

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 future health risks are significantly higher, with signs of diabetes appearing around age 20 and heart disease around age 35, compared to age 50 for the normal-weight boy. The other two posters show similar comparisons for a girl and a 5-year-old boy, with the overweight children facing even earlier health risks (diabetes at age 20, heart disease at age 35).

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: 50th

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

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 the Public, Preserving the Relationship
www.pamedsoc.org/obesity

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Provided by the Pennsylvania Medical Society
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: 5
Weight: 29 lbs.
Height: 42"
Body Mass Index: 15.5
BMI Percentile: 50th

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

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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

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