



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG



IS MY CHILD OVERWEIGHT? WHAT IS OBESITY?

Overweight and obesity are weight ranges that are higher than what is healthy for a person's height. It is typically caused by an unhealthy diet and lack of physical activity. Sometimes being overweight or obese can run in families. Being overweight can increase your child's risk for further medical problems. About 1 in 5 children in America are overweight.

WHAT MAKES OBESITY HARMFUL?

Overweight children are at increased risk for serious illnesses like diabetes, high blood pressure, high cholesterol, heart disease and liver disease. They get tired easily because they are carrying extra weight, which makes it hard to get enough exercise. Overweight children are more likely to snore, which can lead to poor sleep, tiredness, and poor school performance. They can be teased by other children, leading to low self-esteem or depression.

Sources:

- Centers for Disease Control and Prevention
- National Institute of Diabetes and Digestive and Kidney Diseases: Weight-control Information Network
- National Cancer Institute

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HOW MUCH WEIGHT SHOULD MY CHILD LOSE?

Most school age children do not need to lose weight. They need to keep the same weight and grow taller, which leans them out. Older kids and teens who may not grow taller should discuss an individual goal with their doctor.

WHAT FOOD SHOULD WE AVOID?

These foods should be a rare treat and not eaten daily:

- Soda, juice, flavored teas and milks, or any sweetened drinks
- Fried or greasy foods
- Junk food: chips, candy, cookies, sugary cereals, cakes, pastries, ice cream
- Fast food and take out
- Butter, vegetable or peanut oils, mayonnaise
- Canned or preserved foods

WHAT FOODS SHOULD WE EAT INSTEAD?

- Water or reduced fat milk
- Low fat yogurts and cheeses
- Fresh fruits and vegetables
- Whole grains breads, pastas, and cereals
- Lean meats, like chicken and turkey, or fish
- Healthy snack foods: pretzels, carrots sticks, crackers, sorbet





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PARENTING TIPS

As an adult and a caretaker, you must provide your child with healthy food options and set limits on unhealthy foods. Continue to offer three healthy meals and two snacks every day.

Remember:

- Do not buy unhealthy foods.
- Eat healthier food as a family. Don't force your child to be the only one who changes what they eat.
- Eat meals as a family on a reasonable schedule. Dinner time should be around 5pm to 7pm.
- Do not skip meals. Encourage your child to eat breakfast every day.
- Provide more healthy home cooked foods.
- Eat less take out and fast food.
- Do not use food as a reward.
- Talk to your child about the importance of eating healthy.
- Make sure your child knows you love them no matter what they look like. The goal is not to be thin, but HEALTHY.

HOW CAN I INCREASE MY CHILD'S PHYSICAL ACTIVITY?

- Most children should exercise for 30-60 minutes every day. This can include:
 - Walking to school, library, or store instead of driving,
 - Visiting parks and playgrounds
 - Climbing the stairs inside or outside the house a few extra times per day
 - Helping with household chores
 - Riding a bike, climbing a jungle gym, jumping rope, playing hopscotch, bouncing a ball, dancing, or playing catch. The possibilities are endless!
- Exercise together as a family.
- Encourage your child to join a sports team or afterschool program.
- Limit TV, video games, and computer time to less than 2 hours each day.
- Remove the TV from your child's bedroom.
- Decrease exposure to TV ads for unhealthy drinks and snacks.
- Do not let your child eat in front of the TV. When they are distracted, they tend to eat more.

WHAT CAN I EXPECT FROM MY DOCTORS?

- Scheduled appointments for weight checks
- Dietary education about healthy food choices and portion sizes. This can include help from our nutritionists.
- Specific recommendations for increased exercise
- Screening for high blood pressure, and other complications
- Some children with more severe problems might need blood tests, or specialist doctors

Speak to your pediatrician for more information.

