

Childhood Obesity Workshop Handouts

Contents

1) Outline for Presenters

- a. Talking points for the workshop
- b. Copy of the presentation notes that accompany the slides in the PowerPoint.

2) Handouts for Trainees

Keys to Success

- ⇒ **Work closely with the staff to adapt the workshops to their context and preferred approach**
- ⇒ **For instance, framing the discussion in terms of “healthy habits for life” may be more appropriate than “obesity”**
- ⇒ **Keep your workshop(s) interactive with lots of discussion**
- ⇒ **Work with Program schedules, but try to find uninterrupted time**

CHILDHOOD OBESITY WORKSHOP

(NOTE: Bold Headings are MATCHED to the Slide Numbers in Presentation)

Overview

- a. Obesity is increasing in America, especially among children.
- b. Obesity is caused by many factors, some of which we can't control, but many of which we can.
- c. Childhood obesity puts these kids at an increased risk for health problems later in life.
- d. Child care is an ideal setting to teach children healthy habits and combat childhood obesity.

1) Title: Childhood Obesity and Healthy Weight

- a) Welcome and introductions. Possibly do a quick activity such as stretching or something to get the group interacted and ready to participate.
- b) This is the first workshop in a series of workshops about preventing childhood overweight.
- c) This workshop will introduce you to the issue of obesity and how it is affecting children at young ages, and how you can help. It will be followed by workshops on healthy eating and physical activity.

2) Objectives

- a. Describe the problem of overweight in 2 to 5 year old children
- b. List the possible consequences of being overweight as a young child.
- c. Describe the role of the child care environment and of the child care staff in helping to prevent overweight in children.
- d. List some ways in which your child care facility can help children eat healthier and get more activity

4) Measuring the Problem

How do we know what healthy weight is?

5) BMI for Age: Growth Chart

- a) BMI is found on each side of this chart
- b) Age is found along the bottom of the chart
- CLICK to see an explanation of healthy weight, overweight and obesity**
- c) The green wave shows the range of BMI that would place a child from 2 years to 20 years of age in the healthy weight percentile
- d) The yellow wave shows the range of BMI that would place a child from 2 years to 20 years of age in the overweight percentile.
- e) The red wave shows the range of BMI that would place a child from 2 years to 20 years of age in the obese percentile.

6) Overweight Children in Michigan

- a) The Pediatric Nutrition Surveillance System (PedNSS) is a surveillance system that monitors the nutritional status of low-income infants and children in federally funded maternal and child health programs (i.e. WIC).
- b) This graphic shows the number of low-income children age 2-5 who are overweight throughout our state.
- c) The darkly-shaded counties reflect higher rates of overweight among Michigan's low-income infants and children.
- d) With childhood poverty at 23% in Michigan and 28% or more in 20 out of 83, this is a good snapshot of how this problem is affecting our state.

7) Obese Children in Michigan

8) “Early Childhood Obesity Prevention” fact sheet

- Healthy Kids Healthy Michigan, a coalition dedicated to reducing childhood obesity in Michigan through strategic policy initiatives, developed the fact sheet that we made available to each of you today.
- The front-side illustrates some statistics and describes some of the health risks for obese and overweight children.
- The map of Michigan shows the percent of children aged 2 to <5 who are overweight or obese (2010).

9-12) Early Childhood Obesity Prevention Fact Sheet Scavenger Hunt

Find and call out statistics on obesity in early childhood

(HINT: there are 3 – CLICK to advance to the answers or jump to the desired slide when someone finds the right answer).

Slide 10 **(ANIMATED)**: “1 in 3 children...” (Bubble #1 from the top)

Slide 11 **(ANIMATED)**: Michigan statistic (Bubble #2 from the top)

Slide 12 **(ANIMATED)**: Chronic disease risk (Bubble #4 from the top)

13) Childhood Obesity and Chronic Disease

- a) Children in this generation are dealing with adult health problems like:
 - i) Abnormal Glucose tolerance/Type 2 Diabetes
 - ii) High Blood Pressure
 - iii) High blood fats – diagnosed in 70% of overweight children
- b) These things all have something in common: These are serious health problems that can be prevented by eating healthy foods and staying active.

