



# Glencoe Regional Health Services

Healthy Habits: Kids, Food and Exercise

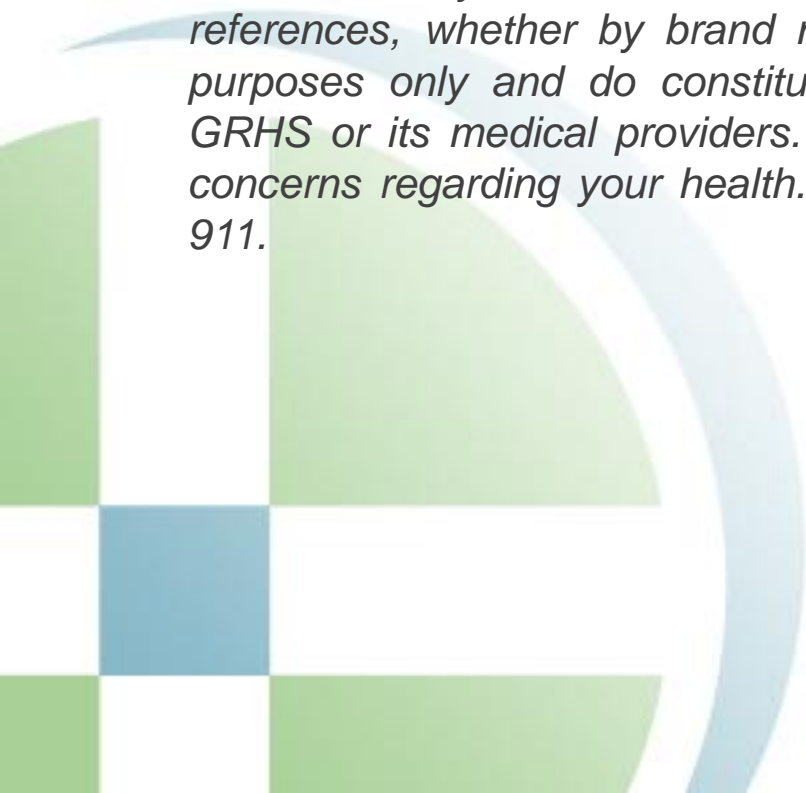


**Dr. Bob Zajac**  
**Pediatrics**

**February 15, 2011**

## Important Notice

*The information contained in this document is for informational purposes only. It is not intended to diagnose or treat specific patients and should not be used as a substitute for the medical care and advice of your health care provider. In addition, this document may contain references to specific products and/or medications. Such references, whether by brand name or generically, are provided for informational purposes only and do constitute endorsement, recommendation, or approval by GRHS or its medical providers. Always consult a medical professional if you have concerns regarding your health. If you are experiencing a medical emergency, dial 911.*



# Healthy Habits: Kids, Food and Exercise

- Why should you be concerned about your child's weight?
- How does “energy balance” play a role in weight management?
- What can you do to help your child?



# Healthy Habits: Kids, Food and Exercise

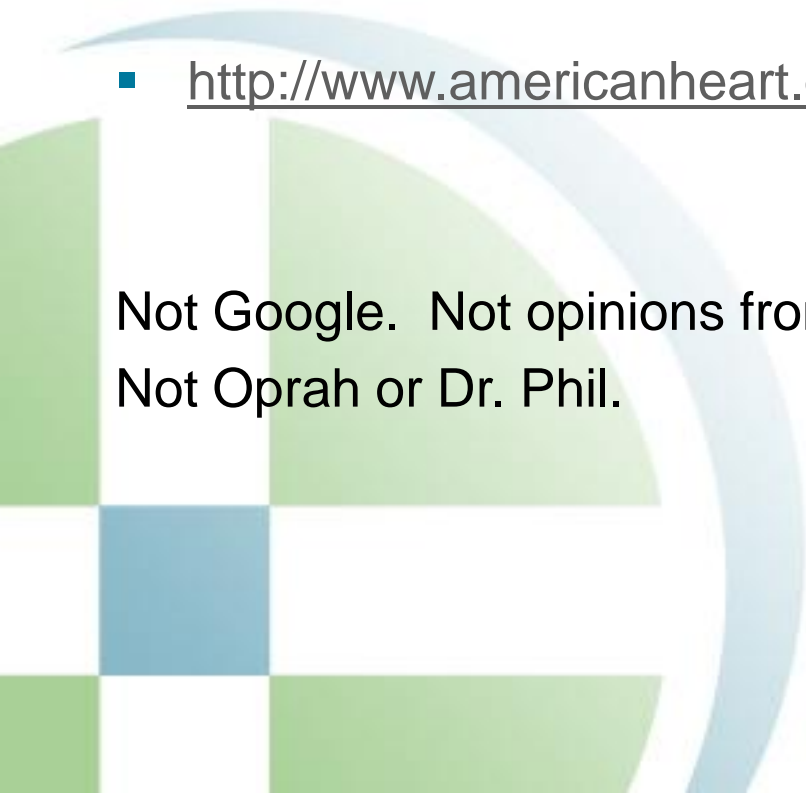
## ■ About me:

