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Chronic Illness Education 2023: Improving awareness of factors contributing to pediatric obesity in Detroit

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Improving awareness of factors contributing to pediatric obesity in Detroit

Authors: Cleveland, C., Debnath, D., Krayem, R., Maixner, J., Mehan, V., Mustafa, Z., Raghavan, D., Qureshi, Z.

Learning Community: Orange 29

Age Group: 0-18 years (target audience: parents)

Curriculum Tie-In: Metabolism, P4: Social Determinants of Health



Infographic



IMPROVING AWARENESS OF FACTORS CONTRIBUTING TO PEDIATRIC OBESITY

NEARLY 20% OF CHILDREN & ADOLESCENTS ARE AT RISK OF FACING THE LONG-TERM HEALTH CONSEQUENCES OF CHILDHOOD OBESITY.¹

CONTRIBUTING FACTORS

WHAT ARE SOME CAUSES OF PEDIATRIC OBESITY?²

- Diet
- Lack of exercise
- Genetics
- Mental & emotional health
- Financial constraints

HOW CAN I HELP MY CHILD IMPROVE THEIR HEALTH?

ENCOURAGE PHYSICAL ACTIVITY³

- Moderate to high intensity aerobic activities should be done most days of the week - biking, running, swimming, dancing, etc.
- Try out some muscle & bone strengthening activities - tug of war, jump rope, lifting weights, etc.

HELP KIDS MAKE HEALTHY CHOICES⁴

- Set a good example - kids are more likely to make healthy food choices if their parents do the same.
- Involve kids in meal prepping! Children are more likely to enjoy a meal they put effort into.

IT'S IMPORTANT TO FIND BALANCE⁴

- Start small! For example, encourage your child to have a side of fruit instead of french fries with their usual meal.
- Balance is key - small treats are okay in moderation!

BUDGETING HEALTHY MEALS

- There are ways to make eating healthy more affordable. For example, frozen produce tend to cost less than fresh produce, but it's just as nutritious!
- Your child's school may have a program for free or reduced-cost healthy meals.

PEDIATRICIANS CAN HELP!

- Learning that your child's health is at risk can be stressful, & not knowing how to help can make things seem impossible.
- Your child's pediatrician can help you adjust your child's lifestyle & stay on track with your changes!

¹Centers for Disease Control and Prevention. Childhood obesity facts. CDC. Published May 17, 2022. <https://www.cdc.gov/obesity/data/childhood.html>

²Mayo Clinic Staff. Childhood obesity - Symptoms and causes. Mayo Clinic. Published December 8, 2020. <https://www.mayoclinic.org/diseases-conditions/childhood-obesity/symptoms-causes/ycp-20354827>

³U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans 2nd Edition. 2018. https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

⁴Cleveland Clinic. How to Teach Kids Healthy Eating Habits. Cleveland Clinic. Published August 30, 2022. <https://health.clevelandclinic.org/healthy-eating-for-kids/>

*larger view included at end of document

Include a 3 sentences summary of how the learning from this project impacts your group's development as future physicians.

This project is helping us to develop as future physicians by giving us the opportunity to practice our self-directed learning and communication skills. As physicians we will need to constantly educate ourselves about topics and translate these in a digestible way to the patients we serve. This project gives us experience communicating important fitness and nutritional principles to parents in a way that is easy to understand so that they can apply them to the way they take care of their children.



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3. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans 2nd Edition.; 2018. https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

4. Cleveland Clinic. How to Teach Kids Healthy Eating Habits. Cleveland Clinic. Published August 30, 2022. <https://health.clevelandclinic.org/healthy-eating-for-kids/>