14) Childhood Obesity and Chronic Disease

Interesting facts:

There are racial disparities with these statistics with some children being more affected by Type 2 diabetes.

- a) 3% of Hispanic Males and 40% of African America males born in 2000 are estimated to develop Type 2 diabetes.
- b) 53% of Hispanic females and 49% of African American females born in 2000. These statistics alone are alarming.

15-16) Kids Born in the year 2000 are our 6th and 7th graders! (Interactive Slide)

Who are these kids born in the year 2000?

What is the size of the average 6th/7th grade classroom?

Have participants divide themselves up into three equal groups. **CLICK**

All of the kids (participants) in the FIRST group are estimated to develop Type 2 Diabetes in their lifetime.

- This is a serious problem since Type 2 diabetes is shown to shorten a lifespan by 11-14 years if diagnosed at age 40. We don’t have to accept this though. We can do something about it.

17) Obesity-Related Expenditure in Michigan (ANIMATED)

- a) In 2008, medical costs for adult obesity estimated at \$3.1 billion.
- b) If adult obesity rates continue to rise, Michigan is estimated to **spend** \$12.5 billion in health care costs for obesity in 2018. *Source: American Health Rankings*

18) Tying it all Together: Let’s Review (ANIMATED)

NOTE: EACH TIME A “LET’S REVIEW” SLIDE APPEARS IT WILL ADD BULLETS TO BUILD UPON WHAT WE HAVE LEARNED

The data in the first bullet is data from Michigan DHS WIC program.

19) Factors that affect obesity

- a) **CLICK** Biology: genes
 - i) There are factors that aren’t within our control.
 - ii) Some people use food more efficiently and others are more prone to gain weight.
 - iii) Some people have health conditions that restrict activity or require medications that cause changes in appetite or weight gain.
- b) **CLICK** Behaviors: diet and physical activity
 - i) There are many more factors that we can control, including what we eat, how active we are and how we interact with each other around food.
 - ii) As little as 100 calories per day can cause a person to gain weight. It is important to make sure you compensate with physical activity to create a balance between energy in and energy out.
- c) **CLICK** Environments: social and physical
The environments where we live, learn, work and play either hinder or encourage healthy behaviors.

21) Dietary Guidelines for Americans 2010

What can Americans do better to maintain healthy weight?

22) Brainstorm (Interactive Slide)

Experts link eating nutritious food, engaging in daily age-appropriate physical activities, and limited screen time to maintaining a healthy weight in children. *Source: CFOC “Preventing Childhood Obesity in Early Care and Education Programs” (<http://nrckids.org/SPINOFF/PCO/PreventingChildhoodObesity2nd.pdf>)*

24) The Food Environment

Healthy Food and Beverages are nutrient rich (See list for examples)

25) MyPlate

- a) Food availability is the key element to a healthy food environment.
- b) People eat what is most accessible.
- c) A healthy food environment:
 - Makes clean drinking water accessible
 - Offers low fat dairy
 - Includes good quality fruit and vegetables
 - Healthier choices, like fruits and vegetables, are attractive and competitively priced compared to foods and drinks that are packed with added sugar, solid fat, and sodium

27-29) Early Childhood Obesity Prevention Fact Sheet Scavenger Hunt

Find and call out a fact and a strategy related to improving healthy eating.

HINTS

- “healthy beverages”
- The **FRONT-SIDE** illustrates some statistics and describes some of the health risks for obese and overweight children. On the **BACK-SIDE** of your fact sheet, you will see “how” to make changes.
- Slides 28-29 are **ANIMATED**

30) Move More

Another major factor that makes it harder to be healthy is a lack of opportunities, lack of safe options and supports for active lifestyles.

What is Physical Activity?

33-37) Early Childhood Obesity Prevention Fact Sheet Scavenger Hunt

Find and call out a fact and a strategy related to improving physical activity

HINTS:

- The **FRONT-SIDE** illustrates some statistics and describes some of the health risks for obese and overweight children. On the **BACK-SIDE** of your fact sheet, you will see “how” to make changes.
- There are **TWO** answers - **CLICK** to advance to the answers or jump to the desired slide when a participant finds the right answer).

