

# PROMOTING HEALTHY WEIGHT CHILDREN



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# Three Parts to This Presentation



Part 1 - Factors that have a negative affect on a child's weight

Part 2 - Habits that promote a healthy weight

Part 3 - Medical consequences of unresolved childhood obesity

# Body Mass Index (BMI) Defined

Normal BMIs for youth are much lower than adults and values vary according to what stage of growth they are in.

BMIs for youth are measured in percentiles:

- ▶ 84<sup>th</sup> percentile and less is considered a healthy weight
- ▶ 85<sup>th</sup>-94<sup>th</sup> percentile is considered overweight
- ▶ 95<sup>th</sup>+ percentile is considered obese

# A WORD ABOUT THE WORD OBESITY

HONESTLY ... I don't care for the word "obesity."

I prefer the terms:

- Excess stored energy [ESE]
- High BMI or
- Unhealthy weight

As you will see in Part 3, a high BMI is truly an unhealthy weight.

The picture to the right, shows that ESE can be harmful.



# PART 1

## FACTORS THAT AFFECT WEIGHT

- ▶ Environmental
- ▶ Nutrition Habits
- ▶ Lifestyle Habits
- ▶ Parenting Style



# Intrauterine environment effects a child's weight:

- ❖ Maternal malnutrition
- ❖ Diabetic mothers
- ❖ Large birth weight



Studies confirm that a high BMI is largely determined by environmental factors directly related to human behavior.



# Nutrition Habits being the largest contributing environmental factor





# Nutrition Habits that have a negative effect during infancy and toddlerhood...

- ▶ Rapid weight gain first couple months of infancy
- ▶ Delaying introduction of solid foods to infants till 7 months or later
- ▶ Limited variety of food during toddlerhood



# Nutrition Habits that have a negative effect on all ages of children...



- ▶ High fat diet - greater than 35% caloric intake
- ▶ Soda pop and fruit juice consumption
- ▶ Eating 50% or more of daily calories in the evening

# MORE Unhealthy Nutrition Habits

- ▶ Skipping breakfast
- ▶ Lack of dairy and calcium
- ▶ Lack of fruits and vegetables
- ▶ Not eating home cooked meals
- ▶ Fast food consumption
- ▶ These nutrition deficiencies increase BMI:
  - Omega 3 fatty acids
  - Calcium and Vitamin D
  - B Vitamins

# LIFESTYLE HABITS that have a negative effect on weight...

- ▶ Greater than 2 hours screen time per day
- ▶ Lack of physical activity
- ▶ Erratic sleep patterns and lack of sleep [10 to 12 hours recommended for toddlers and preschoolers]



# PARENTING STYLES that have a negative effect on weight...

1. Uses food to satisfy a child's emotional needs
2. Uses food to promote good behavior
3. Rigidity and inflexibility regarding eating practices
4. Excessive parental control over or total lack of control over child's dietary intake
5. Lack of parental support or over-possessiveness
6. Excessive parental concern about child's weight status
7. Allowing children to get their own snacks



# PART 2

## HABITS THAT PROMOTE A HEALTHY WEIGHT



▶ NUTRITION

▶ LIFESTYLE

▶ PARENTING

# NUTRITION HABITS THAT PROMOTE A HEALTHY WEIGHT

1. Drink adequate amounts of sugar-free, caffeine-free fluids (aim for 2/3 fluids from water)
2. Consume dairy or calcium every day:
  - ❑ 2 servings for toddlers or 500 mg of calcium
  - ❑ 2 ½ servings for preschoolers or 800 mg of calcium
3. Eat a healthy breakfast (i.e. whole grains and protein, fruit)
4. Eat 5 servings of fruits and vegetables per day

# MORE NUTRITION HABITS

5. Eat foods from all food groups most every day
6. Eat nutrient-dense foods
7. Avoid unhealthy, calorie-dense, nutrient-depleted foods
8. After the age of 2, limit fat intake to 35% of total caloric intake or less
9. Avoid Fast food restaurants or limit to 1 time per week and don't order fried foods.

# MORE NUTRITION HABITS

10. Spread caloric intake out throughout the day
11. Eat home cooked meals 5 to 6 days per week
12. Eat oily fish at least 1 time per week or provide omega 3 fatty acid supplement per your doctor recommendation



# Concerning Infants and Toddlers...



Start introducing solid foods to infants before 7 months of age

Provide a large variety of food from all food groups during toddlerhood



# LIFESTYLE HABITS THAT PROMOTE A HEALTHY WEIGHT



- ▶ Limit screen time to 1 hour or less per day
- ▶ Follow guidelines for physical activity
- ▶ Have a regular sleep schedule
- ▶ Provide opportunity for young children to get 10 hours to 12 hours of sleep

