



Talking Obesity with

Dr. Wade Fox

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Many of us are aware and concerned about the obesity epidemic in our country. Children age 6-11 now have a 17% rate of obesity (cdc.gov)! Obese children are far more likely to become obese as adults. Research shows that approximately 80% of children who were overweight at age 10–15 years were obese adults at age 25 years. Childhood obesity increases the risk for high blood pressure, high cholesterol, and diabetes, as well as many other medical conditions.

Obesity not only harms the body, but it also causes significant psychological damage to children as well. Obese children have an almost two-fold increase in reporting low self-esteem when compared to normal-weight kids. Low self-esteem increases the risk of anxiety, sadness, loneliness, nervousness and depression. This makes children more vulnerable to drug and alcohol abuse and “self-destructive” behavior, including suicidal thinking, when they are older.

According to research, it’s not self-esteem that predicts obesity, it’s the reverse! This means that really early in life, we should be concerned about obesity problems in kids, not only due to health concerns, but also due to the psychological impact.

If your child is overweight, you should likely work with your physician and/or a dietitian to help them lose weight. **Check out our website at www.wellquest.md** for more information to help improve your child’s self esteem.

Many parents fear that addressing their child’s weight will harm a child’s self-esteem. Actually, by not addressing the problem, more harm may occur.

- Have your child’s BMI (body mass index) calculated. This is a simple calculation based on height and weight.
- Balance the food he eats with physical activity.
- Participating in at least 60 minutes of moderate to vigorous activity on most days can help your child maintain a healthy weight.
- Choose a diet with plenty of grain products, vegetables and fruits.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Avoid foods with a lot of added sugar.
- Avoid a lot of fast food, caffeine, juice, and soda.
- Limit screen time (TV, computers, video games) to under 90 minutes daily.

Easy Homemade Granola

(high in fiber and protein):

- 4 cups Quaker Old Fashioned Oats
- 8 oz Smucker’s Organic Peanut Butter (unsweetened)
- 1/2 stick butter
- 1/2 cup raw honey
- Cinnamon to taste

Melt butter and peanut butter on low heat, add honey and pour over oats. Place mixture onto cookie sheet. Sprinkle with cinnamon and add raisins or other dried fruit if desired. Bake at 400 for 10 minutes. Store in refrigerator or freezer (tastes great cold).