- Undergraduate 1988-1991: BA, Child Development
- Graduate School 1992-1996: “almost” PhD Early Childhood Special Education
- Medical School 1996-2000: MD, focus on pediatrics and development
- Residency 2000-2003: MD pediatrics, focus on behavior/development
- Employment 2003-2011: Glencoe Regional Health Services
  - Pediatric Development Assessment Clinic
  - MN Association for Children’s Mental Health: 2010 Outstanding Service Award
  - “Medical director”, Healthy Weighs program

# Healthy Habits: Kids, Food and Exercise

- <http://www.cdc.gov/HealthyYouth/obesity/>
- <http://www.mchb.hrsa.gov/overweight/portrait/1prevalence.htm>
- <http://www.aap.org/obesity/about.html>
- <http://www.americanheart.org/presenter.jhtml?identifier=4575>

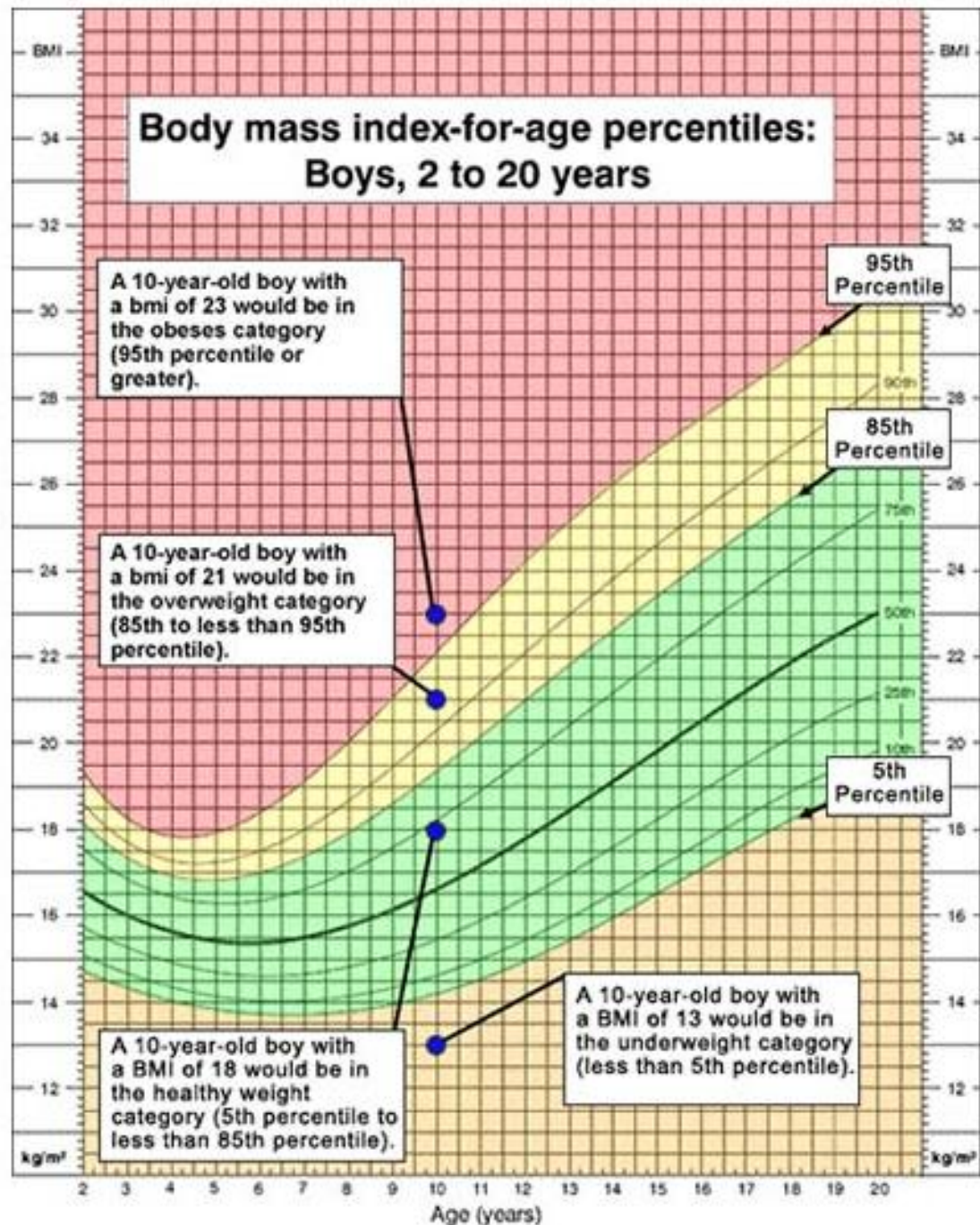
Not Google. Not opinions from neighbors or grandma.  
Not Oprah or Dr. Phil.



