

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 16th percentile) and has a low risk of asthma, orthopedic problems, and clinical depression, with signs of diabetes and heart disease appearing around age 50 and a life expectancy of 84. The boy on the right is overweight (75 lbs, BMI 95th percentile) and has a high risk of asthma, orthopedic problems, and clinical depression, with signs of diabetes and heart disease appearing around age 20 and a life expectancy of 35.

Poster 2 (Top Right): Compares two 5-year-old boys. The boy on the left is normal weight (39 lbs, BMI 50th percentile) and has a low risk of asthma, orthopedic problems, and clinical depression, with signs of diabetes and heart disease appearing around age 50 and a life expectancy of 84. The boy on the right is overweight (45 lbs, BMI 95th percentile) and has a high risk of asthma, orthopedic problems, and clinical depression, with signs of diabetes and heart disease appearing around age 20 and a life expectancy of 35.

Poster 3 (Bottom Right): Compares two 5-year-old boys. The boy on the left is normal weight (42 lbs, BMI 50th percentile) and has a low risk of asthma, orthopedic problems, and clinical depression, with signs of diabetes and heart disease appearing around age 50 and a life expectancy of 84. The boy on the right is overweight (45 lbs, BMI 95th percentile) and has a high risk of asthma, orthopedic problems, and clinical depression, with signs of diabetes and heart disease appearing around age 20 and a life expectancy of 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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