

Current health challenges in children and adolescents

What can we do to recognize these and educate
families

A little about me

- Born and raised in Reno/Sparks
- UNR/UNSOM/Residency
- Family medicine with NNMG in Sparks



Let's start with childhood obesity...

- <https://www.cbsnews.com/news/us-obesity-problem-isnt-budging/>

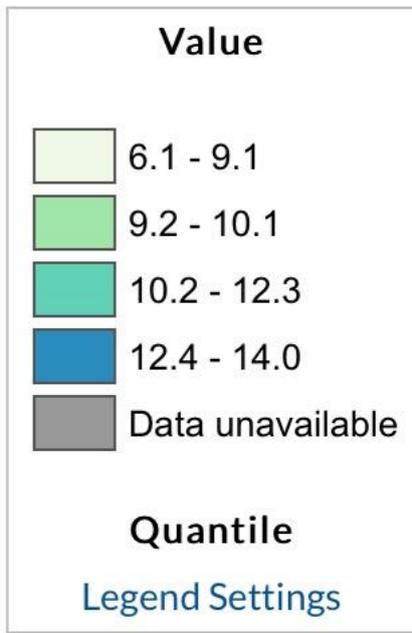
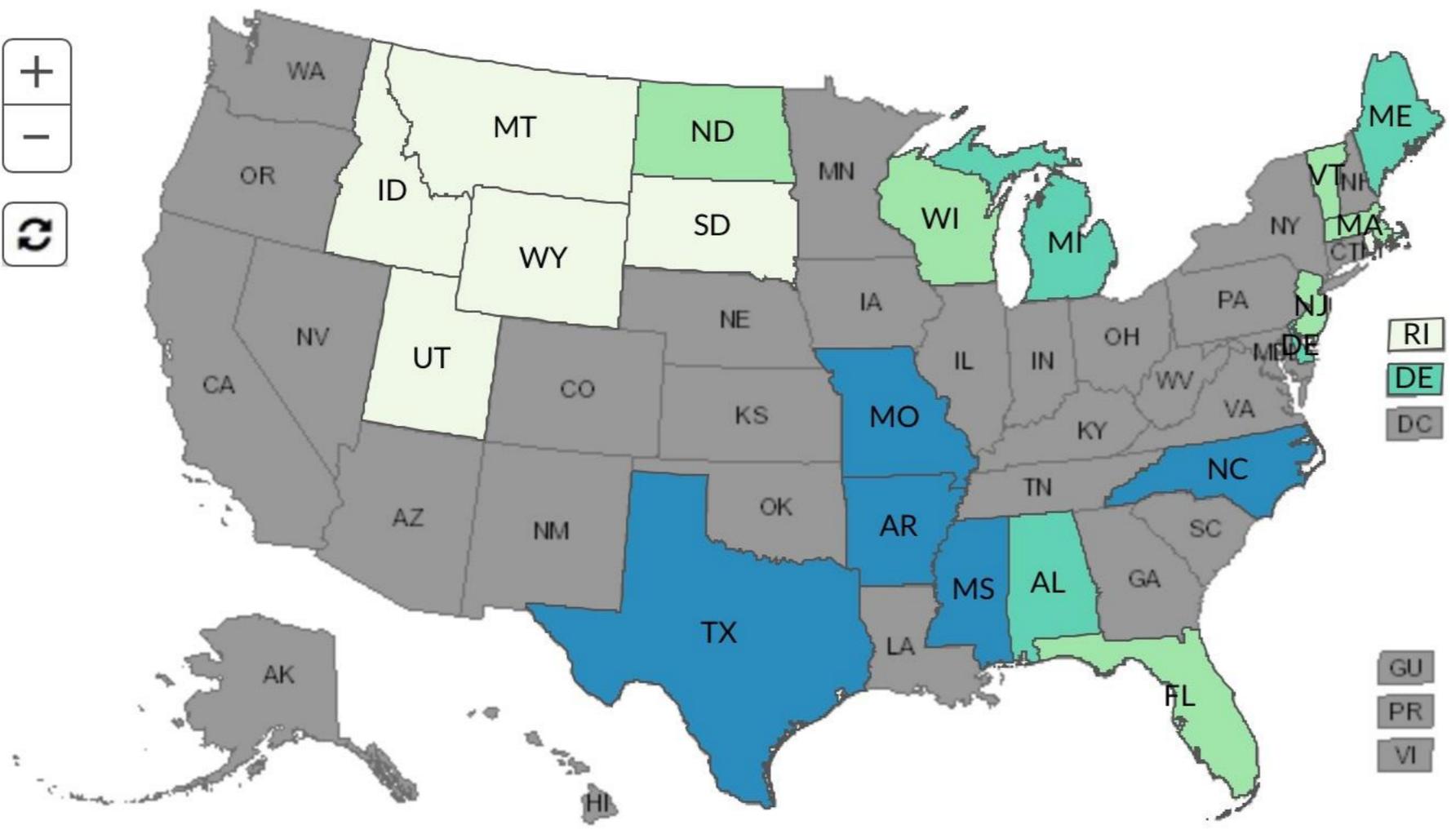
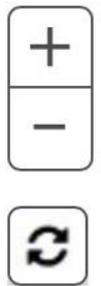
View by Total

