OBESITY PREVENTION
KIDS AND TEENS

GOALS, TARGET GROUPS AND MINIMUM REQUIREMENTS

ABOUT THE OBESITY AND PREVENTION PROTOCOL

FOUR KEY PRINCIPLES FOR GETTING FIT AND STAYING HEALTHY

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According to the Centers for Disease Control and Prevention (CDC), the prevalence of obesity in American children and adolescents is about 18.5% (about 13.7 million) children and adolescents. Minorities, particularly African Americans and Latinos, are significantly more overweight than European Americans. The prevalence of obesity is highest amongst African Americans and Hispanics compared to Caucasian and Asian children and adolescents.

**GOALS**
Disseminate information regarding healthy eating and physical activity to educate the community
Encourage healthy lifestyle modification and weight loss where appropriate in adults

**TARGET GROUP(S)**
Children and teens

**MINIMUM REQUIREMENTS**
No minimum number of sessions. Topics can be covered sequentially or combined, depending on resources available and target group.
ABOUT THE OBESITY PREVENTION PROTOCOL

According to the Centers of Disease Control and Prevention, the prevalence of obesity among 2-to 5-year-olds is 13.9%, 6-to 11-year-olds is 18.4%, and 12- to 19-year-olds is 20.6%. The American Obesity Society defines overweight and obesity as follows:

**Overweight** = being at or above the 85th percentile for BMI

**Obesity** = being at or above the 95th percentile for BMI

**See CDC growth charts, found at http://www.cdc.gov/growthcharts/**

The obesity-prevention protocol hinges on the idea that for kids and teens, getting fit and staying healthy require four key principles:

- Making healthy food choices
- Making healthy beverage choices (staying away from high-calorie drinks)
- Getting at least 30 to 60 minutes of physical activity everyday
- Avoiding overeating by learning appropriate portion sizes and listening to their bodies
TOPIC 1: THE IMPORTANCE OF A HEALTHY LIFESTYLE*

Define “healthy weight”

Discuss the obesity epidemic in America and its impact on minority populations in an age-appropriate manner

Give statistics that highlight the specific group you are targeting (children, teenage girls, etc.)
  - Discuss the sequelae of obesity (diabetes, osteoarthritis, heart disease, cancer)

Emphasize the importance of everyday lifestyle choices in preventing obesity
  - Introduce the “4 Keys to Staying Fit and Healthy”

*See section entitled “Topics for Teens” for additional topics/activities.
TOPIC 2: MAKING HEALTHY FOOD CHOICES

*Use diagrams, figures and handouts in Be Smart, Be Healthy! Booklet. Activity pages are designed for kids under 12, but similar activities can be made for teens.

Part I
Understanding calorie Balance
- Explain that calories are units of energy that we gain from food and burn through physical activity (give examples)

Understanding the MyPlate Dietary Guidelines
- Reading food labels

Part II
Understanding portion sizes
- Provide copies of portion sizes handout to each participant.
- Emphasize the importance of listening to your body and stopping when you’re full.
- Activity: Making healthy choices activity page.

Healthy recipes and snacks (give handout)
- Activity: Healthy snacks taste test (participants can vote for the best-tasting snack).

Homework: food journals
- Have participants complete a week-long food journal and discuss at the next session.
TOPIC 3: FINDING FUN PHYSICAL ACTIVITIES

Aim for 30 to 60 minutes of physical activity every day
  • Activity: Finding fun physical activities handout

Limit TV/video game and internet time to no more than 1-2 hours a day (not including homework time) Physical activity guide
  • Activity: Have someone lead participants in a 30-minute session of a fun moderate physical activity such as kickball, dance aerobics or taking a walk as a group outside. Be sure to include proper warm up and stretching.
TOPIC 4: THE KEYS TO STAYING FIT AND HEALTHY

Make healthy food choices

- Follow the MyPlate Dietary Guidelines, choose fried foods and sweets less often, and eat lots of fruits and vegetables.

Choose healthy drinks

- Make water and milk your #1 choices. 100% fruit juice is okay in appropriate amounts. Soda and fruit punch taste good, but just add lots of calories and not many nutrients.

Be active every day

- Aim for at least 30 minutes to an hour of physical activity a day.
- Physical activity burns calories and helps you stay at a healthy weight.

Don’t overeat

- Learn to stop when you’re full.
HELPFUL WEBSITES FOR KIDS

**Kids Health**
www.kidshealth.org

**USDA Choose My Plate**
https://www.choosemyplate.gov/

**Health Hoping**
https://web.extension.illinois.edu/hopping/onerope.html

**Super Healthy Kids**
https://www.superhealthykids.com/

**CDC Child and Teen BMI Calculator**
https://www.cdc.gov/healthyweight/bmi/calculator.html
MORE HELPFUL WEBSITES/RESOURCES

The following websites have helpful guidelines and statistics as well as handouts:

The Obesity Society, Information for Healthcare Providers and Patients
https://www.obesity.org/information-for-patients/

National Heart, Lung, and Blood Institute: Aim for a Healthy Weight
www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/

USDA Dietary Guidelines for Americans: How much are you eating?
https://www.dietaryguidelines.gov/

The Diabetes Prevention Project
https://dppos.bsc.gwu.edu/

Weight Watchers Website, Body Mass Index Explained

American Heart Association Website
https://www.heart.org/
MORE HELPFUL WEBSITES/RESOURCES

CDC Body Mass Index
Information https://www.cdc.gov/healthyweight/assessing/bmi/index.htm

National Institute of Health, Serving and Portion Sizes

Calorie Calculator
https://www.calculator.net/calorie-calculator.html

Centers for Disease Control and Prevention Website
https://www.cdc.gov/nchs/products/databriefs/db360.htm

USDA ChooseMyPlate
https://www.choosemyplate.gov