# Healthy Habits: Kids, Food and Exercise

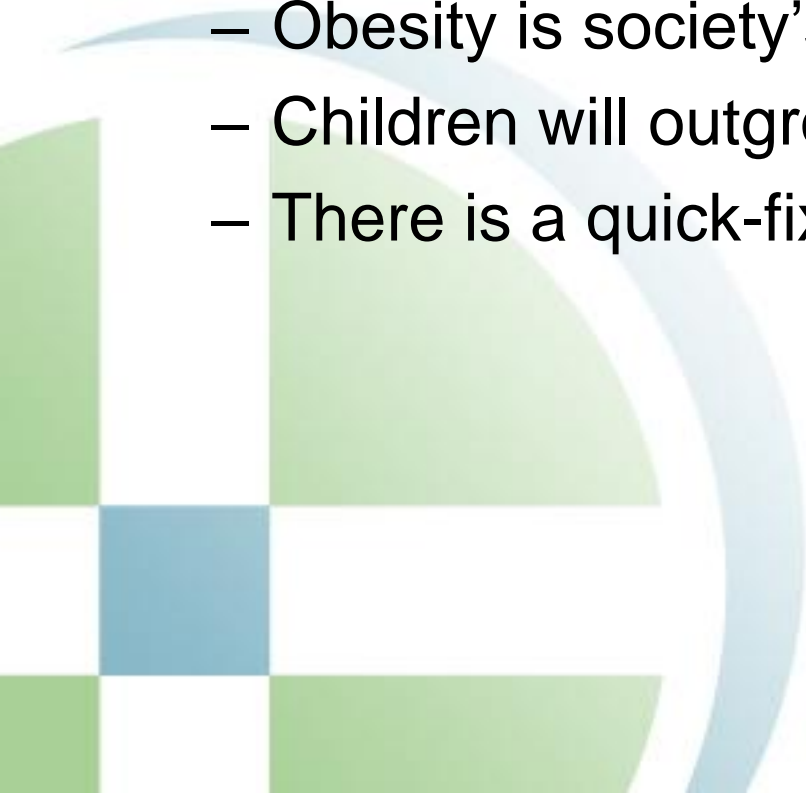
- Definition





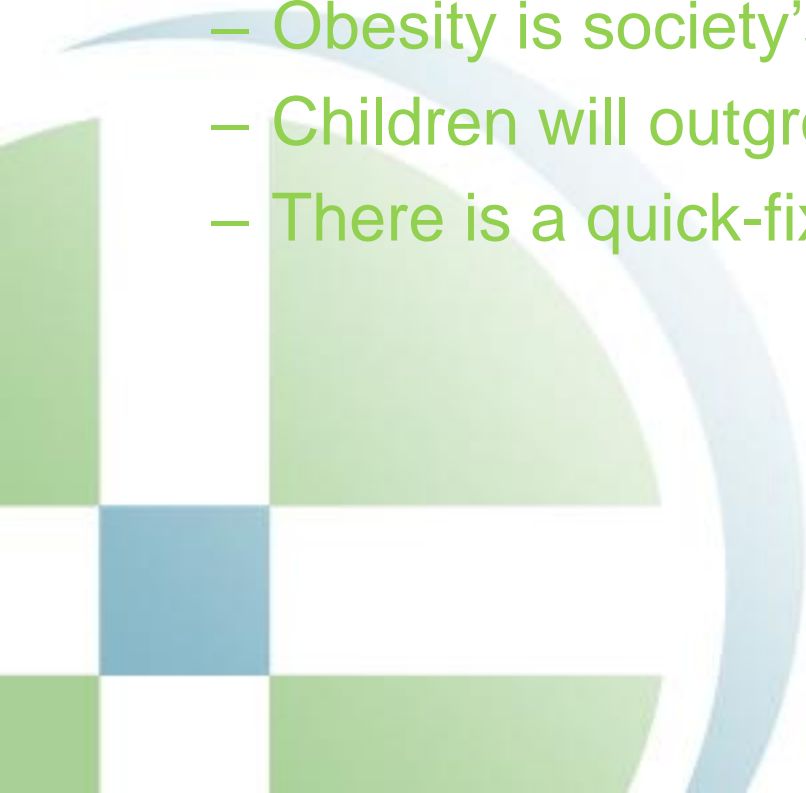
# Healthy Habits: Kids, Food and Exercise

