, MS
Illinois Dept. Of Public Health

A WORD ABOUT PHYSICAL ACTIVITY & KIDS

- Data is Scarce– Not Miniature Adults
- 60 Minute Concept
- Developmentally Appropriate Movement Skills
- Training is Required
- Inactive Early = Inactive Late

Obesity Cycle in Children



Bar-Or, 1983

Laws of Thermodynamics

- Caloric intake exceeding caloric expenditure

John Q Public & The Madness of the Message….

Is it …. Physical Activity
Exercise
Fitness
Sports
Lifestyle Activity ?

Physical Activity Recommendations That Will Yield Health Benefits

- Accumulation of at Least 30 minutes
  - 3 - 10 minute bouts
  - 2 - 15 minute bouts
  - 1 - 10 minute bout & 1 - 20 minute bout
- Moderate Pace
- Preferably Most Days of the Week

Wrap-Up

- **As you go out into your communities keep the following key concepts in mind:**
  - **Parents need to understand WHY these strategies are beneficial.**
  - **Parents and other caregivers need support in making changes.**
  - **Some of our families first need to have access to ENOUGH food.**
  - **Feeding dynamics and parenting are key components.**
  - **Terminology IS important.**