Year 2001

2001

Percent of students in grades 9-12 who have obesity †

View by: Total



† Obese is defined as body mass index (BMI)-for-age and sex ≥ 95 th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m²]).

Data Source: Youth Risk Behavior Surveillance System (YRBSS)

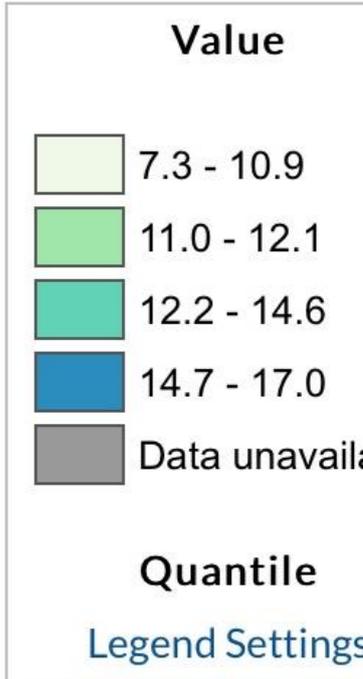
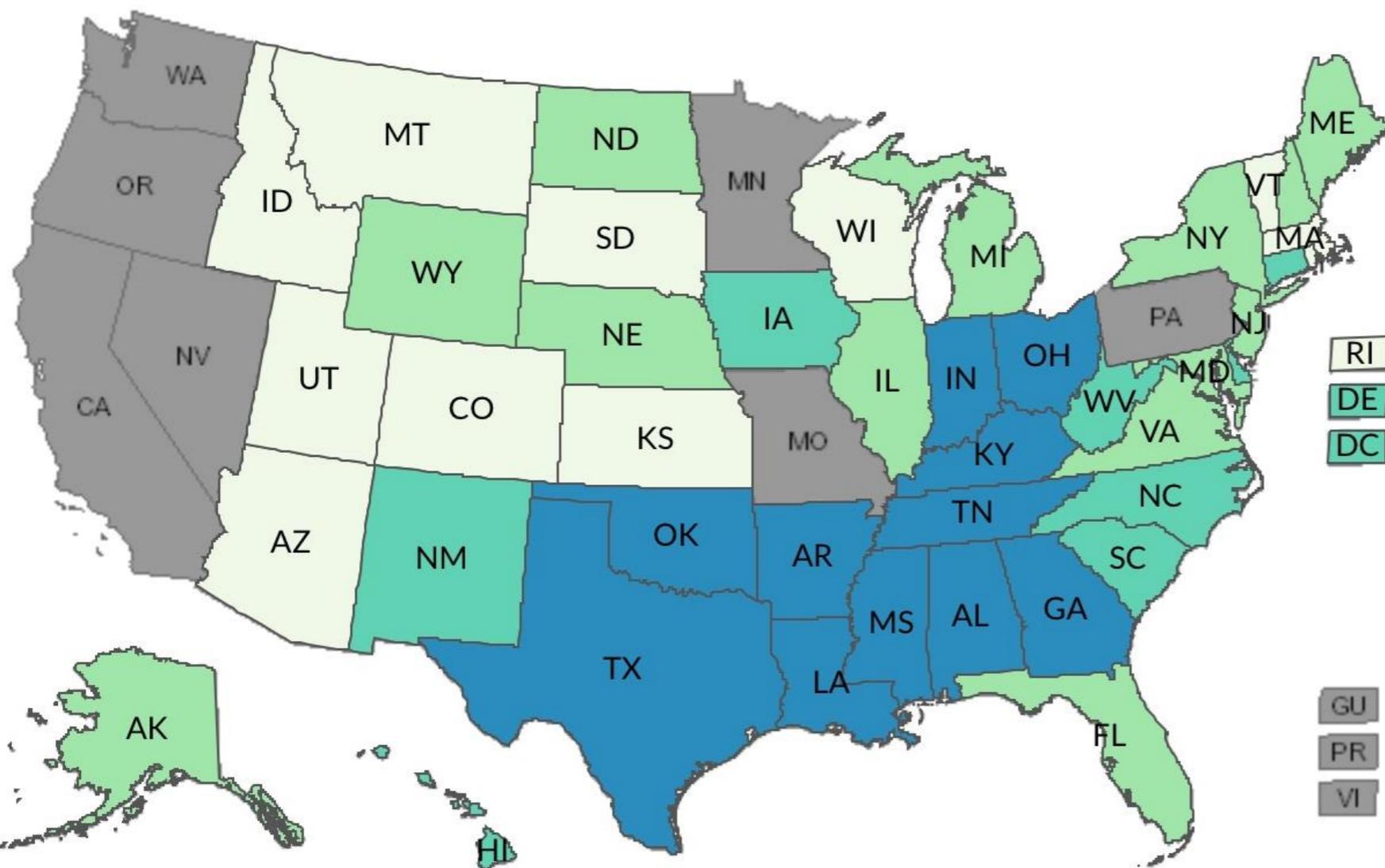
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Year 2011

