CHILDHOOD OBESITY

And how it affects students

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WHAT IS CHILDHOOD OBESITY?

*Obesity is the result of caloric imbalance and is mediated by genetic, behavioral, and environmental factors.
OBESITY: DIFFERENT THAN OVERWEIGHT

- Obese: BMI (Body Mass Index) at or above the 95 percentile.
- Overweight: Having more body fat than is considered healthy, or having a BMI at or above the 85 percentile.
• Obesity among children has more than tripled in the last 30 years.
• Obese children have a 70% chance of becoming obese adults
• 17% of all children and adolescents in the U.S. are affected by obesity
OBESITY IS ON THE RISE

![Percentage of U.S. Children Who Are Obese](chart_by_amCharts.com)

Source: Centers for Disease Control
WHAT CAUSES OBESITY AMONG ADOLESCENTS?

• An increase in media options for young people, including television shows, movies, video games, and the Internet
• Poor eating habits
• Less time outside
  • Suburban Sprawl, Urban crime
IN THE PAST 20 YEARS

- Children are eating more fast food
- Children are consuming larger portions
- Children are drinking more soda and less milk
- Children are not eating the recommended servings of fruits and vegetables
OTHER INFLUENCES

- Socio–economic status
- Race/Ethnicity
- Parents
- Genetics
- Marketing
OBESITY IN CHILDREN IN AMERICA

- http://www.youtube.com/watch?v=sETM3ci3p94
HOW THIS AFFECTS THE BODY

- Obesity gives children an increased risk of...
  - Asthma
  - Type 2 Diabetes
  - High blood Pressure
  - High Cholesterol
  - Breathing Problems
  - Sleep Apnea
  - Joint Problems
  - Musculoskeletal Discomfort
  - Arthritis
  - Heart Disease
  - Shorter Life Span
The Vicious Cycle of Childhood Obesity

Healthy Child

Obese Adult
- Coronary artery disease
- Diabetes
- Pulmonary disease
- High medical bills
- Mortality

Television

Video Games

High Fat Foods

All Study - No Action

Severely Obese Child

Extra 30-50 lbs
- Exercise uncomfortable & painful

The other kids make fun of me

Moderately Obese Child

Extra 10 lbs
- Limits movement

Mildly Obese Child

No gain, no growth

No less than to climb stairs
IN THE MIDDLE SCHOOL CLASSROOM

- Psychological/Emotional Effects
  - Poor self esteem
  - Depression
  - Stress

- Social Effects
  - Subject to Bullies/Teasing
  - Issues with making friends
  - Feeling Ostracized
IN THE MIDDLE SCHOOL CLASSROOM

- **Academic Effects**
  - Less physical activity leads to poor academic performance
  - Studies show obese children have more absences than normal weight peers
  - Less energy, so they’re more tired and less apt to participate in class activities
MORE ACADEMIC STRUGGLES

- Poor diet affects brain function, so obese children are more likely to struggle academically.
- Studies have linked learning disabilities and possibly autism to the mother’s poor diet during pregnancy.
WHAT SCHOOLS ARE DOING

- Many schools turn off soda and candy machines during school hours
- Certain school corporations are offering healthier meal options in the cafeteria
- Schools offer after school athletics to keep kids active
WHAT THE GOVERNMENT IS DOING

$150 billion on preventing childhood obesity
WHAT TEACHERS CAN DO

- Encourage students to participate in athletics or after school activities
- Offer healthy snacks
- Use movement in the classroom
- Be an advocate for obese students and discourage bullying over weight related issues
WHAT TEACHERS CAN DO

Promote and Model Healthy Eating Habits
WHAT TEACHERS SHOULD BE AWARE OF

- Obese or overweight middle school students may have specific health issues, and it is important to be able to meet their needs
  - If the student has Diabetes or Asthma- the student may need to leave class unexpectedly
  - Special Ed students with Down’s Syndrome and other disabilities may have more specific needs
  - Like with all health issues, teachers should be watchful of strange behavior from these students as they may have health complications in the classroom
SOURCES

- http://aspe.hhs.gov/health/reports/child_obesity/
- http://childhoodobesitystatistics.net/effects.php
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- Powell, Sarah Davis. Introduction to Middle School.