

Growing Healthy Children



Which of these children has a healthy weight ?



Alex

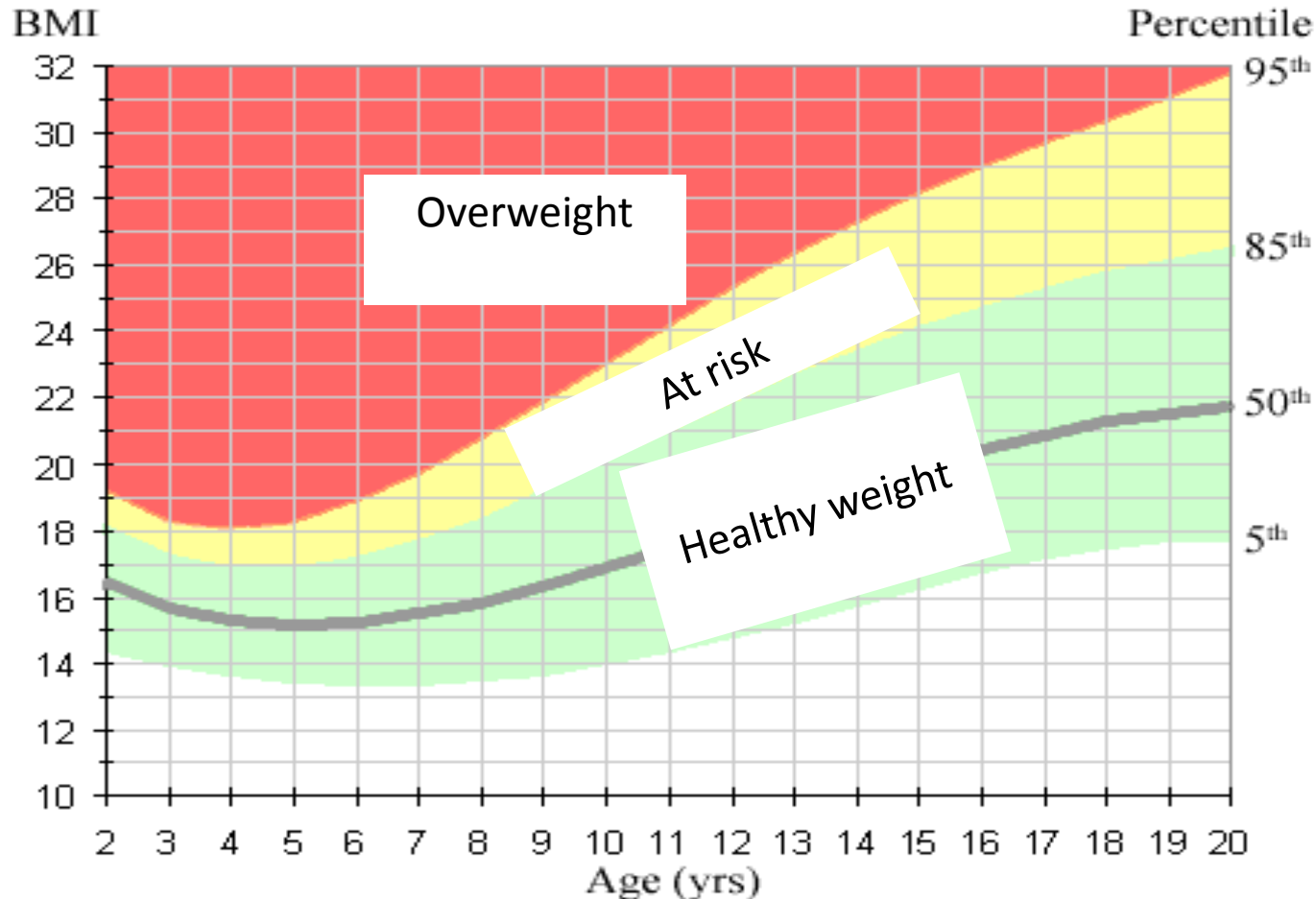


Oscar



David

How can we tell if a child is gaining a healthy amount of weight?



Adapted from CDC.gov

Age: 10
years



Weight : 70 lb

Healthy weight



85 lb

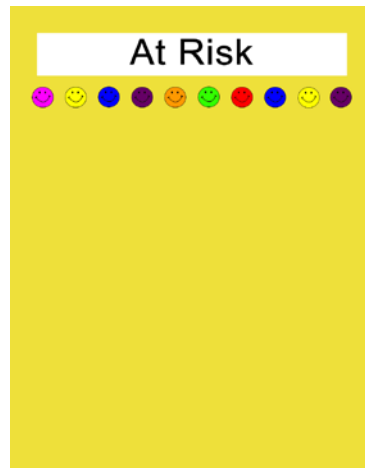
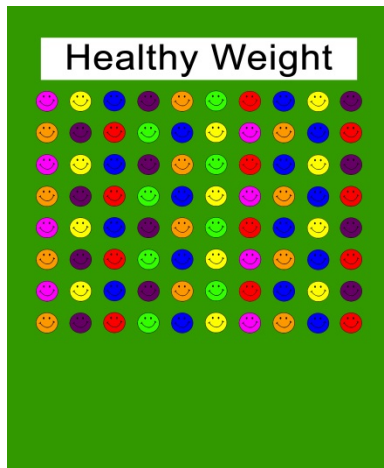
At risk



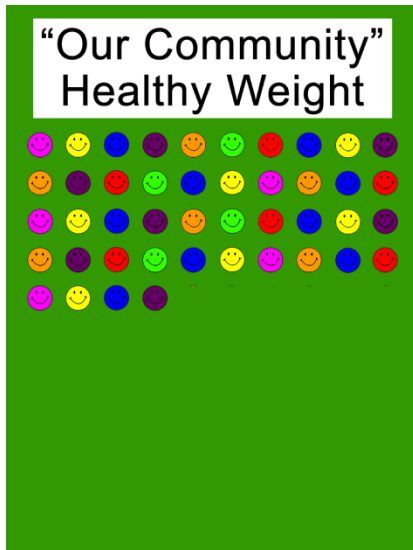
100 lb

Overweight

In a healthy community of 100 children, most will have weight in the green zone and few will be in the yellow or red zones.



If we measure children in this community, too many will be in the yellow and red zones.



What are the risks of childhood obesity?



- High blood pressure
- High cholesterol
- Diabetes
- Depression
- Problems in school

What can families do to promote healthy weight gain?



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