Welcome to HLTH100

Studies have shown that the occurrence of obesity in children has increased in recent years. Reduction of obesity in the early years can prevent the serious health effects associated with obesity before they develop. This course discusses early childhood obesity and shares strategies for addressing obesity in the early care setting. The benefit associated with this course is the identification of strategies, that when successfully implemented, help reduce the ill effects of obesity before they occur.

Course Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Identify important facts about obesity and overweight in young children
- Define Body Mass Index (BMI)
- Identify causes and long-term risks associated with obesity
- Identify recommended practices for identifying children at risk of weight-related health problems
- Identify recommended activity levels and best practices for promoting fitness in the child care environment

At one point in this course, participants are expected to reflect and write about topics related to their own learning and teaching experiences in relation to course content.

References:

www.smith.edu/forthill/documents/C CarlsonCombined.pdf


www.kidshealth.org (2016)  

www.heart.org/HEARTORG/Conditions/HighBloodPressure/UnderstandYourRiskforHighBloodPressure/  
High-Blood-Pressure-in-Children_UCM_301868_Article.jsp#.Vh8OtWuNPw4

www.webmd.com/sleep-disorders/sleep-apnea.


http://circ.ahajournals.org/content/115/14/1948.full


www.washingtonpost.com/wp-dyn-content/story/2008/05/09/ST2008050900425.html

What is Obesity?

Obesity and overweight

Normal weight

Body Mass Index

Statistics

Causes and Risk Factors

The Mayo Clinic lists five potential factors than can increase a child’s overweight risk:

1.
2.
3.
4.
5.
Diet

Inactivity/Low Energy Expenditure

Psychological

Family Factors

Socioeconomic

Effects and Risks

High Blood Pressure

Cholesterol and Lipid Abnormalities

Insulin Resistance and Type–2 Diabetes
Define the 2 types of diabetes
Type 1 –

Type 2 –
Sleep Apnea

Psychosocial Risks

When to Seek Medical Advice

Treatment/Medications

Physical Activity

Diet Management

Behavioral Modification

Medication

Role of Child Care Settings in Obesity Prevention

Child Activity Levels in Child Care
Using Movement Across the Curriculum

Take “Brain Breaks”

Define a Cross-lateral movement:

Using Transitions to Promote Fitness

Teach Movement Skills

Suggestions for Encouraging Children’s Active Movement

General Strategies for Promoting Fitness