



## HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

*Learning how to live healthy®*

CHILDHOOD OBESITY

Children with a large body mass may be considered overweight or obese. Currently, one out of five children in the United States are obese. Overweight and obese children have a higher risk of developing type 2 diabetes, heart disease, bone/joint problems and are more likely to suffer from depression and low self-esteem. Obese children are more likely to become obese as an adult, which puts them at a higher risk for developing heart disease, type 2 diabetes and several types of cancer. Causes of being overweight and obesity can be due to a lack of exercise, poor diet and poor sleeping habits.

### MY CHILD'S RISK FOR DEVELOPING CHILDHOOD OBESITY IS:

- Healthy is my child eats a variety of fruits and vegetables AND gets at least 60 minutes of physical activity every day.
- Health Risk is my child eats fruits and vegetables occasionally OR gets less than 60 minutes of physical activity every day.
- Unhealthy is my child does not eat fruits and vegetables every day AND gets less than 60 minutes of physical activity every day.

- **HEALTHY** – Look on the back side of this card to see how to keep your child's risk for obesity low.
- **HEALTH RISK** – If your child's limited exercise and eating habits continue they may become obese. Look on the back of this card to see how you can lower your child's risk for obesity.
- **UNHEALTHY** – If your child is obese, please look on the back side of this card to see how to improve their health.

**CRCH**

CENTER FOR RURAL &  
COMMUNITY HEALTH

[CRCH@osteo.wvsom.edu](mailto:CRCH@osteo.wvsom.edu)

<https://crch.wvsom.edu>

# What to do for ...

**HEALTHY WEIGHT:** Continue to feed your child a variety of fruits and vegetables with every meal. Encourage them to be physically active for at least 60 minutes every day.

**HEALTH RISK WEIGHT:** Feed your child a variety of fruits and vegetables with every meal. Substitute water for sodas and other sugar drinks. Encourage your child to be physically active for at least 60 minutes each day. Some good ways to stay active are playing outside with friends, joining a sports team, or going on family walks.

**UNHEALTHY WEIGHT:** See your pediatrician about your child's risk for childhood obesity and how to reduce their risk.

## Get more information ABOUT BODY WEIGHT AND HOW TO MAINTAIN A HEALTHY LIFESTYLE BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email [CRCH@osteو.wvsom.edu](mailto:CRCH@osteو.wvsom.edu)
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification \_\_\_\_\_

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and Translational Science Institute*