2011

Percent of students in grades 9-12 who have obesity †

View by: Total



Obesity is defined as body mass index (BMI)-for-age and sex ≥ 95 th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m²]).

Source: Youth Risk Behavior Surveillance System (YRBSS)

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of National Center for Health Statistics

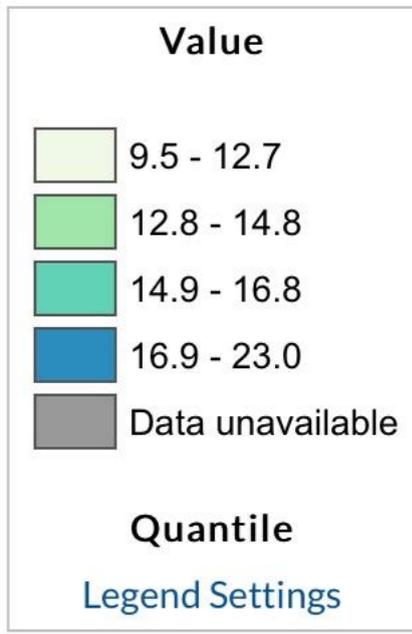
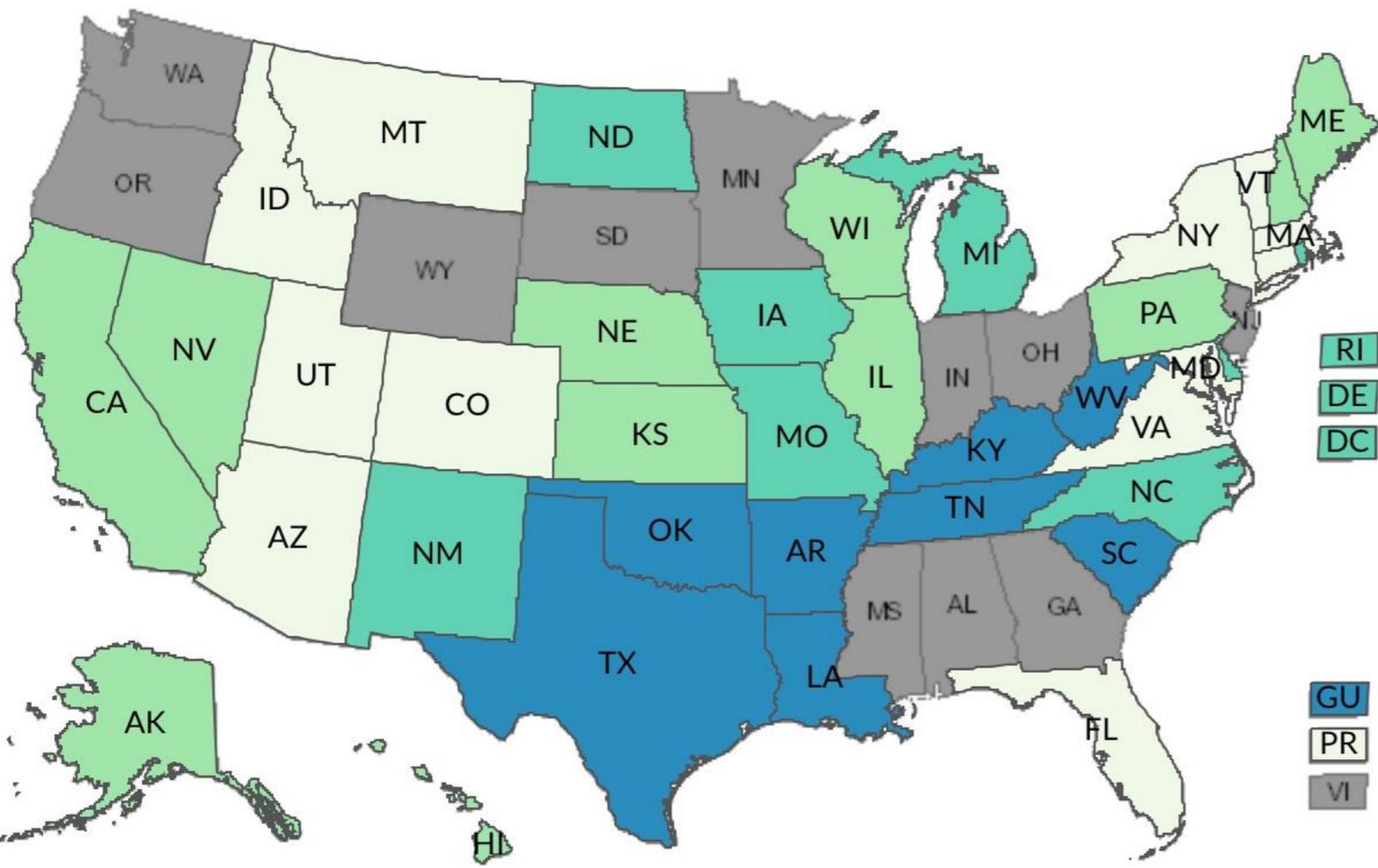
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Year 2017