- Old way of thinking...
  - “chubby hubby” or “tubby toddler” is cute
  - Obesity is a cosmetic, not a health issue
  - Obesity is a destiny
  - Obesity is society’s fault
  - Children will outgrow obesity
  - There is a quick-fix



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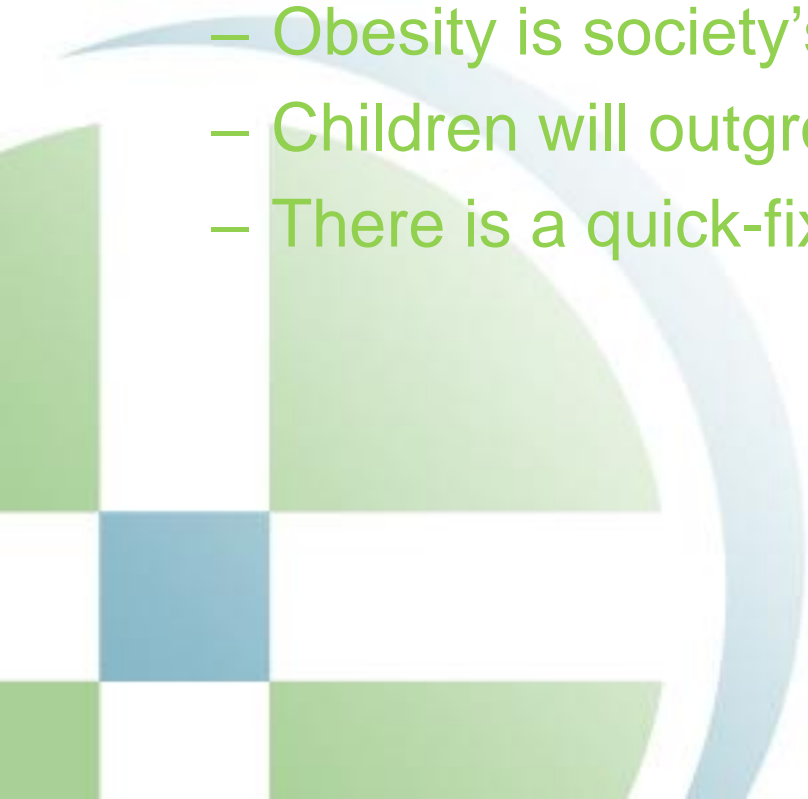
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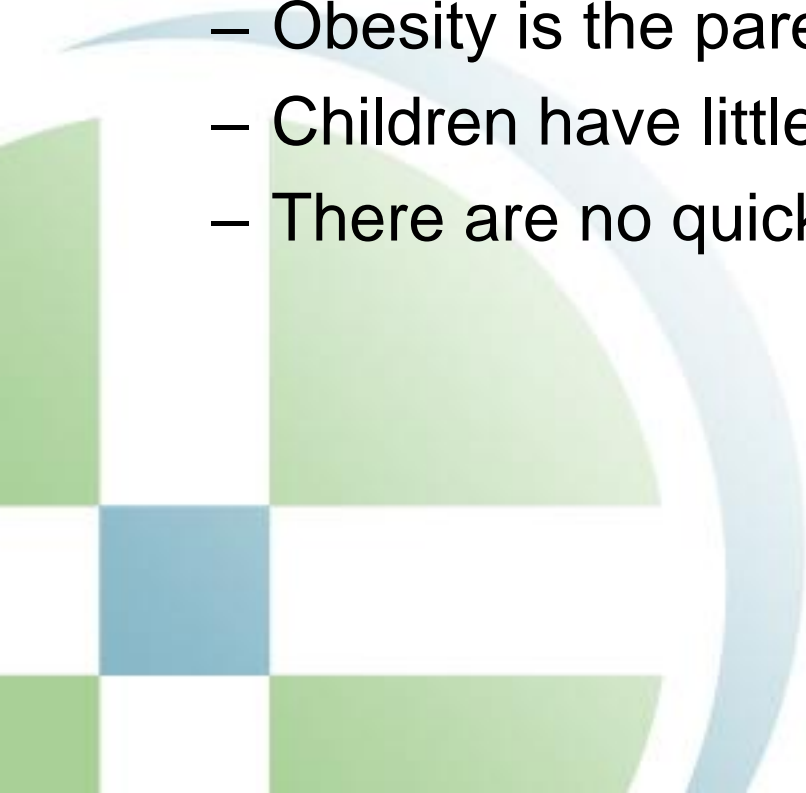


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# Healthy Habits: Kids, Food and Exercise