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我的孩子超重嗎？甚麼是肥胖症？

超重及肥胖就是身體重量超過健康的身高比例，通常是不健康的飲食和缺乏運動造成的。有時候超重或肥胖可以是家庭遺傳。體重超重會引發更多的兒童健康問題。在美國，大概五個兒童當中就有一個身體超重。

肥胖有甚麼危害性？

超重的兒童會增加罹患嚴重疾病的機會，如糖尿病、高血壓、高膽固醇、心臟病及肝病。由於要負擔額外的重量，他們更容易疲倦，因此很難有足夠的運動。超重的兒童更容易睡覺時打鼾，導致睡眠不好、疲倦，繼而影響學習成績。他們會被其他孩子取笑，導致自卑或抑鬱。

資料來源：

- Centers for Disease Control and Prevention
- National Institute of Diabetes and Digestive and Kidney Diseases: Weight-control Information Network
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我的孩子需要減去多少磅？

大部份學齡兒童不需要減肥。他們只需要在長高的同時保持同樣的體重，這樣身體自然就瘦下來。一些發育比較成熟的大孩子和青少年可能已經沒有再長高的空間，他們應該和醫生商量，根據各人的情況制定各自的目標。

我們應該避免哪些食物？

每天應該不吃或少吃以下的食物：

- 汽水、果汁、加了調味的茶和奶、或者其它甜的飲料
- 油炸或肥膩的食品
- 零食：炸薯片、糖果、牛油餅乾、含糖麥片、蛋糕、糕點、冰淇淋
- 快餐以及餐館外賣
- 牛油、菜油或花生油、蛋黃醬
- 罐頭或醃制食品

我們應該選擇哪些食品代替？

- 水或低脂奶
- 低脂酸奶和幹酪
- 新鮮水果蔬菜
- 全麥麵包、麵食和穀類
- 白肉，如雞、火雞或者魚
- 健康的悠閑食品：pretzels（一種紐結狀外面粘鹽的脆餅乾）、紅蘿蔔條、餅乾、sorbet（一種不含奶油的冰淇淋）



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給家長的提示

作為成年人和孩子的看護人，您應該為孩子提供健康的食物，限制不健康的食物。堅持每天給孩子三個健康的正餐和兩次小吃。

請記住：

- 不要買不健康的食品。
- 全家都要吃健康的食物，不要只要求孩子自己一個人改變飲食。
- 全家一起按時進餐。晚餐時間最好安排在傍晚五點到七點之間。
- 不要省略正餐。鼓勵孩子每天都要吃早餐。
- 提供更多健康的家常食物。
- 少吃餐館的食物和快餐。
- 不要用食物作為一種獎勵。
- 教導孩子飲食健康的重要性。
- 要讓孩子知道不管他們外表如何，您都一樣愛他們。您的目的不是希望他們減肥，而是希望他們健康。

如何增加孩子的運動量？

- 大部份兒童每天應該運動三十到六十分鐘。這些運動中可以是：
 - 走路上學，走路去圖書館或商店，用走路代替開車。
 - 到公園或游樂場玩
 - 每天在室內或室外來回多走幾次樓梯
 - 幫助做家務
 - 踩自行車、爬攀登架、跳繩、玩跳房子、彈跳球、跳舞、或者相互追逐等等...例子多不勝數。
- 全家一起運動。
- 鼓勵孩子參加運動隊或者課外活動。
- 每天看電視、打遊戲機、玩電腦的時間不能超過兩小時。
- 孩子的房間不要安放電視機。
- 少讓孩子接觸電視裡不健康的食品廣告。
- 不要讓孩子邊吃東西邊看電視。他們分心的時候，吃得會更多。

醫生能提供甚麼幫助？

- 約見兒科醫生測量體重
- 健康飲食教育，比如健康食物的選擇和份量。我們的營養師也可以提供這方面的信息。
- 增加運動的具體建議
- 檢查高血壓，及其它併發症
- 有一些問題較嚴重的孩子可能需要驗血，或看專科醫生。

想了解更多信息，請諮詢您的兒科醫生。

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