

# Children and adolescents maintain a healthy weight

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## Focus on these 6 categories

- Food.
- Activity.
- Stress.
- Monitoring.
- Comorbidities-Disease that accompany obesity.
- Medication/Management.

## Food

- Find/ eat food that is nutrient dense and full of volume.
- The reason being food that is full of volume requires more chewing and slows the eating process. forcing your body's satiety (feel full) hormones enough time to kick in and make you feel full.
- They also take up more room and make you feel full.

## Drinks

- To maintain healthy a weight or to lose weight. One must consume energy lean drinks. That means consume drinks that are low in calories and low in sugar.
- Water.
- Low-fat milk or low fat dairy substitute.
- Unfortunately, sugary drink high in calories is cheaper and easier to come so do you best to avoid these.

## Did you know???

- Fact: eating breakfast has been correlated to better performance in school. People that eat breakfast are less likely to be overweight or obese. B/c this keeps the body's metabolism at constant higher rate. Also it prevents the child from over eating later on in the day because of hunger.

## Activity

- Doing aerobic exercises, like jogging, swimming have shown been to reduce weight and improve cardiovascular health.
- But often resistance training and weight train are often overlooked for weight management. Resistance training should be incorporated into the exercise regimen. It increase the body's metabolism throughout the day.
- Everyday items like cans, jars, brooms can be used for weight train.
- Be sure to use proper form when doing some of these resistance exercises.

## Stress

- Stress is bad. We all know that but why?
- Stress has a tendency to force some people to stress eat. Stress release a hormone called cortisol that is known to store body fat.
- It's important to reduce stress in your child's life. To do that you must be able to relate to the stress that child may be dealing with on a daily base.
- School stress.
- Social stress.

## Stress

- Stress has been linked to a higher BMI (body mass index).
- It's important to teach your child healthy way of dealing with stress.
- Exercise
- Family support and talking problems out with a trusted and close individual in a non-judgmental fashion.
- Yoga
- These two tend to reduce stress.

## Monitoring

- Monitoring your food intake. Watching the type of food you child eats. Can immensely help.
- Watching you daily activity levels. Monitoring how much screen time (TV, phone) or sitting around your child has been doing can help.

- c. Monitoring how active your child is throughout the day will help you manage what needs to be done to meet your child's daily goals.

### Co-Morbidities

- I. Several problems come paired with obesity.
- II. Hypertension, high cholesterol, high blood sugar, fatty liver, depression, anxiety, gall stones, and many more.
- III. It's important to treat the co-morbidities but sometimes it can be overwhelming so its important not put too much pressure on the child.

### Co-Morbidities

- a. To putting too much emphasis on obesity on the diseases accompanying obesity can make the child feel hopeless and affect self-esteem.
- b. It's important to be aware of the problem and address the problem positively with an encouraging attitude.

### Management/Medication

- a. IF Needed: Orlistat can be given to children to help battle obesity. It's approved for children above the age of 12 years for up to 1 year.
- b. How does it work?
- c. It prevents fat absorption into the intestines. Basically allowing the child to pass stool with fats in it.

### Management/Medication

- a. Side effects of Orlistat:
- b. Oily bowel moments.
- c. Gas.
- d. Oily spotting on underwear.
- e. In more rare and severe case: gallstones and pancreatitis. And one rare case liver injury.
- f. Results: this drug cause moderate weightless.

### Management/Medication

- I. Side effects:

- II. Abdominal upset
- III. Headache
- IV. Muscle pain
- V. Vitamin b12 deficiency
- VI. Low blood sugar in some cases

### Medical referral for weight management

- a. Pros:
- b. Referral of pediatric patients to management professionals provides greater proper resources to accomplish the patient's weight goal.
- c. Having a professional manage your child's weight can actually increase motivation and drive to reach the desired goal.
- d. This opens the patient for health evaluation that may help identify underlying problem that would not otherwise be addressed.

### Medical referral for weight management

- I. Con.
- II. Scheduling, hassles, commuting.
- III. The risk of feeling overwhelmed if too many doctors are involved.

### Optimism

- I. Obesity its co-morbidities should be taken seriously as it has large affect of your child's future health.
- II. But its important to understand that obesity is a reversible and preventive disorder.
- III. At the end of the day it is parents their children hands to control.
- IV. SO STAY Optimistic because there hope! You are in control!

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### Conflicts of interest

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