2017

Percent of students in grades 9-12 who have obesity †

View by: Total

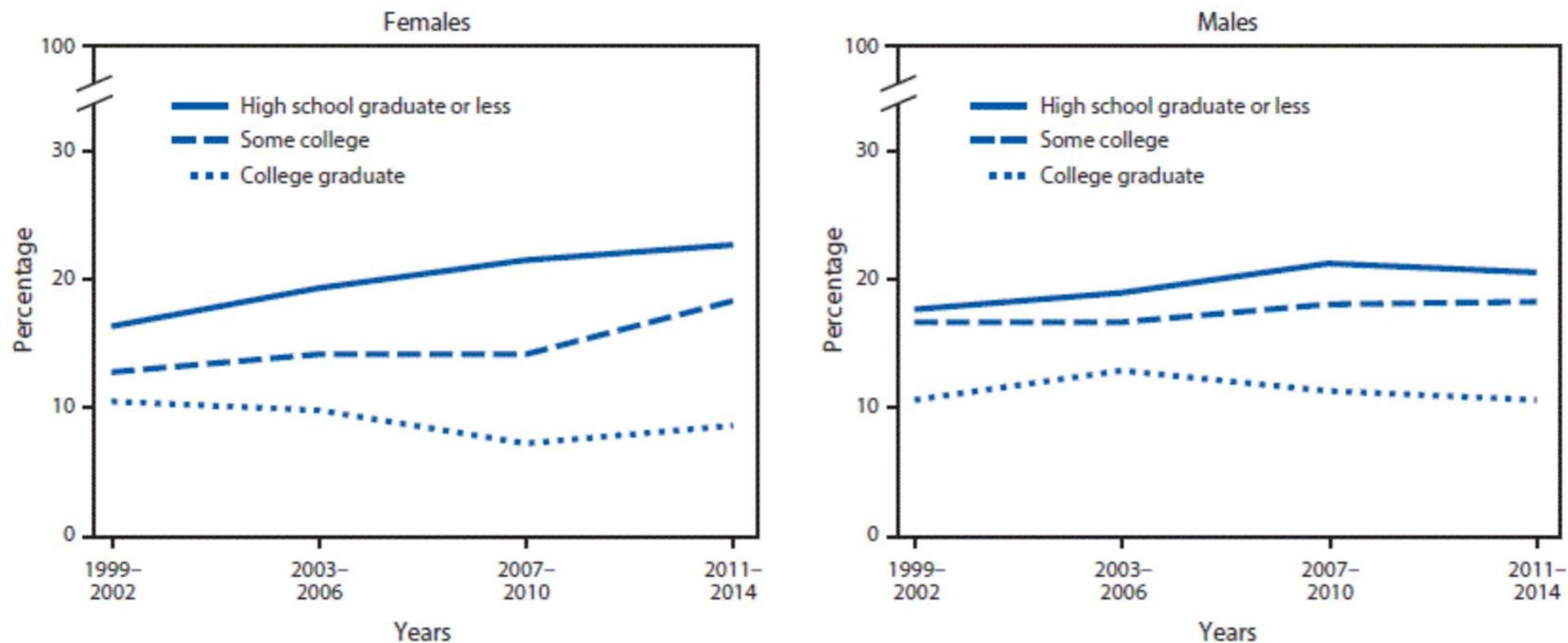


Obese is defined as body mass index (BMI)-for-age and sex ≥ 95 th percentile based on the 2000 CDC growth chart; BMI was calculated from self-reported weight and height (weight [kg]/ height [m²]).

Data Source: Youth Risk Behavior Surveillance System (YRBSS)

