

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 normal-weight children versus overweight children. Each poster features two children, one normal-weight and one overweight, both holding blue buckets. Text on the posters lists risks for asthma, orthopedic problems, clinical depression, diabetes, heart disease, and life expectancy.

Poster 1 (Left): Compares two 8-year-old boys. The normal-weight boy (BMI 50th percentile) has a 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; and life expectancy is 84. The overweight boy (BMI 95th percentile) has a 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; and life expectancy is 72.

Poster 2 (Top Right): Compares two 5-year-old boys. The normal-weight boy (BMI 50th percentile) has a 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; and life expectancy is 84. The overweight boy (BMI 95th percentile) has a 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; and life expectancy is 72.

Poster 3 (Bottom Right): Compares two 5-year-old boys. The normal-weight boy (BMI 50th percentile) has a 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; and life expectancy is 84. The overweight boy (BMI 95th percentile) has a 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; and life expectancy is 72.

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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