

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™](http://www.sipsmart.ca) program 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.

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

[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

[Shapedown BC](#) is a program that helps children, adolescents, and their families achieve healthy weights.

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

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

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