Slide 34 and 35: Physical Activity

Slide 36 and 37: Screen Time

38) Tying it all Together: Let’s Review (ANIMATED)

NOTE: EACH TIME A “LET’S REVIEW” SLIDE APPEARS IT WILL ADD BULLETS TO BUILD UPON WHAT WE HAVE LEARNED

40) The Obesity Prevention Champion

NO BRAINER!!!

Child care providers are advocates for healthy children!!!

42) WIIFM?

- a) Is anyone familiar with this acronym? **“What’s in it for Me?”**
- b) Don’t be embarrassed if you are asking yourself this question. Child care is your business and your passion, and you are **OBLIGATED** to weigh cost and benefit when you are considering making changes.
- c) A commitment to serve healthier foods and promote physical activity at every age is a win-win situation for your agency, your facility, your staff and the families and children you serve.

43) YOU CAN BE A CHAMPION FOR HEALTHY CHOICES

- a) You’re on the front lines — from infancy on up.
- b) You have a powerful opportunity to instill healthy habits and make positive lifestyle changes in kids right now — as their bodies and brains are growing and before they start developing unhealthy food preferences and habits that are hard to break.
- c) Policies are marketing tools – they illustrate to families your commitment to the well-being of the children in your care.

44) YOU CAN BE A ROLE MODEL

- a) When children see the grown-ups in their lives eating healthy and being active — and enjoying it — they're far more likely to do the same.
- b) When you serve nutritious foods and make physical activity a top priority at every age and stage, chances are, the kids will start asking for the same wholesome foods and fun activities at home.
- c) You might find that these changes are just as good for you, too!

45) YOU CAN BE A PARTNER IN PARENTING

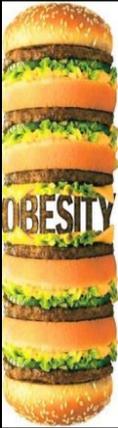
- a) When moms and dads drop off their children, they know you're helping their little ones' brains and bodies grow up healthy.
- b) You can work together as a team to promote the importance of healthy lifestyles in their children's early development.
- c) You're helping to raise them and keep them safe, happy, and healthy just like their parents do at home.

46) IT'S EASIER THAN YOU THINK

Serving healthy foods and beverages and incorporating physical activity into kids' regular schedules often just means finding and using creative ways to feed kids and let them move their growing little bodies — inside and outside.

47) Tying it all Together: Let's Review (ANIMATED)

NOTE: EACH TIME A "LET'S REVIEW" SLIDE APPEARS IT WILL ADD BULLETS TO BUILD UPON WHAT WE HAVE LEARNED



Childhood Obesity and Healthy Weight

REVISED NOVEMBER 2012



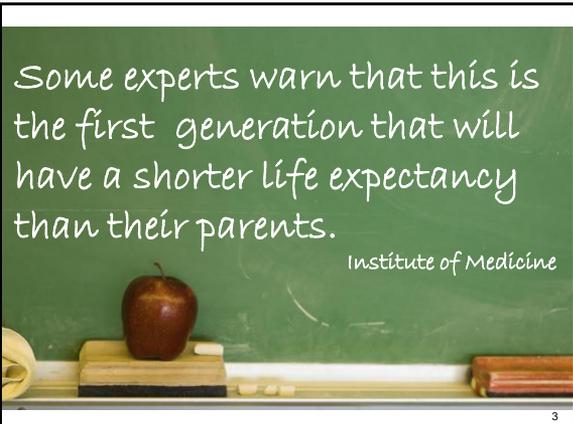
WORKSHOP OBJECTIVES

- Describe the problem of obesity in 2 to 5 year old children.
- List the possible consequences of being obese as a young child.
- Describe the role of the child care environment and of child care staff in helping to prevent obesity in children.
- List some ways in which their child care facility can help children eat healthier and get more activity.



Some experts warn that this is the first generation that will have a shorter life expectancy than their parents.

