

## National Childhood Obesity Awareness Month: FACTS YOU SHOULD KNOW

*September is National Childhood Obesity Awareness Month that aims to heighten the awareness about the headline-dominating obesity epidemic in children*

Obesity is a serious medical condition that mostly affects adults and has been the leading cause of heart stroke, high blood pressure, diabetes, and other life-threatening illnesses. However, with the increasing consumption of processed and junk food, and inactive lifestyle among children, it has begun to occur in



children and adolescents too. When it appears in children, it's known as childhood obesity.

National Childhood Obesity Awareness Month aims at creating awareness about childhood obesity and encouraging parents to take preventive measures to help their children live a healthier lifestyle through activity and healthy eating.

### **The facts:**

According to a recent study by the Centers for Disease Control & Prevention (CDC), **one in three children in the US** is obese or overweight. The study further revealed that obesity has doubled in children and quadrupled in adolescents in the last 30 years. Although obesity is generally linked with genetics, our genetics haven't changed in the past 30 years. This indicates to other factors that have changed, including what children eat and how active they are. The CDC recommends children to get involved in physical activity for at least 60 minutes a day. Also, it suggests keeping an eye on cardiovascular health by using a **portable ECG monitor**.

### **Effects of childhood obesity:**

National Childhood Obesity Awareness Month emphasizes the role that every parent should play in recognizing both the immediate and long-term effects of childhood obesity.

### **Immediate health effects:**

- Risk factors for heart disease, such as high blood pressure or high triglycerides
- Signs of prediabetes, a condition that indicates insulin resistance and risk for development of diabetes
- Fatty liver, which can sustain insulin resistance and is linked with metabolic syndrome

- Social and psychological problems, including bullying and poor self-esteem

**Long-term health effects:**

- Type 2 diabetes, stroke, heart disease and osteoarthritis
- Overweight and obesity are linked with increased risk for types of cancer, including cancer of the colon, breast, esophagus, endometrium, kidney, pancreas, gallbladder, ovarian, thyroid, cervical and prostate along with multiple myeloma and Hodgkin's lymphoma

**Bottom line:**

As National Childhood Obesity Awareness Month has begun, there has never been a better time to encourage your children to make a few minor lifestyle changes to prevent them from childhood obesity and improve their overall health. Make sure you keep a check on their health by encouraging them to eat healthy, exercise, and monitoring heart health with a **portable ECG monitor**.



To improve accuracy, get real-time patient diagnostic information, enhance your efficiency and send your diagnosis to the proper healthcare provider in a timely way, use **PC-based CardioCard ECG Systems today!**

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