- Obesity is a health issue, not a cosmetic issue
  - High cholesterol
  - High blood pressure
  - Bone and joint problems
  - Social and psychological problems
  - Type 2 diabetes
  - Stroke
  - Certain types of cancer

Die 10 years earlier, and  
suffer 30 years longer

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- Obesity does not have to be a destiny (**genetics**)
  - Our species is genetically mismatched for our environment
  - Genetic variation within our species influences obesity
    - But does not cause obesity nor protect from obesity
  - Thyroid disease
  - Down Syndrome
  - Prader-Willi Syndrome
  - Pituitary tumor

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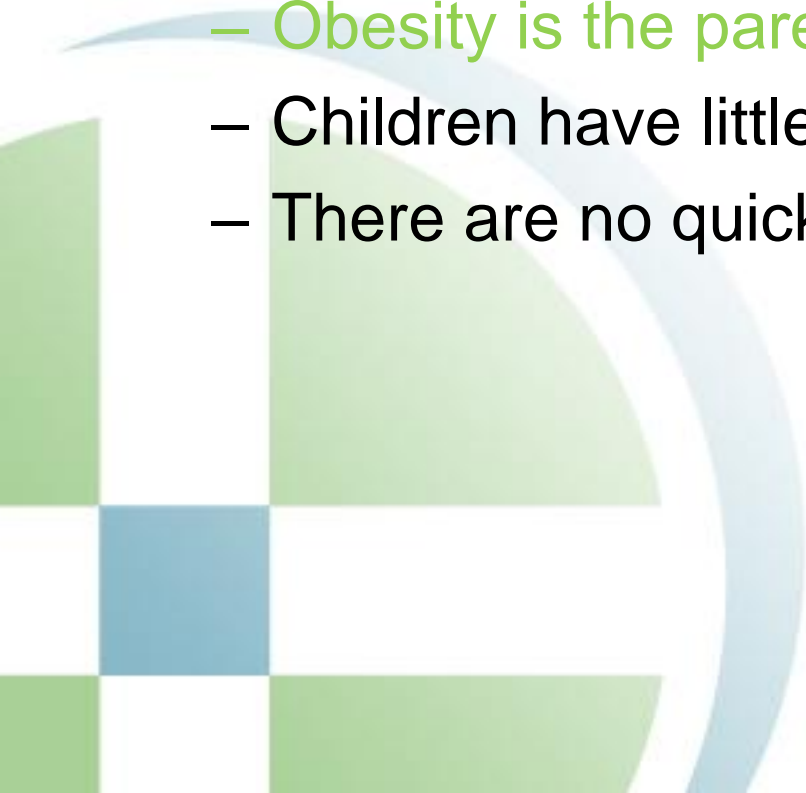


# Healthy Habits: Kids, Food and Exercise

- Obesity is the parent's fault (**environment**)
  - Easy and unlimited access to
    - high calorie foods
    - low satisfying foods (hunger, emotions)
    - beverages
  - Marketing and sales and cost
    - School foods/drinks
    - Happy Meals
    - Fruit snacks and granola bars
    - American Dairy Association
    - Juice Products Association
    - “Beef, it's what's for dinner”

