

The logo features the text 'Health Politics with Dr. Mike Magee' in white against a dark blue background. The background includes a faint, stylized image of a person's face and some abstract blue patterns.

Health Politics

with
Dr. Mike Magee

Where Healthcare Meets Policy

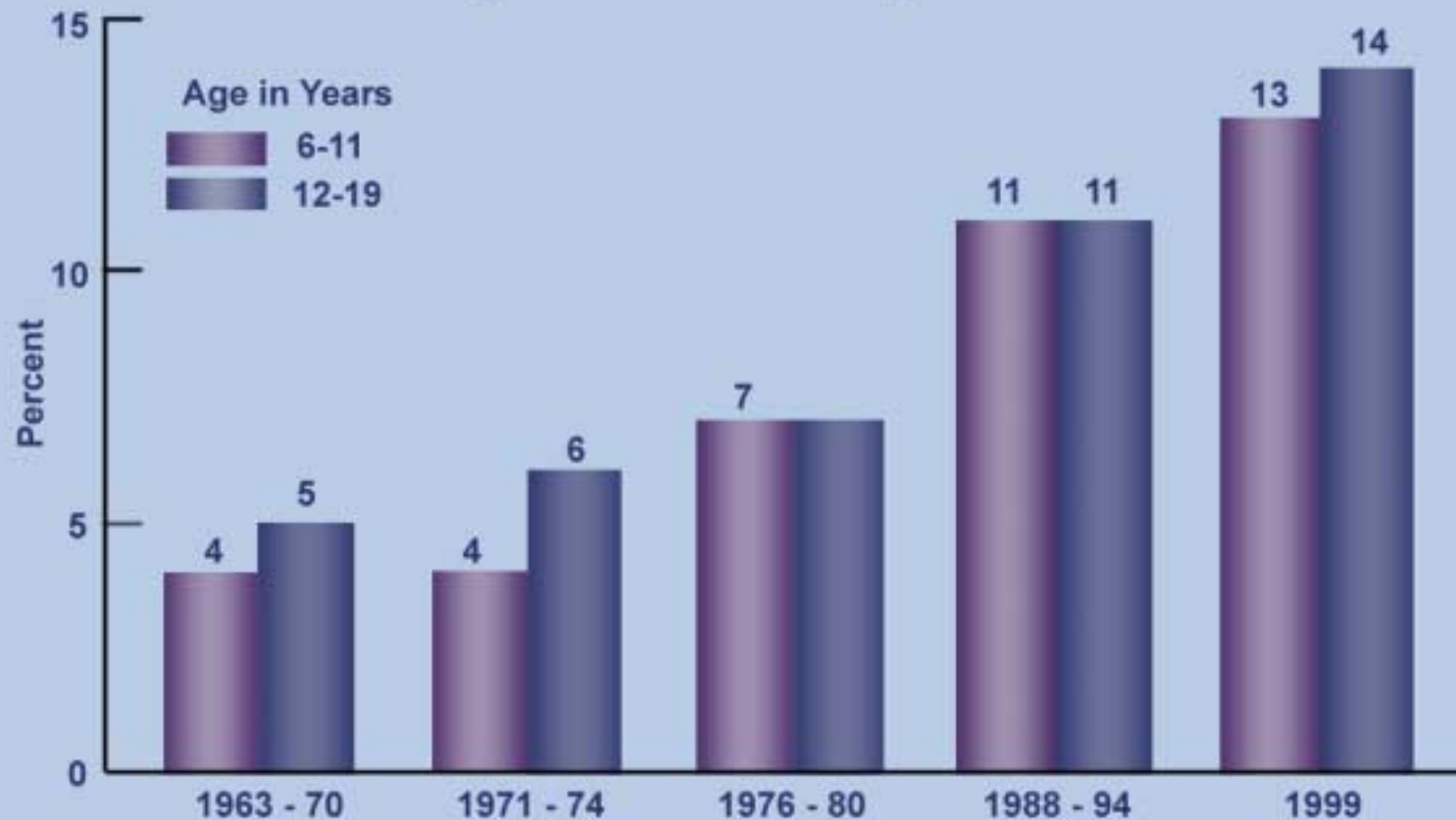
Exercise and Childhood Obesity

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Childhood Obesity Has Reached Epidemic Proportions in America and Is on the Rise

Figure 4. Overweight Kids



Except for a slight drop in overweight 12- to 19-year olds in 1976-1980, the percentage of overweight children ages 6 to 19 has steadily risen.

Source: National Center for Health Statistics, 1999 National Health and Nutrition Examination Survey.

A Sedentary Lifestyle Is a Major Contributor to Obesity and Poor Health

“Almost half of young people ages 12 to 21 get no exercise on a daily basis.”

- Sedentary children are more likely to be obese.
- Obese children have higher blood pressure, higher cholesterol levels, and greater incidence of Type 2 diabetes.

Obese Children Are Very Likely to Become Obese Adults with a Variety of Chronic Diseases

Young Women and Minorities Are at Increased Risk

Probability of Becoming Obese Adult if Obese at

Age 6 50%

Age 13 70-80%

Sedentary in High School

	Girls	Boys
Exercise 3x week	67%	80%
Exercise 1x or never	15%	8%

Exercise Is Not a High Priority for Teenage Girls

“With young women, we’ve got to help them connect health-related physical activities to their identities, to their relationships, and to the things that are important in their lives.”



– Dr. James Sallis, Professor
San Diego State University

Sedentary Lifestyle Rates

	Men	Women
Caucasian	56%	56%
African-American	63%	68%
Hispanic	62%	62%

Source: *The Pfizer Journal*. Vol 6:1, 2002; CDC.MMWR Special Focus: Behavioral Risk Factor Surveillance-United States, 1991.

Uninformed Public School Policy and Unsafe, Barrier-Laden Environments Contribute Significantly to Childhood Obesity

School Policy

- Decreased physical education programming
- Absence of non-competitive exercise options
- Fast-food-laden school cafeterias

Public Policy

- Unsafe neighborhoods
- Absence of sidewalks
- Absent or unsafe parks
- Poverty limits access to after-school clubs
- Child care assistance

Families and Communities Have a Role to Play in Addressing the Culture of Inactivity and Childhood Obesity

10 Tips

1. Limit fast food and soft drinks in the home – buy for nutrition
2. Limit TV, movies and videogames to 2 hours a day
3. Have children do household chores
4. Walk to destinations whenever safe and possible
5. Advocate for school physical education and nutrition programs
6. Encourage and observe children playing sports
7. Encourage an active outside break after school, before homework
8. Investigate city recreational opportunities
9. Choose fitness oriented gifts (i.e. jump rope)
10. Plan family outings and vacations

Source: *The Physician and Sportmedicine*, 1998. Curtis MJ. Students help bridge the gap between poverty and good health. Brown University. Icon Broadcasting Network. Kids are a lifetime investment.

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