

HEALTH MATTERS

Sending kids home with tools for a healthy life!

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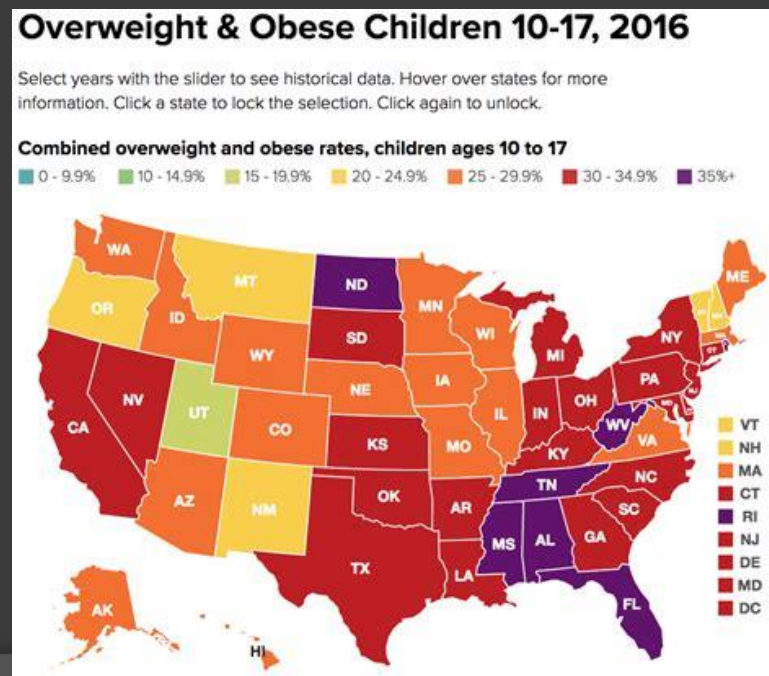
Children's Heart Center Nevada

Objectives

- Discuss the prevalence of childhood obesity nationally and locally
- Identify consequences of childhood obesity
- Provide resources to be given to parents of at risk children
- Review how the School Wellness Policy can help

The Stats

- From 2016-2017 data in Nevada:
 - 14.7% of children 10-17 years old were obese (BMI \geq 95th percentile)
- National obesity rates have climbed steadily since the 1970's
 - From around 5% to 15.8% of children 10-17 years old



Source: <https://stateofobesity.org/images/childhood8.png>

Consequences

- Insulin resistance/diabetes
- Fatty liver disease
- High cholesterol
- High blood pressure
- Psychosocial stressors
- Lung disorders
- Adult obesity

Obstacles

- ⦿ Parental misconceptions
- ⦿ Family dynamics
- ⦿ ***Lack of education and/or misinformation***
- ⦿ ***Decreased physical activity***
- ⦿ ***Food rewards at home and at school***

Lack of Information/Misinformation

- Lack of education
- Misinformation on the internet
- Commercials promoting fad diets/weight loss pills



Lack of Physical Activity

- PE class cuts
- Decreased recess time
- Neighborhoods with limited ability for safe play environments



Food Rewards

- At school:
 - Pizza/Ice Cream parties
 - Candy for getting correct answers
 - Snack shacks
- Food rewards are given at home too!

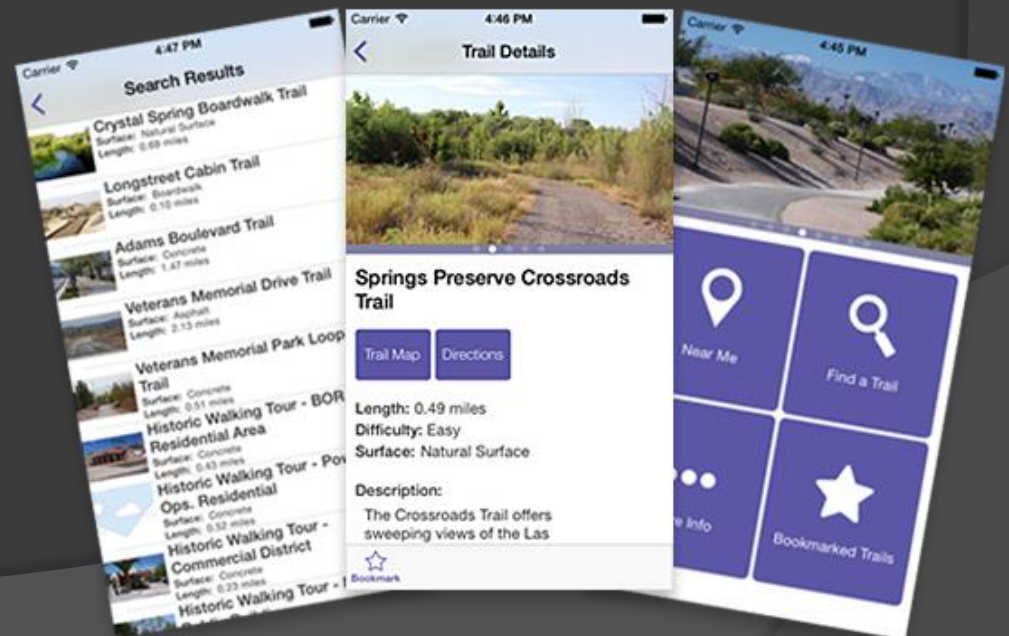
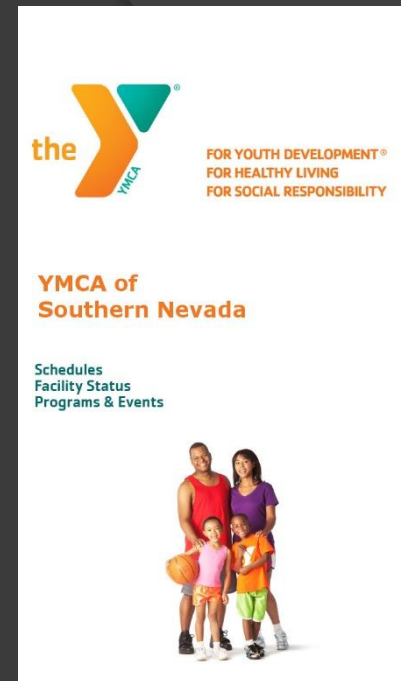


What Can We Do?

- Promoting family changes/family dinners
- Keep it simple
- Knowing community resources/programs
- Referrals to programs like the Healthy Hearts Program at CHC
- **Follow the Wellness Policy Guidelines**

Community Resources

- YMCA
- Local Community Centers and Parks
- Southern Nevada Health Department
 - Neon to Nature app
 - Walk Around NV app
 - SNAP cooking app
- Trampoline parks



The Healthy Hearts Program at CHC

- Risk reduction program for overweight children and their families
- One-on-one time with a dietitian to work with the whole family on being healthier
- Nutrition classes starting in March
- Behavioral Health Team
- healthyheartsnv.com
 - Program information
 - Community resource map
 - Link to social media sites



NV School Wellness Policy

- Where: Nutrition.nv.gov
- What:
 - Offer non-food incentives/rewards
 - Allow adequate time for meals
 - Do not restrict physical activity opportunities or make physical activity a punishment
 - Follow the smart snack standards
 - Follow the beverage standards

References

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