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...


† Obese is defined as body mass index (BMI)-for-age and sex ≥95th 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)
Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Health.
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**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

* 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.

Abbreviation: FPL = federal poverty level.

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

† Quadratic trend (p<0.05) for males ≤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

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
Vaping

https://abc.go.com/playlist/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?