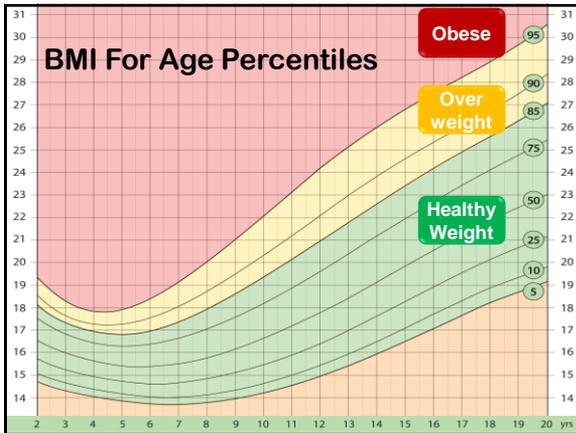
Institute of Medicine

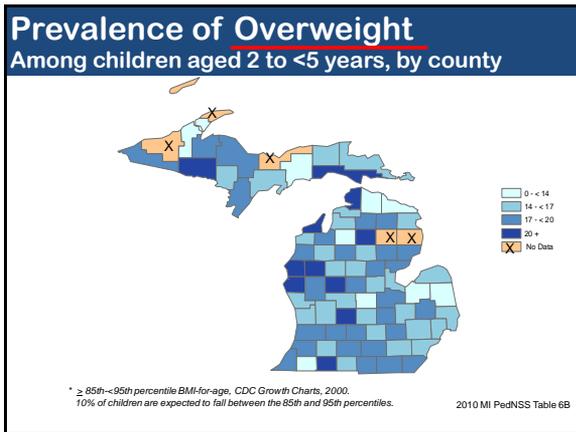


Measuring the Problem

- Body Mass Index (BMI) is used as a screening tool to identify possible weight problems for children.
- A child's BMI is calculated from their height and weight measurements, just like adults.
- This number is then plotted on a growth chart based on the child's age and sex to determine their **BMI percentile**.







Obesity and Chronic Disease

Let's think about the numbers and stats and try to make them real:

1 in 3 children born in 2000 will develop Type 2 Diabetes in their lifetime.

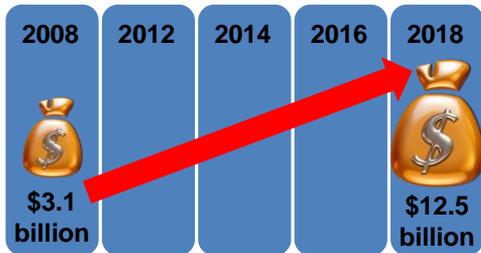
So who are these kids born in 2000?



Welcome to
Fifth Grade



Obesity-Related Expenditure in Michigan



Let's Review...

- In Michigan, about 1 in 3 low-income children ages 2-5 years are overweight or obese.
- Overweight and obesity have long term physical and mental health consequences.
- Michigan children are in crisis.



What Factors Affect Obesity?



Our Genes...Not the **BLUE** ones!

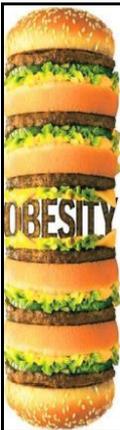


What we do or don't do related to health



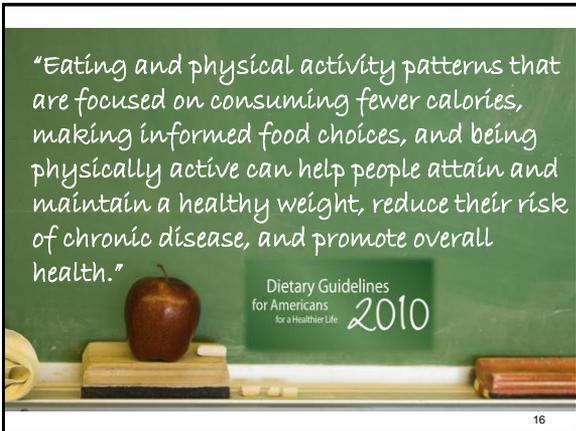
Where we live, learn, work and play





Let's Focus on What
WE
Can Change

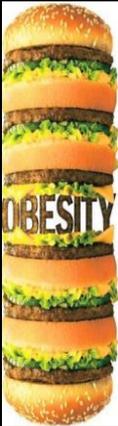




Brainstorm

What factors in the environment make it harder for us to eat smart and move more?