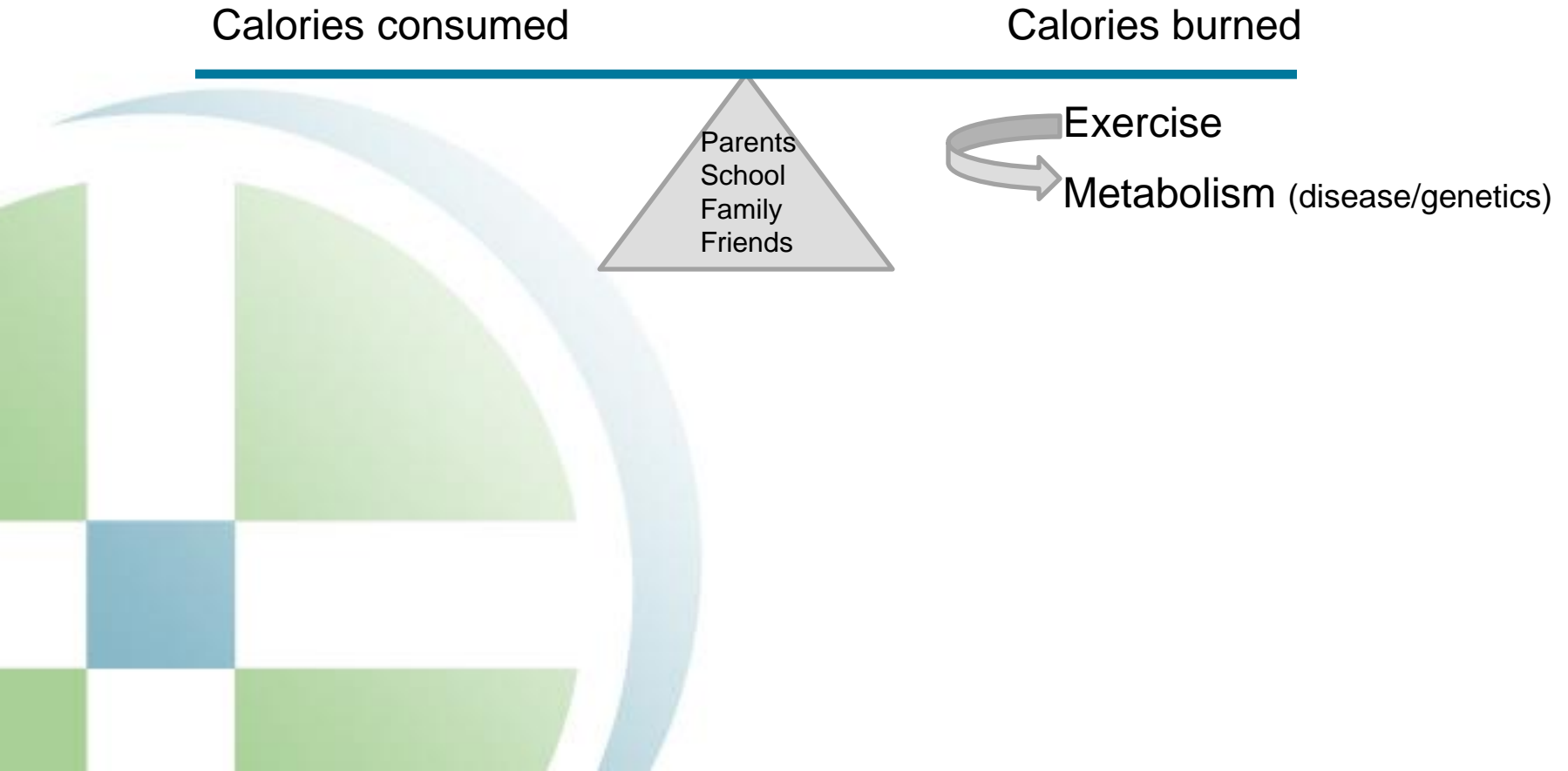
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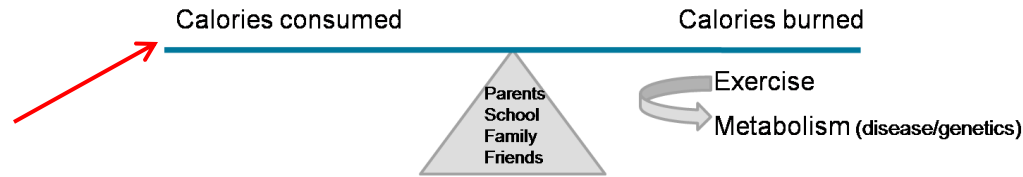


# Healthy Habits: Kids, Food and Exercise

- Energy Balance (memorize this!)



