Caring for Your Child
The Overweight Child

The overweight (obese) child weighs too much for height and age. More than one in four American children is overweight. Being overweight is dangerous because it can lead to serious diseases including high blood pressure, diabetes, and heart disease.

SOME REASONS A CHILD MAY BECOME OVERWEIGHT:

- Eating too much food
- Drinking high calorie beverages
- Being overweight can run in families
- Not enough activity or exercise

TREATMENT:

These suggestions may help the whole family.

- Learn about healthy food choices.
- Avoid fad diets and skipping meals.
- Healthy snacks can replace high calorie snacks (a piece of fruit is better than chips, cookies, or french fries).
- Limit juices, sodas and other sugary drinks. Drink more water.
- Your child should be active everyday. Discuss a safe exercise plan with your doctor or nurse practitioner.
- Limit “screen time” (e.g., videos, TV, computer to less than 2 hours a day).
- Talk with you doctor or nurse practitioner about scheduling an appointment with a Registered Dietitian.