- Prevalence of obesity decreased with increasing level of education for head of household ages 2-19
- It also decreased among increasing income

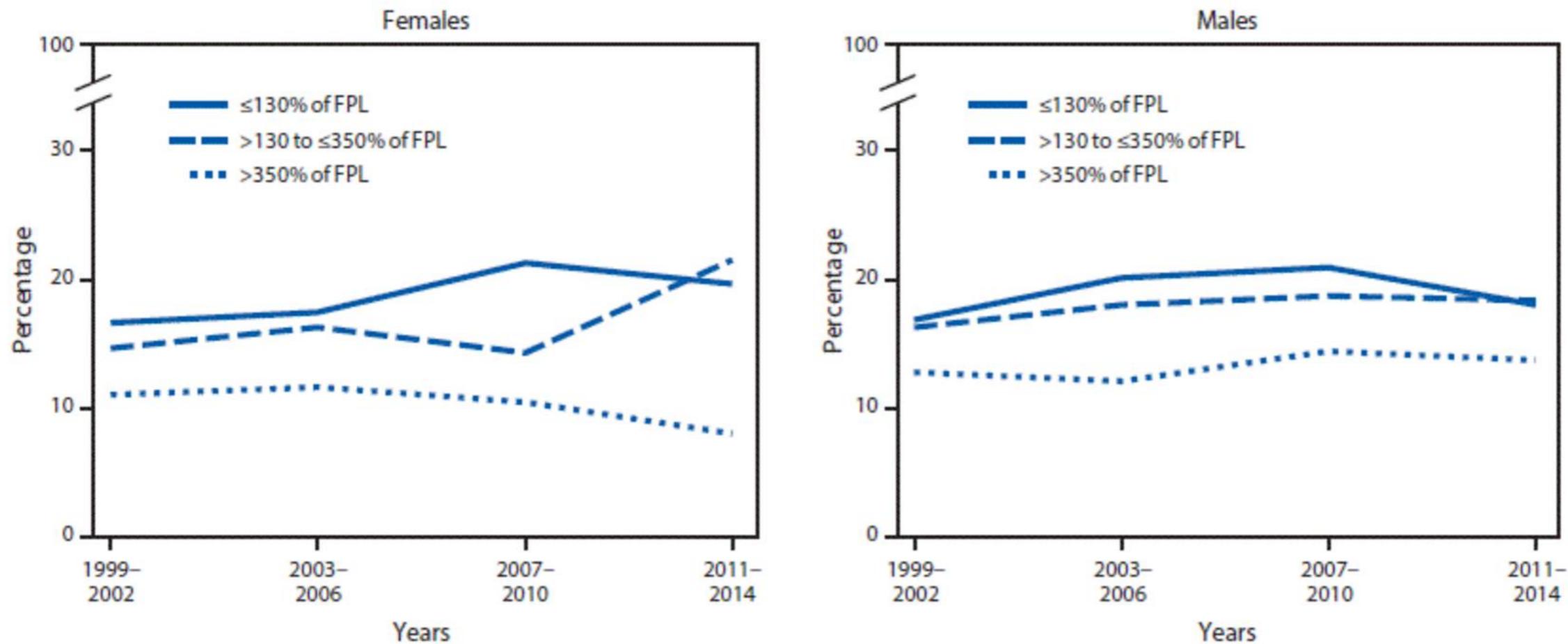
FIGURE 2. Trends* in prevalence of obesity among youths (persons aged 2–19 years), by education level of head of household – National Health and Nutrition Examination Survey, United States, 1999–2002 through 2011–2014