Eating Smart: What are Healthy Food and Beverages?



The Food Environment

Healthy Food and Beverages are nutrient rich:

- Colorful Fruits and Vegetables
- Whole Grains
- Low-fat Dairy
- Beans and Legumes
- Nuts
- Lean meats





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The Food Environment

When kids miss out on key food groups from nourishing meals with appropriate amounts of calories, they are deprived of essential nutrients they need for optimal learning.



Healthy Kids, Healthy Michigan

Early Childhood Obesity Prevention Health Risks Now and Later for Obese and Overweight Children

Percent of Children Who are Overweight* or Obese**
Aged 1 to 5, by County, Michigan, 2007

*Source: Michigan Department of Health and Human Services, 2007

1 in 3 children are obese or overweight today. That 1 in 3 today...

In Michigan, among 10-year-old children aged 1-5 years, an average of 18.7% were overweight and 12.3% were obese.

Some experts worry that 80% of the kids presently that will have a doctor in 10 years may be that present.

Obese children are more likely to have high blood pressure, high cholesterol, and Type 2 diabetes, which are risk factors for cardiovascular disease. Obese children are more likely to become obese adults.

Research shows that infant and toddler TV exposure was associated with obesity, language delay, lower IQ, aggression and decreased attention span.

Studies have concluded that preschool children who spend only 15-30 minutes in vigorous physical activity and the majority of their time is spent in sedentary activities.

Simply reducing the size of "Super Size®" with more than usual percentage protein 10% of some on high gain over the course of a year.

22

Move More: What is Physical Activity?

Moving More

Physical Activity is any body movement that works your muscles and requires more energy than resting.

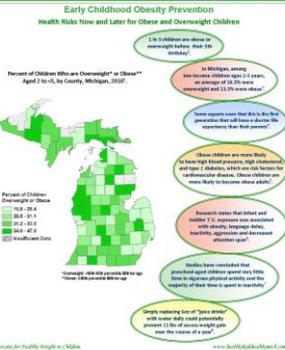
The 2008 Physical Activity Guidelines for Americans

Physical Activity in Early Childhood

- Physical activity and movement are an essential part of the development, learning, and growth of young children.
- Physical activity is also a crucial part of maintaining a healthy weight and preventing obesity.



