

Get a quick sense of where your child stands.

Take a moment to answer questions 1-10 with your child. These answers will help you determine if your child may be at risk for obesity.

1. Does your child eat five or more fruits and vegetables per day? Yes No
2. Does your child have a favorite fruit or vegetable that they eat every day? Yes No
3. Does your child eat breakfast five times a week or more? Yes No
4. Does your child watch TV, videos or play computer games for two hours or less per day? Yes No
5. Does your child take gym class or participate in sports or dance in or outside of school three or more times a week? Yes No
6. Does your child have a favorite sport or physical activity that they love to do? Yes No
7. Does your child eat dinner at the table with the family at least once a week? Yes No
8. Is your child's room a "TV-free zone?" Yes No
9. Does your child eat meals at the table with the TV turned off? Yes No
10. Does your child drink water instead of soda, juice or other sweetened drinks? Yes No

How do they score?

Add up the number of times you answered "No" to see where your child's risk level is.

- 1-5 "No's" **Low to Medium Risk**
- 6-8 "No's" **High Risk**
- 9-10 "No's" **Very High Risk**

Support B.Healthy and Make a Difference

Our Goal. The goal of the B.Healthy Coalition is to prevent and control obesity and chronic disease through a focus on policy and environmental change in an aim to make the "healthy choice the easy choice," and to increase awareness of a healthy lifestyle and how that helps to support and promote overall physical and mental health.

Become a Volunteer. Serving your community is one of the greatest things you can do – for the county and yourself! There are many ways you can get involved with B.Healthy Barry County and we thank you in advance for your interest in being part of our mission to help people live healthier lives!



Get in touch with us.

Contact Lauren Cibor
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bhealthybarrycounty.com



Sources: Adapted from the Centers for Disease Control and Prevention and Blue Cross and Blue Shield companies by B.Healthy of Barry County, Michigan.

Review provided by leading experts: American Academy of Pediatrics, American Diabetes Association.

Outsmart Obesity!

Your child could be at risk.
Find our why, and learn what you can do about it.



Help Your Kids Get on a Healthy Track with the Good Health Club

the fun, fit way to health!
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zero 1



Childhood obesity is a serious problem for kids like yours.

Obesity is on the rise for American kids. In fact, there are almost three times as many obese kids ages 6 to 19 as there were 30 years ago, according to the U.S. Centers for Disease Control and Prevention (CDC). Some experts believe if obesity among children continues to increase, your children's generation will become the first in American history to have a shorter life than their parents.

Obesity leads to major illness.

An obese child or teen is at risk for health problems during their youth and as adults. They're more likely to develop heart disease and diabetes – two leading causes of death in the United States. They're also more likely to get asthma, liver degeneration and sleep apnea. Obesity is a leading cause of preventable death in America, second only to smoking, according to the CDC.

Obesity can also cause kids to face psychological and social problems. They can be teased and face discrimination. That, in turn, can cause low self-esteem and hurt their schoolwork and social skills, even as an adult.

Chances are your overweight kid will stay that way as an adult.

One U.S. Surgeon General study shows that if your child was overweight between ages 10 and 15, he or she would have a 70 percent chance of still being obese at 25. Another study found that if your child was overweight before the ages of 8, obesity as an adult is likely to be worse.

Know for sure if your child is at risk.

Weight problems in children and adolescents are generally caused by not being active, not eating well, or a combination of the two, according to the U.S. Surgeon General. Genetics and lifestyle affect your child's weight, too.

Take a closer look at your child. Watch his or her habits at home. Talk to your doctor to determine if your child is overweight.

Understanding BMI.

"Obesity" and "overweight" rankings for your child can be found by using weight and height to calculate the Body Mass Index (BMI). The CDC and the American Academy of Pediatrics (AAP) recommend using it to



5 the fun, fit way to health! two zero 1

Tips from the Good Health Club

5 Eat **FIVE** fruits and veggies every day!

2 Limit screen time (TV, video, games, computers) to **TWO** hours or less per day.

1 Get at least **ONE** hour of physical activity each day.

0 **ZERO** sugar-added drinks.

screen for obesity, overweight, healthy weight or underweight children. BMI is a reliable way to measure body fat for most children and teens even though it does not measure body fat directly.

For children and teens, BMI is age and gender specific. Find out more at: www.cdc.gov/healthyweight/children.

If your child has a weight problem, they need your support.

If your doctor tells you that your kids are overweight or obese, let them know they're loved, regardless of their weight. Now, more than ever, they need help from their parents.

Start by letting kids know they're not alone, and assist them in setting a goal to eat healthier and be more active. Make it fun for the family.

www.bhealthybarrycounty.com