* Linear trend ($p < 0.05$) for females, high school graduate or less and some college, and males, high school graduate or less.

The figure above is a line graph showing trends in prevalence of obesity among youths (persons aged 2–19 years), by education level of head of household, in the United States, from 1999–2002 through 2011–2014.

FIGURE 1. Trends*[†] in obesity prevalence among youths (persons aged 2–19 years), by household income – National Health and Nutrition Examination Survey, United States, 1999–2002 through 2011–2014



Abbreviation: FPL = federal poverty level.

* Linear trend ($p < 0.05$) for females $\leq 130\%$ of FPL, $> 130\%$ to $\leq 350\%$ of FPL.

† Quadratic trend ($p < 0.05$) for males $\leq 130\%$ of FPL.

The figure above is a line graph showing trends in obesity prevalence among youths (persons aged 2–19 years), by household income, in the United States, from 1999–2002 through 2011–2014.

Why is this a problem?

- Obese children are more likely to be teased and have lower self esteem
- Higher risk of health problems
- More likely to be overweight or obese as adults

What can we do?

- Studies have shown improving school lunch quality/health helps
- <http://www.saladbars2schools.org>
- Encourage participation in physical activities
- Model healthy behavior



Depression and suicide risk

- <https://www.nbcnews.com/health/kids-health/generation-risk-america-s-youngest-facing-mental-health-crisis-n827836>

- Suicide is the second leading cause of death in people age 15-24
- The number of suicides in teenage girls 10-14 tripled between 1999 and 2014
- Social media, bullying, underlying psychiatric illness all part of cause

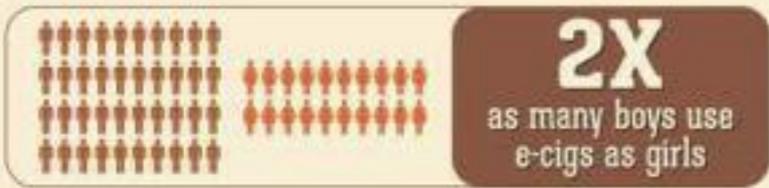
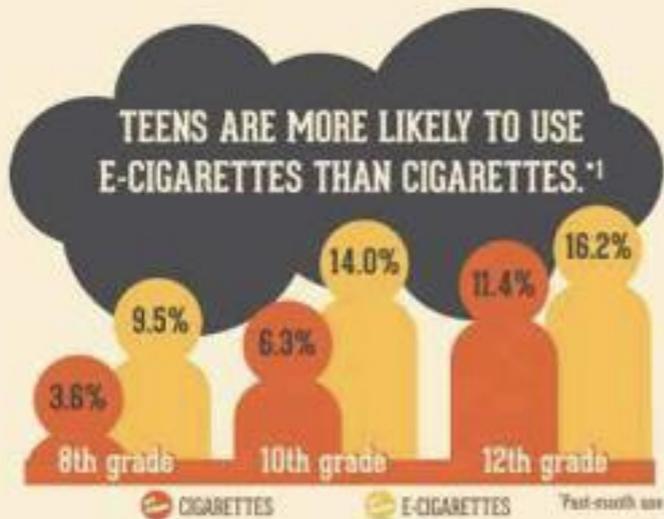
Warning signs

