



Childhood Obesity

Prevention and Health Education Unit
Prepared by Licensed Health Educators

Objectives



Define the concepts of childhood obesity, healthy eating and physical activity.

Identify options to prevent childhood obesity.

Mention some recommendations for healthy eating and physical activity.

What is childhood obesity?



- Childhood obesity is having a weight that is greater than healthy for a child's height. Furthermore, it is a chronic and serious disease.
- It can occur due to genetics, the patterns in which the family usually eats, whether there is physical activity during the day, the number of hours of rest, the existence of other diseases, and other factors.

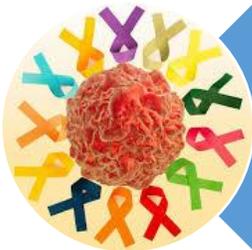
Diseases associated with childhood obesity



Diabetes



Cardiovascular diseases



Some types of cancer

5 Keys to prevent childhood obesity



That the child can understand the foods that are served on his/her plate



Select water as your preferred drink



Limit consumption of ultra-processed foods



Perform physical activity at least 3 days a week



Make an agenda for the use of technology in the family



What is food?



- Food is the set of actions through which food is provided to the body.

What is healthy eating?



- Healthy eating is based on eating a variety of foods that provide the nutrients your child needs to stay healthy, feel good, and have energy.

Essential Nutrients



Carbohydrates

Proteins

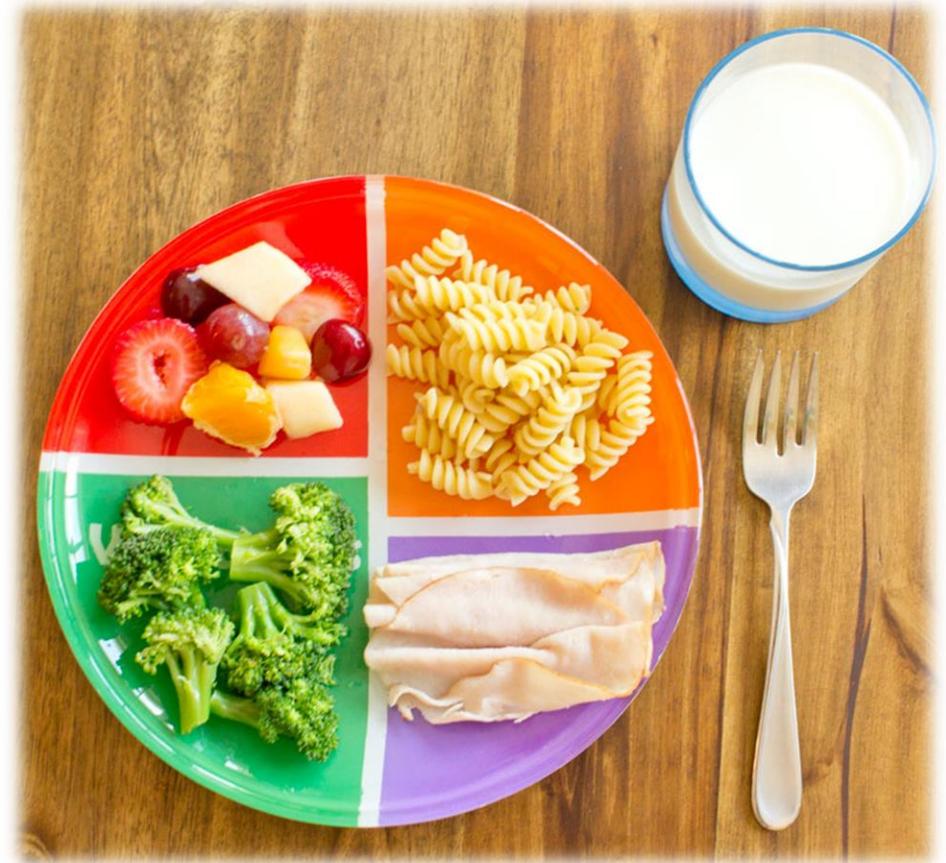
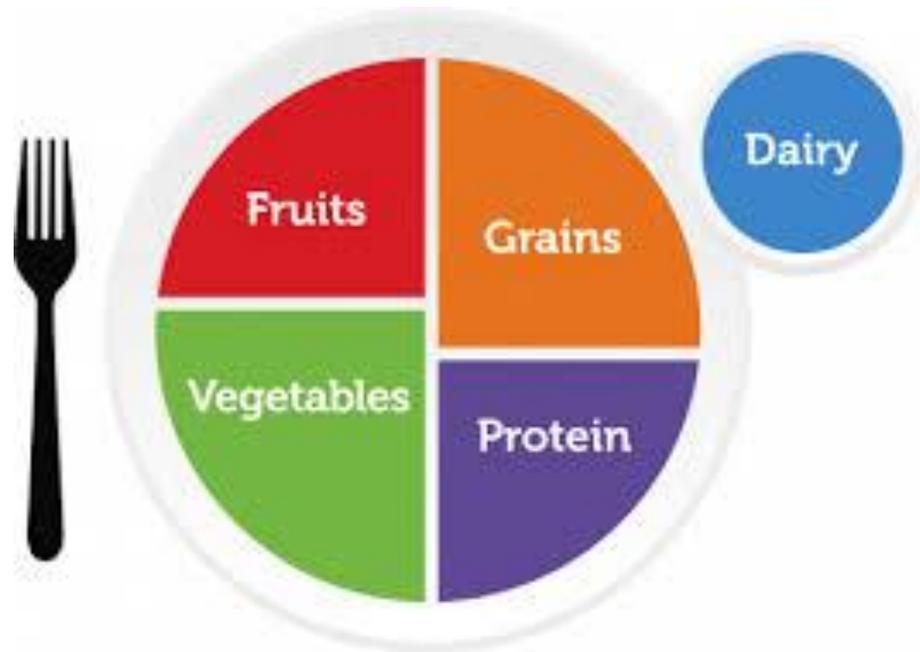
Fats