Healthy Kids, Healthy Michigan

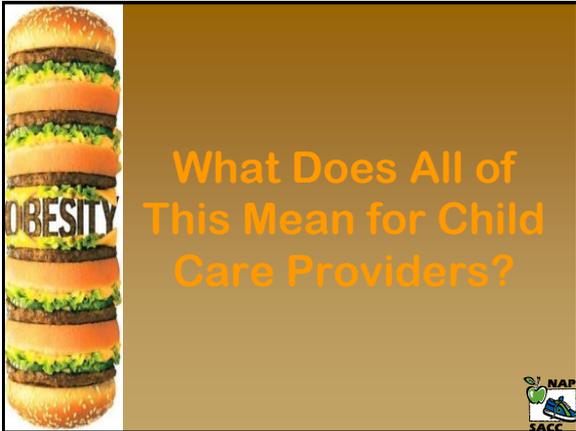


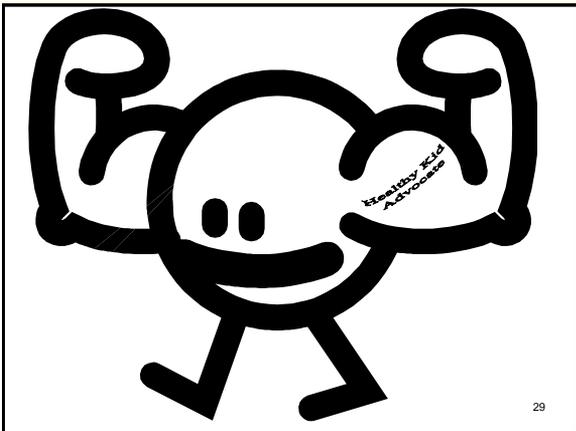
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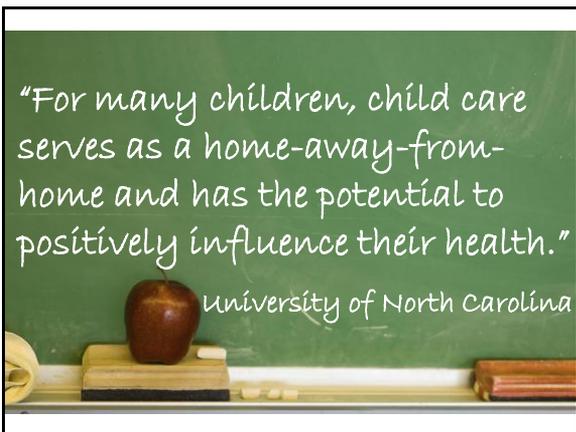
Let's Review...

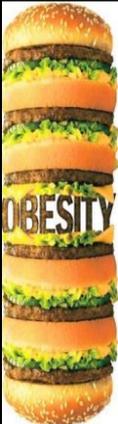
- In Michigan, about 1 in 3 low-income children ages 2-5 years are overweight or obese.
- Being overweight is a risk to physical and mental health.
- Michigan children are in crisis.
- Poor nutrition and physical inactivity contribute to weight gain.
- Healthy lifestyle behaviors are formed early in life.







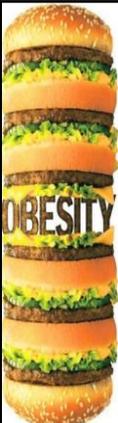




OBESITY

WIIFM?

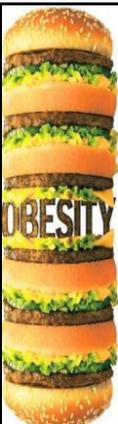




OBESITY

YOU CAN BE A
CHAMPION FOR
HEALTHY CHOICES

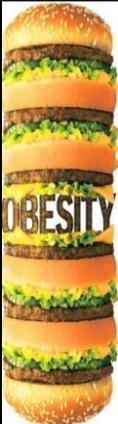




OBESITY

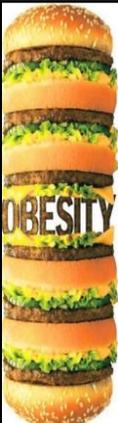
YOU CAN BE A
ROLE MODEL





YOU CAN BE A
PARTNER IN
PARENTING





IT'S EASIER THAN
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Let's Review...

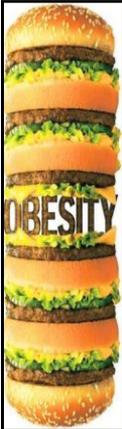
- In Michigan, about 1 in 3 low-income children ages 2-5 years are overweight or obese.
- Being overweight is a risk to physical and mental health
- Michigan children are in crisis.
- Poor nutrition and physical inactivity contribute to weight gain
- Healthy lifestyle behaviors are formed early in life.
- Child care providers play an important role in keeping children healthy and forming healthy lifestyle habits



