



THE Balm 
IN GILEAD™
HEALING THROUGH PRAYER INC.
EDUCATION, ADVOCACY & SERVICE



SUNDAY MORNING HEALTH CORNER: CHILDHOOD OBESITY

OVERVIEW



- What's Going On With Childhood Obesity?
- Healthy Eating – Nutritional Guidelines, Recommendations, Tips
- Let's Move – Physical Activity recommendations and tips
- Prevention is Key

THE WEIGHT OF OUR YOUTH



- In 1970 only 1 in 20 children were considered obese.....today..... 1 in 6 children between the ages of 2 – 17 are obese according to current data from the Centers for Disease Control and Prevention (CDC)
- Despite decreases in obesity among pre-school age children overall, obesity rates among youth remain highest among school-age children and adolescents
- Obesity has been associated with a number of different factors such as income and education levels.
 - In the U.S., families with an adult head of household that had not completed high school the obesity rate was nearly double that of those families with an adult head of household having a college education
 - For girls the rate of obesity increased from 17% between (1999-2002) to 23% between (2010-2012)

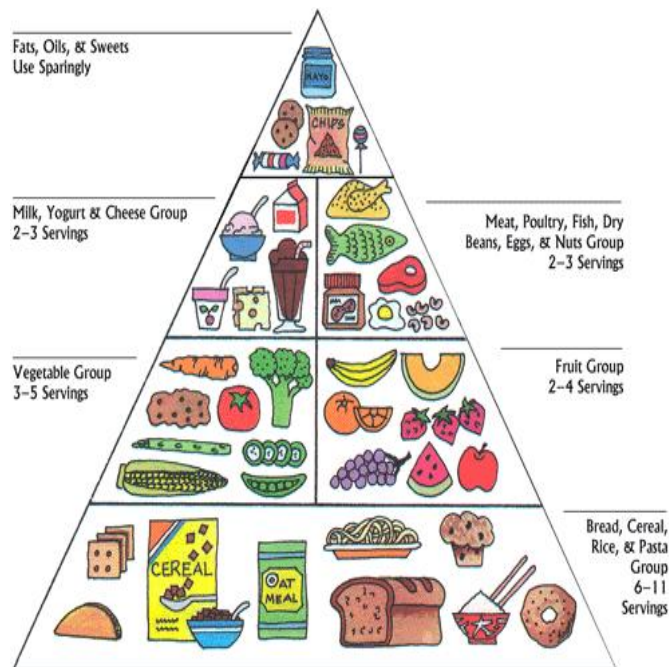
WHAT DO WE DO TO ADDRESS OBESITY IN OUR CHILDREN???



- Set the example by eating healthier foods
- Change the context for your family about food
- Become your child's advocate for healthier food in schools and daycares
- Cut off the video games and get outside!

NUTRITIONAL GUIDELINES

GUIDELINES



NUTRITIONAL TIPS TO GETTING A MORE BALANCED DIET

- Watch your portions sizes! Children shouldn't eat
- Buy and serve more vegetables, fruits, and whole grain foods
- Give your child healthy snack options like fruits rather potato chips
- Give your child healthy beverages like low-fat milk and water rather than soft drinks or juices high in sugar

GET UP AND GET MOVING

- Recommendations
 - *60 minutes of play everyday*
- Getting the most out of everyday activities
 - *Make time to spend outdoors with your children as a family*
- Use what you have
 - *Get creative and use things around the house to get active*
- Have FUN with it!!!!



PREVENTION, PREVENTION, PREVENTION



- Preventing and reducing childhood obesity is critical for our children's futures and will help prevent other life threatening and poor health outcomes like those listed below.
- Be proactive and start early in teaching healthy eating habits for your child. Statistics show that kids who eat healthy when they are younger carry those habits into adulthood leading to a better quality of life and reduced risk for health problems later in life due to obesity.

CHRONIC DISEASES

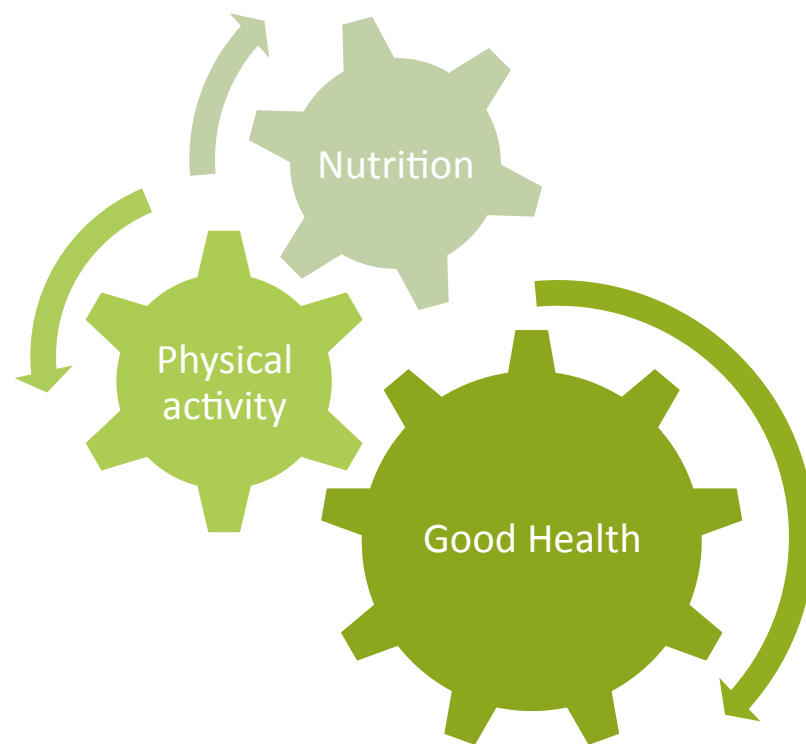
- Diabetes
- Heart Disease
- Obesity

OTHER HEALTH OUTCOMES

- Cancers
- Arthritis/Joint Pain
- Decreased Life Expectancy

FITTING IT ALL TOGETHER

- Talk with your child(ren) about the importance of being healthy
- Make a Plan and Put it into Action!
- Have Fun & Challenge Yourself!!!



General Information and Resources



- ChooseMyPlate.gov

This Web site features practical information and tips to help Americans build healthier diets.

- [Dietary Guidelines for Americans 2010](#)

Dietary Guidelines for Americans, published jointly by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA), provides advice about how good dietary habits for people aged 2 years and older can promote health and reduce risk for major chronic diseases.

Also available, a brochure for consumers: [Let's Eat for the Health of It.](#) (PDF-967k)

- [Interactive Tools](#)

These Web resources from the USDA help consumers and professionals with dietary assessment and planning, checking personal health risks, testing knowledge, and evaluating needs.

- [Make Your Calories Count](#)

This interactive learning program from the FDA provides consumers with information to help plan a healthful diet while managing calorie intake. The exercises will help consumers use the food label to make decisions about which food choice is right for them.

QUESTIONS/COMMENTS



For more information about this and other health topics contact The Balm In Gilead at:

www.healthychurches2020.org

Via email at info@balmingilead.org

Via phone at 804-644-2256

By mail at:

620 Moorefield Park Drive

Suite 150

Richmond, Virginia 23236

On Facebook @HealthyChurches2020

On Twitter @HC2020