HEALTH MATTERS
Sending kids home with tools for a healthy life!

Jessica Enders, RD/LD
Registered Dietitian and Healthy Hearts Program Director
Children’s Heart Center Nevada
Objectives

- Discuss the prevalence of childhood obesity nationally and locally
- Identify consequences of childhood obesity
- Provide resources to be given to parents of at risk children
- Review how the School Wellness Policy can help
The Stats

- From 2016-2017 data in Nevada:
  - 14.7% of children 10-17 years old were obese (BMI ≥95th percentile)
- National obesity rates have climbed steadily since the 1970’s
  - From around 5% to 15.8% of children 10-17 years old

Source: https://stateofobesity.org/images/childhood8.png
Consequences

- Insulin resistance/diabetes
- Fatty liver disease
- High cholesterol
- High blood pressure
- Psychosocial stressors
- Lung disorders
- Adult obesity
Obstacles

- Parental misconceptions
- Family dynamics
- Lack of education and/or misinformation
- Decreased physical activity
- Food rewards at home and at school
Lack of Information/Misinformation

- Lack of education
- Misinformation on the internet
- Commercials promoting fad diets/weight loss pills
Lack of Physical Activity

- PE class cuts
- Decreased recess time
- Neighborhoods with limited ability for safe play environments
Food Rewards

- At school:
  - Pizza/Ice Cream parties
  - Candy for getting correct answers
  - Snack shacks

- Food rewards are given at home too!
What Can We Do?

- Promoting family changes/family dinners
- Keep it simple
- Knowing community resources/programs
- Referrals to programs like the Healthy Hearts Program at CHC
- Follow the Wellness Policy Guidelines
Community Resources

- YMCA
- Local Community Centers and Parks
- Southern Nevada Health Department
  - Neon to Nature app
  - Walk Around NV app
  - SNAP cooking app
- Trampoline parks
The Healthy Hearts Program at CHC

- Risk reduction program for overweight children and their families
- One-on-one time with a dietitian to work with the whole family on being healthier
- Nutrition classes starting in March
- Behavioral Health Team
- healthyheartsnv.com
  - Program information
  - Community resource map
  - Link to social media sites
NV School Wellness Policy

- Where:   Nutrition.nv.gov
- What:
  - Offer non-food incentives/rewards
  - Allow adequate time for meals
  - Do not restrict physical activity opportunities or make physical activity a punishment
  - Follow the smart snack standards
  - Follow the beverage standards
References

- www.cdc.gov/obesity/childhood/causes.html
- www.cdc.gov/obesity/childhood/defining.html
- https://stateofobesity.org/children1017/
- Nutrition.nv.gov