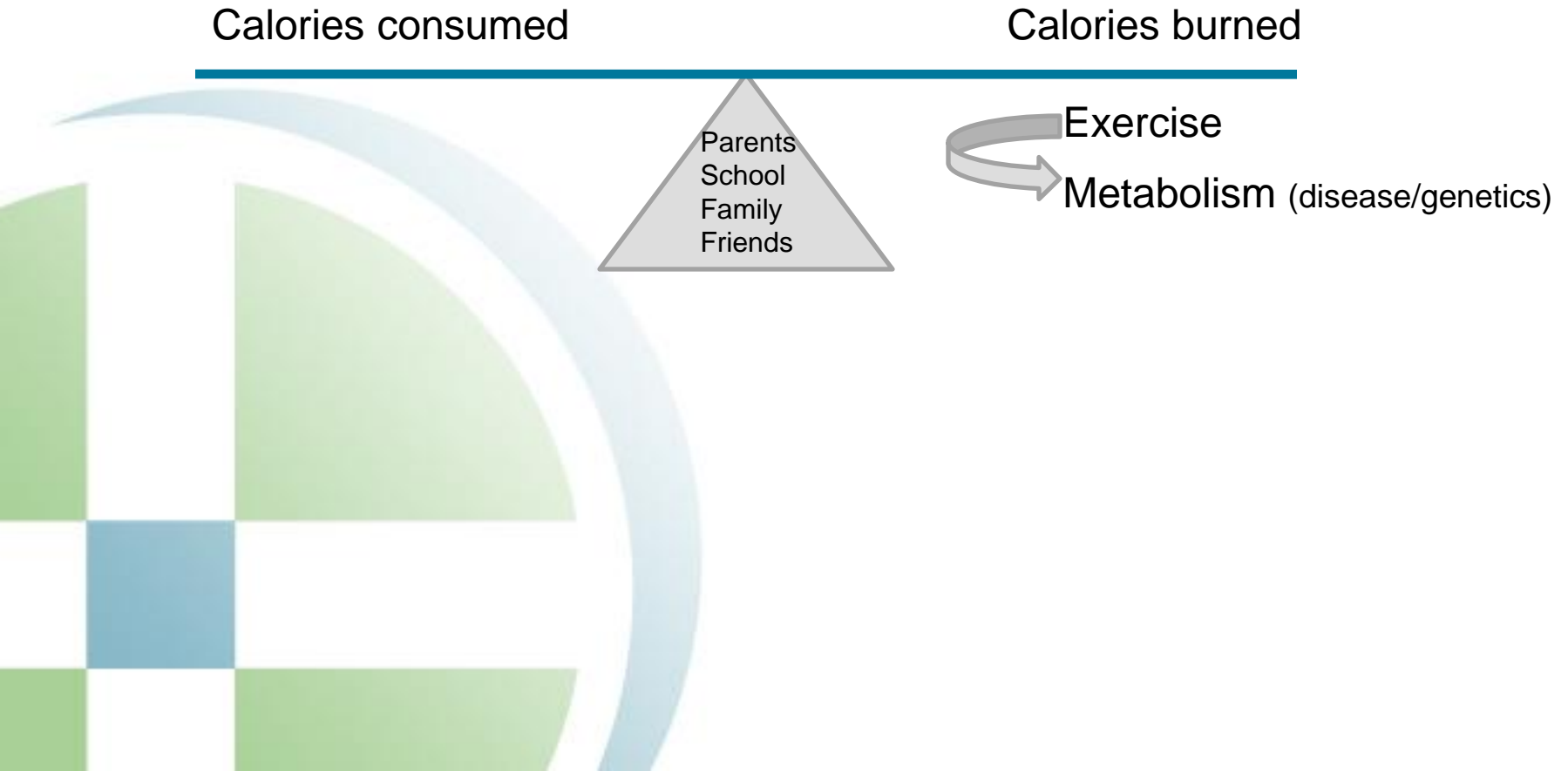
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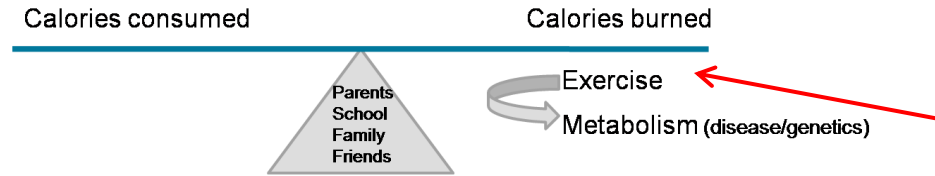
- 1200-1800 calories per day
  - Dairy Queen
  - Juice
  - Carbs
  - Fats
  - Granola bar or fruit snacks...
- Children make choice, learn from results
- Adults supervise, teach from results
- Children are never hungry or thirsty

