

# Childhood Obesity



## Risk Factors:

- **Genetics/family history**  
Individuals with a family history of obesity may be predisposed to gain weight.
- **Poverty/low income**
- **Dysfunctional home life**
- **Poor nutrition/dietary habits**
- **Sedentary lifestyle**
- **TV and computer time**  
Limit TV viewing and computer time to no more than two hours daily.
- **Lack of education**
- **Limited access to fresh food**

## Increases the risk of other diseases:

- **Heart Disease**  
Obese children are more likely to have high blood pressure and high cholesterol.
- **Type II diabetes**
- **Cancer**
- **Asthma**
- **Sleep apnea**
- **Fatty liver disease**
- **Gastro-esophageal reflux** (i.e. heartburn)
- **Iron Deficiency**  
Obese or overweight children are twice as likely to be iron deficient.
- **Obesity in adulthood**  
Obesity in childhood increases the risk for obesity in adulthood.

Obesity means to have a body weight greater than what is considered healthy for one's height.

Obesity status is determined differently in adults and children.

**Overweight for children:** BMI greater than the 85th percentile but lower than the 95th percentile.

**Obese for children:** BMI equal to or greater than the 95th percentile.

**BMI:** Body Mass Index – a measure of an adult's weight in relation to his/her height.

## Facts

- Between 2009-2010, about 17% of American children were considered obese.
- Adolescents are more likely to be obese than preschool-aged children.
- Obesity prevalence is higher among boys than girls.
- Hispanic and black children are more likely to be obese than white children.
- Obese children are more likely to become obese adults.



For more information and data go to [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

Community Health Statistics Unit:  
619-285-6479

## Prevention

- Limit media time for kids to no more than 2 hours per day
- Ensure that child care centers serve healthy food
- Encourage children to follow the 2010 Dietary Guidelines for Americans
- Make sure children get at least 60 minutes of physical activity each day
- Create and maintain safe neighborhoods and parks to encourage outdoor activity

## Resources

### Call to Action

San Diego County Childhood Obesity  
Action Plan

[www.ourcommunityourkids.org](http://www.ourcommunityourkids.org)

### Child and Teen BMI Calculator:

<http://apps.nccd.cdc.gov/dnpabmi/>

### Create a Personalized Food Pyramid

[mypyramid.gov](http://mypyramid.gov)