

# Would you recognize if your child was overweight?

The image displays three posters from the Pennsylvania Medical Society, each titled "Picture the Facts of Your Child's Future." The posters compare the health outcomes for children of different weights. The largest poster on the left shows two 8-year-old boys. The boy on the left is normal weight (60 lbs, BMI 16th percentile), while the boy on the right is overweight (75 lbs, BMI 95th percentile). The overweight boy's poster lists a high risk of asthma, orthopedic problems, and clinical depression, with signs of diabetes appearing around age 50 and signs of heart disease appearing around age 50. The normal weight boy's poster lists a low risk of these conditions, with signs of diabetes appearing around age 50 and signs of heart disease appearing around age 50. The other two posters, which are tilted, show a 5-year-old girl and a 5-year-old boy. The overweight girl (45 lbs, BMI 95th percentile) has a high risk of asthma, orthopedic problems, and clinical depression, with signs of diabetes appearing around age 20 and signs of heart disease appearing around age 35. The normal weight girl (29 lbs, BMI 50th percentile) has a low risk of these conditions, with signs of diabetes appearing around age 50 and signs of heart disease appearing around age 50. The overweight boy (45 lbs, BMI 95th percentile) has a high risk of asthma, orthopedic problems, and clinical depression, with signs of diabetes appearing around age 20 and signs of heart disease appearing around age 35. The normal weight boy (29 lbs, BMI 50th percentile) has a low risk of these conditions, with signs of diabetes appearing around age 50 and signs of heart disease appearing around age 50. All posters include the text: "Overweight children suffer adult health problems. Ask a health professional how you can play a role in managing your child's weight." and the Pennsylvania Medical Society logo and website (www.pamedsoc.org).

**PICTURE THE FACTS OF YOUR CHILD'S FUTURE.**

Low risk of asthma, orthopedic problems and clinical depression

Signs of diabetes may appear around age 50

Signs of heart disease may appear around age 50

Life expectancy of age 84

Age: 8  
Weight: 60 lbs.  
Height: 51"  
Body Mass Index: 16  
BMI Percentile: 50<sup>th</sup>

Age: 8  
Weight: 75 lbs.  
Height: 51"  
Body Mass Index: 20  
BMI Percentile: 95<sup>th</sup>

Overweight children suffer adult health problems.  
Ask a health professional how you can play a role in managing your child's weight.

Pennsylvania MEDICAL SOCIETY  
Dedicated to Quality. Passion for a Healthier Future.  
www.pamedsoc.org/bmi

**PICTURE THE FACTS OF YOUR CHILD'S FUTURE.**

Low risk of asthma, orthopedic problems and clinical depression

Signs of diabetes may appear around age 50

Signs of heart disease may appear around age 50

Life expectancy of age 84

Age: 5  
Weight: 29 lbs.  
Height: 42"  
Body Mass Index: 15.5  
BMI Percentile: 50<sup>th</sup>

Age: 5  
Weight: 45 lbs.  
Height: 42"  
Body Mass Index: 18  
BMI Percentile: 95<sup>th</sup>

Overweight children suffer adult health problems.  
Ask a health professional how you can play a role in managing your child's weight.

Pennsylvania MEDICAL SOCIETY  
Dedicated to Quality. Passion for a Healthier Future.  
www.pamedsoc.org/bmi

**PICTURE THE FACTS OF YOUR CHILD'S FUTURE.**

High risk of asthma, orthopedic problems and clinical depression

Signs of diabetes may appear around age 20

Signs of heart disease may appear around age 35

Life expectancy of age 72

Age: 5  
Weight: 45 lbs.  
Height: 42"  
Body Mass Index: 18  
BMI Percentile: 95<sup>th</sup>

Age: 5  
Weight: 29 lbs.  
Height: 42"  
Body Mass Index: 15.5  
BMI Percentile: 50<sup>th</sup>

Overweight children suffer adult health problems.  
Ask a health professional how you can play a role in managing your child's weight.

Pennsylvania MEDICAL SOCIETY  
Dedicated to Quality. Passion for a Healthier Future.  
www.pamedsoc.org/bmi

Provided by the Pennsylvania Medical Society  
www.pamedsoc.org

In these posters put out by the Pennsylvania medical society, the children on the right are considered obese.

Nearly all parents of overweight preschoolers and most parents of obese kids are unaware their children are classified as

such , say researchers at New York University and two other medical centers. Click here for [Happy Healthy Kids](#)’ interview with Dr. Kardos on the subject.

Julie Kardos, MD with Naline Lai, MD

©2015 Two Peds in a Pod®