



IS MY CHILD OVERWEIGHT?

Driscoll Health Plan wants you and your family to be healthy and safe. A simple way to measure a person's body fat is to calculate their BMI (Body Mass Index). This is calculated using a person's height and weight. You can then see where they fall among other children the same sex and age.

Why is measuring a child's BMI important?

If a child is prone to be overweight and the problem is found at a young age, your doctor can put a plan in place so your child doesn't have to struggle with weight issues all his/her life. Being overweight not only affects a child's self-esteem, it is also associated with lifetime medical problems. This includes high blood pressure, type 2 diabetes, and high cholesterol.

Won't that just embarrass my child and make the situation worse?

Absolutely not! This is not about judging or lecturing. Your doctor is focused on working with you to come up with a plan to ensure good health and confidence in your child.

What kinds of strategies will the doctor suggest if my child is overweight?

Let's start with Driscoll's **SAFE** plan:

Skip or stop high-calorie drinks.

Drink at least 8 glasses of water each day. Avoid sports drinks and sodas, including clear sodas. Limit juice to 8 ounces (1 cup) per day.

Alter your snack habits!

Large snacks between meals cause weight gain. Keep snacks small and healthy (fruits and vegetables).

Forget fast foods!

If you must eat fast food no more than 3 times a week! Don't super-size!
Make healthy choices (no fried foods)!

Exercise daily!

Try to walk at least 10,000 steps a day. Watch no more than 2 hours of TV a day.

It's important for the whole family to eat healthy and stay active. It helps to lead by example. Give your children every opportunity to grow up healthy and happy. You also deserve all the rewards that come with a healthy lifestyle.