Fit, Healthy and Ready to Succeed



Play Read Learn Write Run Dream



Q & A



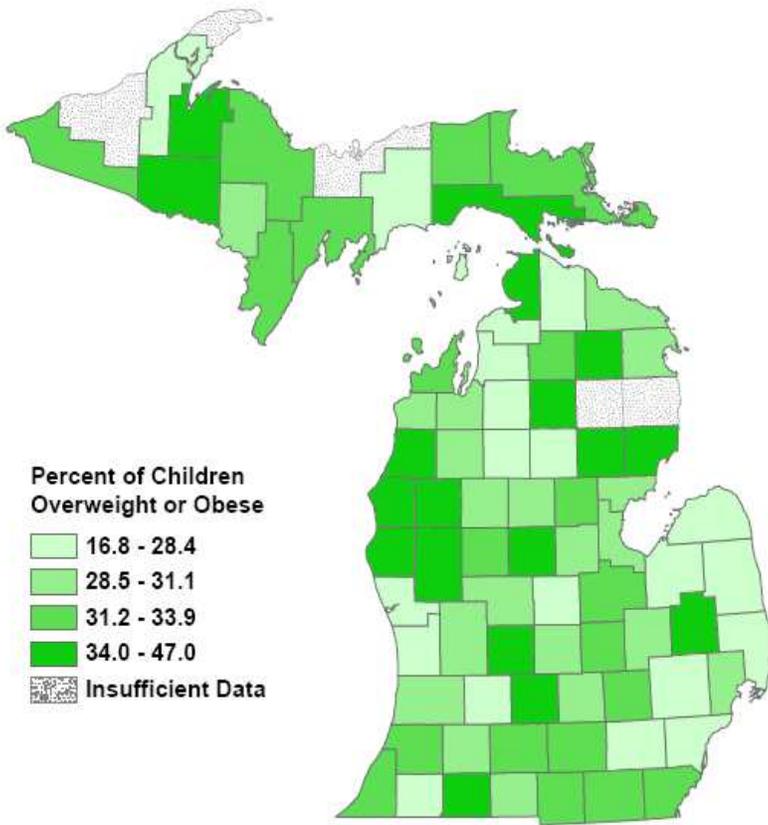


Healthy Kids, Healthy Michigan

Early Childhood Obesity Prevention

Health Risks Now and Later for Obese and Overweight Children

Percent of Children Who are Overweight* or Obese**
Aged 2 to <5, by County, Michigan, 2010¹.



*Overweight: >85th-95th percentile BMI-for-age
**Obese: ≥95th percentile BMI-for-age

1 in 3 children are obese or overweight before their 5th birthday².

In Michigan, among low-income children ages 2-5 years, an average of 16.3% were overweight and 13.3% were obese³.

Some experts warn that this is the first generation that will have a shorter life expectancy than their parents⁴.

Obese children are more likely to have high blood pressure, high cholesterol, and type 2 diabetes, which are risk factors for cardiovascular disease. Obese children are more likely to become obese adults⁵.

Research states that infant and toddler T.V. exposure was associated with obesity, language delay, inactivity, aggression and decreased attention span⁶.

Studies have concluded that preschool-aged children spend very little time in vigorous physical activity and the majority of their time is spent in inactivity⁷.

Simply replacing 6oz of "juice drinks" with water daily could potentially prevent 11 lbs of excess weight gain over the course of a year⁸.

Healthy Kids, Healthy Michigan



Early Childhood Obesity Prevention

Early learning and care settings, including both child care centers and informal care, present tremendous opportunities to prevent obesity by making an impact at a pivotal phase in children's lives⁹. Nationally, over 62% of preschoolers with working mothers are in some form of child care¹⁰, with those aged 3-6 spending an average of 24.8 hours per week in childcare centers¹¹. **Michigan has approximately 4,470 licensed childcare centers with a capacity of 294,362 children¹².**



Michigan is working to change policies in licensed child care centers to reduce childhood obesity in preschoolers.



Strengthening nutrition standards specific to beverages¹³ to include:

- Serving skim or 1% milk after age 2,
- Limiting 100% fruit juice, and
- Providing access to self-serve drinking water

Increasing required daily physical activity to a minimum of 60 minutes per day¹⁴ through:

- Teacher-lead activities
- Free, active play
- Requiring annual physical activity education for child care providers

Limiting television, video and computer time¹⁵.

- To a maximum of 60 minutes a day for children 2 and older

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8. Calculation: 8oz juice drink=140 kcal; 6oz juice drink=105 kcal. 105 kcal x 356 days/year= 38,325 kcal/year. 38,325 kcal/year/3,500 kcal/lb= 10.95 lbs/year.
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