

**Changes to the definitions of childhood obesity.**

“The term obesity denotes excess body fat more accurately and reflects the associated serious health risks more clearly than does the term overweight, which is not recognized \ as a clinical term for high adiposity.

Overweight denotes high weight from lean body mass as well as from high body fat levels....These terms provide continuity with adult definitions and avoid the vagueness of ‘at risk of overweight,’ which has been confusing to patients and health care providers.” (Excerpt from the Expert Committee Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity: Summary Report.)

**Changes to the definitions:**

For children ages 2 years old and older (Percentiles based upon standard growth curves):

Underweight: BMI < 5%

Healthy Weight: 5% < BMI < 84%

Overweight: 85% < BMI < 94%

Obesity: BMI  $\geq$  95% or BMI  $\geq$  30 kg/m<sup>2</sup>

*\*\*\*Extreme/ Severe obesity: BMI  $\geq$  99% or BMI 30 – 32 kg/m<sup>2</sup> 10 to 12 years old  
BMI  $\geq$  99% or BMI  $\geq$  34 kg/m<sup>2</sup> 14 to 16 years old*

*\*\*\*This is a new proposed weight category. It is not official. However, there is a marked increase in risk for multiple cardiovascular disease at this weight range.*

Children under 2 years old: BMI > 95% is overweight. Families should discuss what measures if any should be taken with their child’s health care provider

## Personal Check List of Things You Can Do



### Are You....?

- Limiting the consumption of sugar-sweetened beverages (i.e. soda, juice, coffee drinks, etc?)
  - Eating enough fruits and vegetables?
    - 2-3 year olds (toddlers): 1 cup of vegetables each day
    - 4-8 year olds: 1 ½ cups of vegetables and 1 ½ cups of fruit each day
    - 9-13 year olds: 2 to 2 ½ cups of vegetables and 1 ½ cups of fruit each day
    - 14-18 year olds: 2 ½ to 3 cups of vegetables each day
    - Adults: 2 ½ cups of vegetables and 2 cups of fruit
  - Eating Breakfast Everyday?
  - Limiting foods eaten outside of the home (fast food, restaurants, etc.)?
  - Eating meals as a family?
  - Limiting energy-dense foods?
    - Energy-dense foods are food with high calories (high energy) in a small volume. They often have very low nutrient value.
      - Foods containing lots of water and fiber often will have lower energy density.
  - Watching your portion-sizes? Do you know what a portion-size is?
  - Eating a diet rich in calcium? (at least 3 servings of milk, cheese or yogurt)
    - 4-8 years                   800mg Calcium per day\*
    - 9-18 years                1300mg Calcium per day\*
    - 19-50 years             1000 mg Calcium per day\*
- \* General recommendations from the American Academy of Pediatrics

- ❑ Eating a diet rich in fiber?
  - In general: 20-25 grams per day
  - Kids 1 to 3 years: 19 grams
  - Kids 4 to 8 years: 25 grams
  - Boys 9 to 13 years: 31 grams
  - Girls 9 to 13 years: 26 grams
  - Adults: 25-30 grams
- ❑ Eating a varied diet from all the food groups?
  - Go to [www.mypyramid.gov](http://www.mypyramid.gov) and see personalized recommendations on a well-balanced diet
- ❑ Breastfeeding? If you have a baby and are able, it is recommended that babies be exclusively breastfed up to 6 months of age and to continue breastfeeding after the introduction of solid foods up to 12 months of age and beyond.
- ❑ Limiting TV and other screen time (computers, videogames, etc.)
  - Before 2 years of age: NO TV viewing
  - 2 years of age and older: 2 hours of screen time per day
  - Remove TV's from children's bedrooms, they should not be falling asleep with the TV on
- ❑ Getting 60 minutes of physical activity everyday (Both Children and Adults)?
  - Moderate-Intensity: a person experiences some increase in heart rate or breathing, feels like they are exerting themselves somewhat. Examples of moderate level activities: brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate. You can still converse easily.
  - Vigorous-Intensity: a person experiences a large increase in breathing or heart rate, feels like they are exerting themselves a lot (comfortably). Examples of vigorous level activities: running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate. Conversation is broken.



## The Daily Checklist



\_\_\_\_\_ Did you eat breakfast today?

\_\_\_\_\_ How many meals away from the home (meals you did not prepare) did you eat today (this week)?

\_\_\_\_\_ How many meals did you eat as a family today (this week)?

\_\_\_\_\_ Are you eating appropriate portion-sizes?

\_\_\_\_\_ How many sweetened beverages have you had today?

\_\_\_\_\_ How many fruits and vegetables have you had today?

\_\_\_\_\_ How many servings of calcium did you have today?

\_\_\_\_\_ How many grams of fiber did you have today?

\_\_\_\_\_ Have you eaten from every food group today? Have you had a fruit/vegetable from all the different colors?

\_\_\_\_\_ How many hours have you watched TV/used the computer/played a videogame (TV/handheld/etc.)?

\_\_\_\_\_ Did you get 60 minutes of physical activity today?

\_\_\_\_\_ Did your family enjoy a physical activity together today (this week)?

**\*\*You can bring this checklist into your health care provider to talk about your diet and exercise.**