

Hints for a More Active and Healthy Life!

- ★ **Consider signing your child up for activities he or she enjoys.** Try to focus on activities your child actually enjoys rather than what you think is best for him or her.
- ★ **Work out at home.** If your child is overweight and sensitive about working out in public, consider investing in some exercise tapes or home gym equipment.
- ★ **Set a goal and work towards it together.** Develop a workout plan and train together. Increase your family's activity level by walking together or playing together!
- ★ **Keep it fun!** Whatever you do, keep in mind that your child needs a lifestyle change more than a quick fix.



FOR MORE INFORMATION PLEASE VISIT:
American Diabetes Association
www.diabetes.org/main/community/forcast/page79.jsp
The Centers for Disease Control and Prevention at www.cdc.gov

Is your child at risk?



Obesity, Acanthosis nigricans,
and Type 2 Diabetes

AgriLIFE EXTENSION

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Is your child at risk? Obesity, Acanthosis nigricans, and Type 2 Diabetes written by Courtney J. Schoessow, MPH March 2003.

Causes Of Overweight Children

Children become overweight for a number of reasons. The most common causes are genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of these factors.

Is My Child Overweight?

Talk with your doctor if you think your child is overweight. To determine if your child is overweight your doctor will consider your child's:

- ★ Weight
- ★ Height
- ★ Age and
- ★ Growth patterns

Screening tools:

Body Mass Index (BMI) is the recommended method to assess a child's weight in children and adolescents from 2 to 20 years.

Acanthosis Nigricans (AN) is a skin problem found on the neck, arm pit, groin and other areas. Researchers have found that AN is a marker for high levels of insulin which is a risk factor for type 2 diabetes. If someone has told you that your child has AN, this does not mean he/she has diabetes. It means your child is possibly at risk for diabetes.

Not everyone who has AN will develop diabetes. It just means there is an increased possibility for diabetes in the future.



Hints for a More Active and Healthy Life!

- ★ **Take things one step at a time.** Don't try to enforce a crash diet and vigorous exercise program all at once.
- ★ **Replace unhealthy food choices with healthy foods that are tasty.** Don't let your child feel that he or she will never again be able to eat a chocolate chip cookie.
- ★ **Don't keep cookies, donuts, cakes, chips, and ice cream and soft-drinks with sugar around the house and expect your children to stay away from them.** Instead, keep healthier foods on hand.
- ★ **Get active...Sit Less!** Walking is one of the best and safest ways to exercise. Set a good example by becoming active yourself and involving the whole family.



FOR MORE INFORMATION CONTACT YOUR COUNTY
EXTENSION AGENT!