Vitamins

Minerals

Water

My Plate



A vibrant collage of various fresh foods including fruits, vegetables, eggs, and prepared dishes. The image features a variety of items such as bananas, strawberries, peaches, salmon, eggs, carrots, tomatoes, asparagus, and various grains and oils, all arranged in a visually appealing manner. The text is overlaid on the center of the image.

*Let's know the
recommended foods...*

Meats, fish and eggs



They are foods that produce proteins.

Vegetables

They offer vitamins, minerals, organic compounds and fibers.

They also include a large portion of water.



Milk and its derivatives

They provide protein and energy depending on the amount of fat they contain.



Fats, oil and butter



They are high in fat-soluble vitamins (A, E, D and K). Due to its high calorie content, this group has an energetic function.

Water



All living things need water to survive.

Without water, the body would stop functioning properly.

The body needs water to be able to carry out many of the functions it performs.

A good habit is to always have your water bottle on hand!

Portion control



Reduce the size of the plate and cutlery



Why food is important?

- A healthy diet can help...



Feel better



Have more energy and strength



Stay healthy

What is physical activity?



- Physical activity is any movement of the body produced by muscles that requires the consumption of energy.

Examples of physical activities



Play games



Recreational activities



Walk



Dance



Ride a bike



Sports

Physical activity recommendations



Do at least 60 minutes a day.



Do at least three (3) days a week.



Limit time spent on sedentary activities such as electronic games.

Benefits of physical activity in children



Improves fitness, cardiometabolic and bone health, cognitive ability, mental health and reduces body fat.

Social and Emotional Aspects

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following telephone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7805

APS Health

787-641-9133



THANK YOU FOR YOUR ATTENTION!



References

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- <https://wic.pr.gov/assets/pdf-web/material-recursos-adicionales/general/Importancia%20del%20consumo%20de%20agua.pdf>
- <https://www.who.int/es/news-room/fact-sheets/detail/physical-activity>

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