

Is childhood obesity dangerous?

Absolutely! Childhood obesity is at an all time high. It makes you wonder what's happening to the kids in our community and what can we do about it. Research shows that type 2 diabetes (adult onset) is closely linked to those that are overweight or obese. This used to be a disease associated with adults, but its prevalence has increased dramatically in children and adolescents. In 2000, 28% of children age 6-19 years of age in the US were overweight (nearly tripling the totals from 1980-2000). By 2004, the statistic rose to 33.6%. Overweight adolescents have a 70% chance of becoming overweight, or worse yet, obese adults. That's almost 3 of every 4 children!

Without a change, these children become overweight or obese adults who not only risk getting type 2 diabetes, but various other health problems such as heart disease, high blood pressure, orthopedic problems, and some forms of cancer. Do these diseases sound familiar? So much of our health is under our control. These are lifestyle diseases, so change your lifestyle! It's important to lead by example, as your children will take on your habits. And unhealthy habits not only affect physical health but emotional health as well. Start living a healthier life today and change your tomorrow!

Look for next month's Q & A – *Which foods are the most important foods for my kids to eat?*

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