

## DID YOU KNOW?

1 in 3 children and adolescents, ages 2 to 19 are overweight or obese and nearly none meet healthy diet and physical activity recommendations.



## RISK FACTORS

- Children in their early teens who are obese and have high triglyceride levels have arteries like those of 45-year-olds.
- Obese children as young as age 3 show indicators for developing heart disease later in life.
- Children who are overweight from the ages 7 to 13 may develop heart disease as early as age 25.
- Obese children are twice as likely to die before age 55.

## HOW IMPORTANT IS IT?

Children who eat healthy foods and get daily physical activity have:

- Fewer school absences
- Higher academic achievement
- Higher self-esteem
- Fewer behavioral problems

## IT STARTS AT HOME. IT STARTS WITH YOU.

Be a role model. Eat healthy meals and snacks around your kids and they will follow!



## LOCATIONS

### ORANGE COUNTY

Aliso Viejo, Buena Park,  
Mission Viejo, Newport Beach,  
Rancho Santa Margarita

### SAN DIEGO

Eastlake/Chula Vista,  
Grossmont/La Mesa,  
Pacific Beach, UTC

### RIVERSIDE

Clínica Bienestar - Located  
Inside Northgate Market,  
10391 Magnolia Avenue



MarqueUrgentCare.com

1-877-MY-DOC-NOW (693-6266)

 **MARQUE**  
URGENT CARE

September is

**National Childhood  
Obesity Awareness Month**



## WHAT IS AN AVERAGE SERVING SIZE?

### Kids

- Size of the palm of their hand

### Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruit

## Change How You Shop

Make shopping for fruits and veggies a fun and easy activity. The more colorful your shopping cart is, the better!

## Swap Your Drinks

Make sugary drinks a thing of the past. Create 'Wacky Water,' by adding cucumber, lemon, strawberries or oranges instead of consuming sugary sodas or juices.

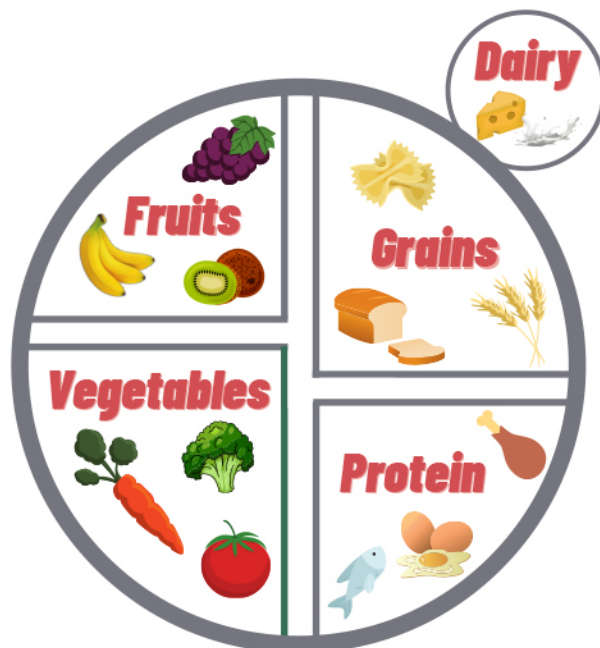
## Get Moving!

Whether it's activities, sports, or games - kids should get at least 60 minutes of physical activity per day. Combining exercise and eating a balanced diet is the best for keeping children happy and healthy.



## GOOD NUTRITION STARTS WITH

# My Plate



- There are five food groups you should eat from every day.
- Make half your plate fruits and vegetables such as carrots, bananas, broccoli or strawberries.
- Choose low-fat or fat-free dairy products.
- Mix up your protein with chicken breasts, seafood, eggs, and nuts.
- The best grains to eat are whole grains. Pick whole grains or look for the whole grain sticker on a box whenever possible.
- Avoid sugary beverages like soda and energy drinks and limit juice intake.

## KNOW YOUR BMI

BMI (body mass index) is a calculation that uses height and weight to estimate how much body fat someone has.

Starting when your child is 2 years old, the doctor will determine BMI at all routine checkups. Because BMI changes with age, doctors plot children's BMI measurements on standard gender-specific growth charts. Over several visits, the doctor can track your child's growth pattern.

Underweight: BMI is below the 5th percentile age, gender, and height.

Healthy weight: BMI is equal to or greater than the 5th percentile and less than the 85th percentile for age, gender, and height.

Overweight: BMI is at or above the 85th percentile but less than the 95th percentile for age, gender, and height.

Obese: BMI is at or above the 95th percentile for age, gender, and height.

## CHECK YOUR BMI

Come into Clínica Bienestar inside Northgate Market in Riverside to get your BMI checked today!

## MY BMI RESULTS

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