

Healthy Weights

In Canada over 26% of children and youth (1 in 4) are considered overweight or obese. And obesity in childhood leads to obesity in adulthood.

A sign of childhood obesity is a weight well above the average for a child's height and age. Overweight and obesity problems in childhood are handled by developing healthy habits that help the child "grow out of it". As a parent, you can establish a healthy lifestyle habit from "Day 1" if your child's weight is not healthy. Take steps to change this.

Why should I be concerned about childhood obesity?

For obese children the chance of leading a long and healthy life is seriously threatened.

In the young, obesity and overweight are associated with physical conditions such as joint problems and difficulty in breathing while asleep (sleep apnea), and emotional - social conditions such as low self esteem and social isolation.

Obese teenagers almost always become obese adults. In adulthood obesity and overweight can often lead to serious illness and premature death.

Helpful Resources

See links below for additional information.

The [Sip Smart! BC™](#) program (a school based program aimed at decreasing the consumption of sugar sweetened beverages) is now available at www.sipsmart.ca. Click [here](#) to access Sip Smart! BC™ resources (Grades 4-6).

[Nutrition A-Z \(Dietitians of Canada\)](#), a comprehensive website about healthy eating.

[Canada's Food Guide](#) - the basics of healthy eating from the Government of Canada.

[The Childhood Obesity Foundation](#) is a BC non-profit society with helpful information.

The [Generation Health](#) Program is a FREE, family-based 10 week program held in

communities across BC for families with children ages 8 - 12 who want to be on a healthy weight and healthy lifestyle path. The program supports participants in making family changes to healthy behaviours such as healthy eating, physical activity, screen time, and sleep that support the child's own health behaviours. The program is focused on practical, fun activities that build family connectedness while building both the parent/caregiver's and the child's skills to make lasting changes. As well, the program incorporates positive mental health activities that build resilience and self confidence and help to enhance overall well-being. More information and registration is available at www.generationhealth.ca.

[Physical Activity Guides](#) - benefits, tips and guidelines for physical activity for Canadians.

[Screen Smart](#) is an initiative to decrease recreational screen time and increase activity levels of students.

[Superkids Nutrition](#) wants to create future healthier generations through good nutrition. They aim to empower children and families to reach their full potential by having the energy and good health needed to accomplish their life goals; and they help parents and the community become more knowledgeable about nutrition and enable children to make healthy choices

[Your Healthy Weight](#), a website offering resources from Registered Dietitians at Dairy Farmers of Canada.