

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". Each poster compares the health outcomes for a child of a certain weight and BMI percentile with those of an overweight child of the same age and height.

Poster 1 (Left): Compares two 8-year-old boys. The boy on the left is normal weight (60 lbs, BMI 16, 50th percentile), with a low risk of asthma, orthopedic problems, and clinical depression, and signs of diabetes and heart disease appearing around age 50. The boy on the right is overweight (75 lbs, BMI 20, 95th percentile), with a high risk of asthma, orthopedic problems, and clinical depression, and signs of diabetes and heart disease appearing around age 20. Life expectancy is 84 for the normal-weight child and 35 for the overweight child.

Poster 2 (Top Right): Compares two 5-year-old girls. The girl on the left is normal weight (29 lbs, BMI 15.5, 50th percentile), with a low risk of asthma, orthopedic problems, and clinical depression, and signs of diabetes and heart disease appearing around age 50. The girl on the right is overweight (45 lbs, BMI 22, 95th percentile), with a high risk of asthma, orthopedic problems, and clinical depression, and signs of diabetes and heart disease appearing around age 20. Life expectancy is 84 for the normal-weight child and 72 for the overweight child.

Poster 3 (Bottom Right): Compares two 5-year-old boys. The boy on the left is normal weight (29 lbs, BMI 15.5, 50th percentile), with a low risk of asthma, orthopedic problems, and clinical depression, and signs of diabetes and heart disease appearing around age 50. The boy on the right is overweight (45 lbs, BMI 22, 95th percentile), with a high risk of asthma, orthopedic problems, and clinical depression, and signs of diabetes and heart disease appearing around age 20. Life expectancy is 84 for the normal-weight child and 72 for the overweight child.

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

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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.

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