- Suddenly dropping grades
- Verbalizing "you don't have to worry about me much longer" or "I'd be better off dead"
- Violent outbursts
- Frequent physical complaints
- Change in hygiene
- Isolating from friends

Resources

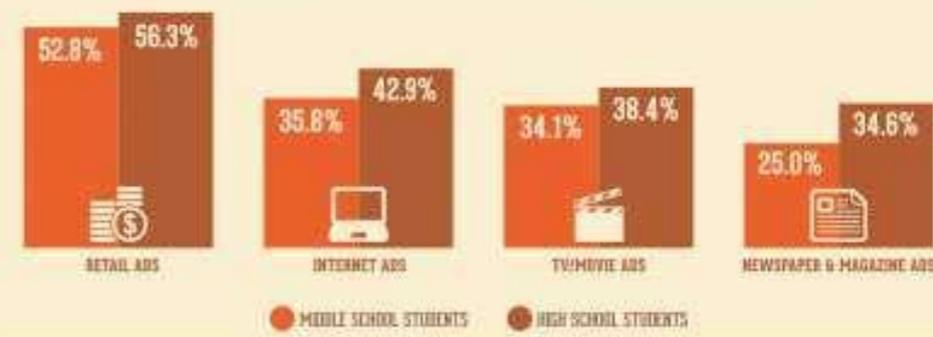
- Crisis TEXT number- "home" to 7757417421
- Reno crisis call center 775-794-8090, also has a texting service, text ANSWER to 839863
- Mobile crisis response team 775-688-1670
- Suicide prevention hotline 1-800-273-8255

Teens and E-cigarettes



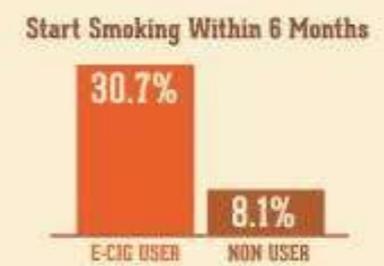
Vaping

HIGH TEEN EXPOSURE TO E-CIG ADVERTISING¹



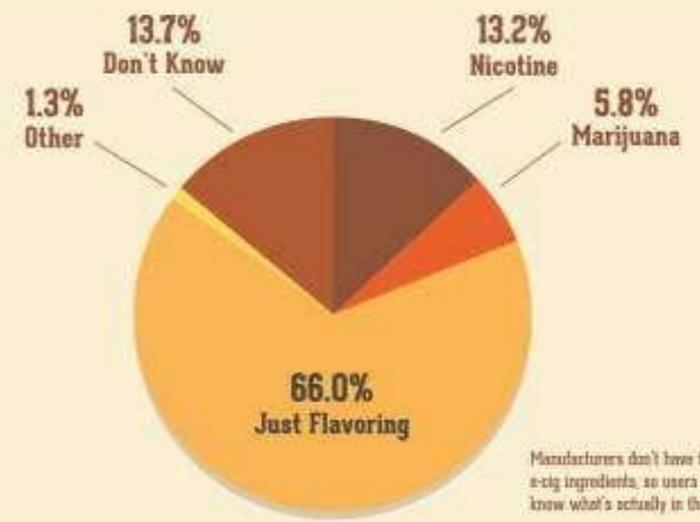
NIH National Institute on Drug Abuse
¹ MTF, 2015; ² Leventhal, 2015; ³ Singh, 2016

TEEN E-CIG USERS ARE MORE LIKELY TO START SMOKING.²



²Includes combustible tobacco products (cigarettes, cigars, and hookahs)

WHAT DO TEENS SAY IS IN THEIR E-CIG?³



<https://abc.go.com/playlists/PL551264444/video/VDKA5298842>

- Surgeon general has issued a warning regarding ecigs
- Use increased 900% from 2011-2015
- 20.8% use among high school students in 2018
- 1 in 20 middle school students vape
- Nicotine aerosol is NOT harmless

Reduced vapor
Reduced odor
Easily
Concealable



- <http://www.scholastic.com/youthvapingrisks>
- Tar wars

Questions?