# PARENTING HABITS THAT SUPPORT A HEALTHY WEIGHT

- ▶ Don't use food as a reward or punishment
- ▶ Don't force children to eat
- ▶ Don't use food to satisfy children's emotional needs or to promote good behavior
- ▶ Provide balanced diet of nutrient dense foods
- ▶ Give children healthy snack options in appropriate serving sizes

# MORE PARENTING HABITS

- ▶ Provide family style meals
- ▶ Feed children to support a healthy body and avoid talking about the child's weight
- ▶ Model healthy eating habits
- ▶ Provide opportunities for child develop self-regulation:
  - Allow children to feed themselves as soon as appropriate
  - Allow children to serve themselves and choose how much healthy food they eat

# EDUCATE PREGNANT MOTHERS:



- ▶ About eating a balanced diet and appropriate caloric intake
- ▶ About benefits of breast feeding
- ▶ To get tested for gestational diabetes
- ▶ If they have diabetes, get treated!

## PART 3

# Medical Consequences of a HIGH BMI





# WHAT IS ALL THE FUSS ABOUT A HIGH BMI?



# HERE'S WHAT ALL THE FUSS IS ABOUT...



... Excess weight causes harm to the body in several different ways...

# ... HEART AND LUNG FUNCTION ARE AFFECTED

- ▶ **Elevated Blood Pressure**
- ▶ **Enlarged Heart Muscle (as young as 6)**
- ▶ **Lung Function**
  - **Breathlessness on mild exertion**
  - **Increased respiratory infections**
  - **Increased rates of asthma**
  - **Reduces respiratory function by as much as 15%**
  - **Causes sleep apnea**

# ... NEGATIVE AFFECT ON BLOOD COMPONENTS



- ▶ **Increased Plaque Formation** - increases heart disease, peripheral vascular disease and risk of stroke (7 yr)
- ▶ **Increase Clotting Factors** - increases heart attaches and strokes (7 yr)
- ▶ **Suppresses Immune Function** - kids get sick more often and more severely

## ... IT CAUSES BIG PROBLEMS WITH INSULIN LEVELS

- ▶ **Impaired Glucose Tolerance** - precedes Type 2 diabetes
- ▶ **Insulin Resistance** - precedes Type 2 diabetes
- ▶ **Hyperinsulinemia**
  - Contributes to the development of fatty liver
  - Increase serum lipids
  - Causes damage to arterial walls which promotes plaque formation
- ▶ **Increases risk for Type I Diabetes**



# ... IT CAUSES HORMONE IMBALANCES



- ▶ Elevated Growth Hormone
- ▶ Retarded Testicular Development



# ...CAUSES ORTHOPEDIC PROBLEMS



- ▶ Bowed Leg
- ▶ Knock Knee
- ▶ Early Onset of Osteoarthritis
- ▶ Flat Foot
- ▶ Hyperlordosis
- ▶ Lower Bone Density

## ... CAUSES GROSS MOTOR DELAYS!

- ▶ Significant correlation between excess weight and gross motor delays in infants
- ▶ Ability to jump and run significantly impaired for preschoolers with elevated BMIs
- ▶ Lower activity levels which negatively impacts physical and functional development of children

Children with a severely high BMI showed significantly lower scores on the IQ test than normal weight peers.

**THIS IS SCARY!!**

**BUT HERE IS THE GOOD NEWS...**

When EXCESS STORED ENERGY gets used up, it no longer causes harm to a child's body.

There is a healthy way and harmful way to help a child's body use up excess stored energy.

# THE HEALTHY WAY

- FIRST Identify your child's unhealthy eating and lifestyle habits (see Part 1)
- SECOND Exchange their unhealthy habits for healthy nutrition and lifestyle habits (see Part 2)
- THIRD Remember to take a look at your parenting patterns. Do you have any parenting patterns that could be promoting unhealthy eating habits?
- FOURTH Work on changing your parenting patterns that have a negative effect on your child's eating habits.

# Young Children

The HEALTHY WAY typically works well with young children. If the habits changes you make with your child are working, you will see that the child's weight will stabilize as the child grows taller over the next year. This results in the lowering of their high BMI.

# Teens & PreTeens

Teens and preteens experience more success when they have a program they can use that provides lots of support for habit change.

Positive Patterns for Life has an effective, pediatrician-approved healthy lifestyle and nutrition program that helps teens and preteens adopt healthier habits and achieve a healthier weight. This program is loaded with tools that support habit change, plus it is a program that gets the whole family involved in making healthy changes.

WHAT IS THIS PROGRAM??

# Back in Whack Program for Teens (and Tweens)



The program includes 27 interactive health coaching videos combined with a companion workbook. Go to <https://positivepatterns4life.com/biw-10> to learn more about the program.



If you need additional help, I am available to work with you and your child and even your whole family via video conferencing. You can reach me by clicking on the messaging icon in the lower right hand corner on the website and request an appointment.

With Care,  
Laurie Jean Ellis