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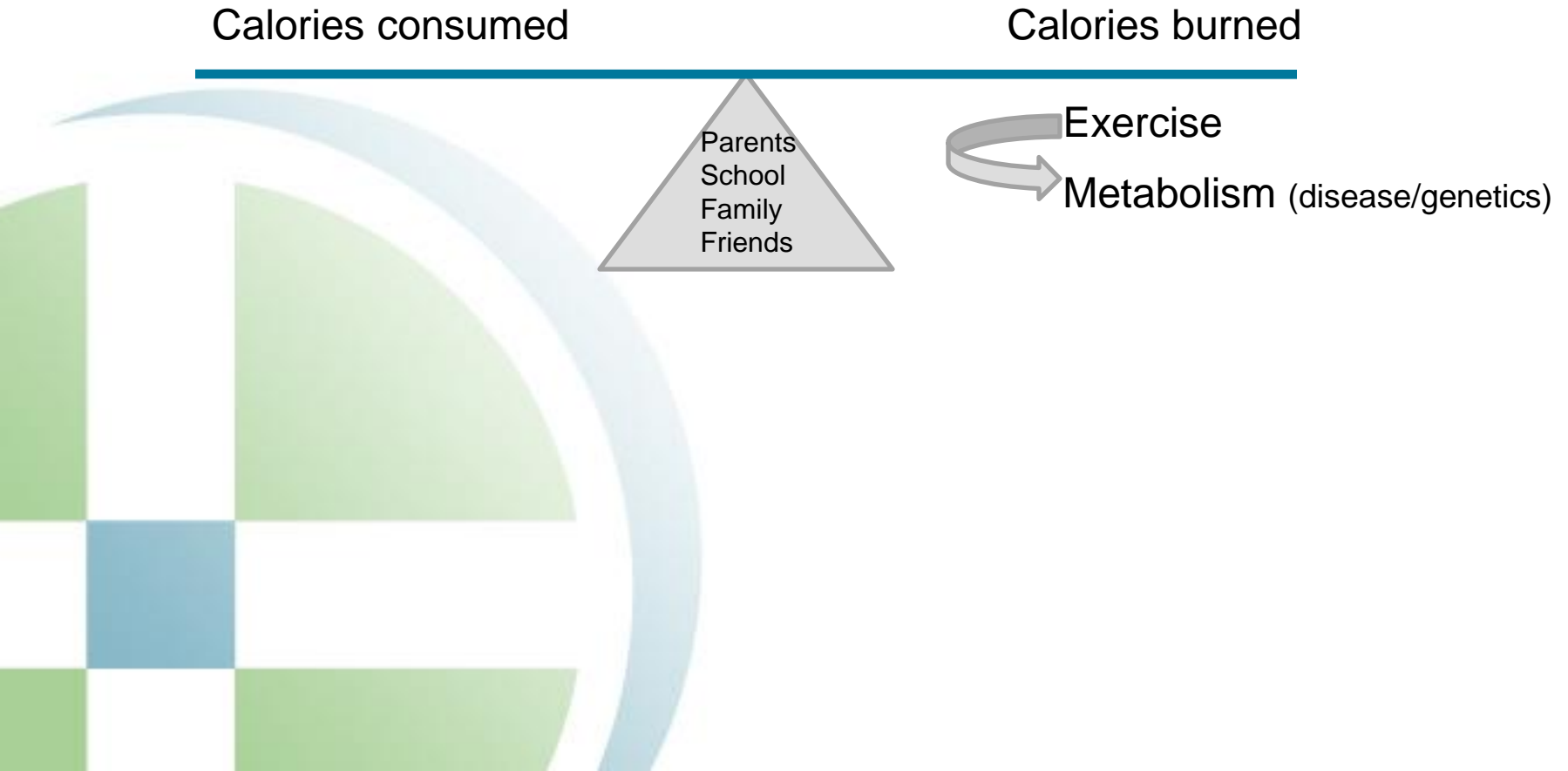
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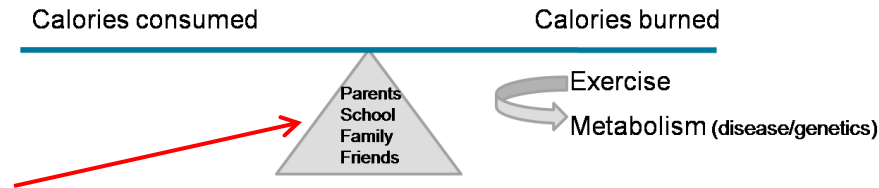
- Exercise always helps
  - Burns calories
  - Increases metabolism
- Exercise helps less
  - Consume calories just burned
  - Not really exercising (bike to park and swing)
- Exercise matters less than calories

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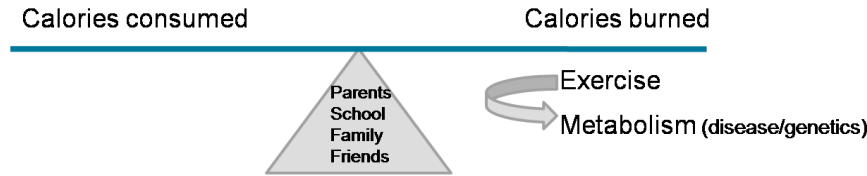


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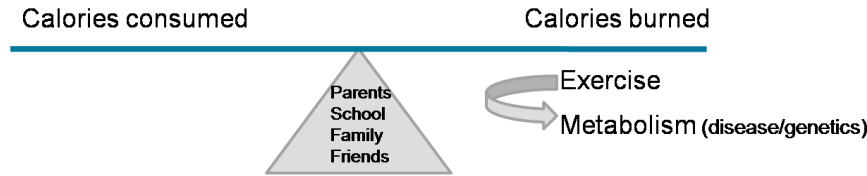
- Parent support
  - Don't buy crap, help count calories, encourage autonomy and maintain ultimate responsibility
- School support
  - Offer/allow standard calorie serving sizes
    - 100 calorie portions allow easy counting and exchange
    - Monitor/enforce parent/doctor calorie allowances
  - Remove unhealthy vending in student-access areas
  - Encourage/reward exercise

# Healthy Habits: Kids, Food and Exercise



- Family support
  - Grandma’s job is NOT to spoil the kid
  - Join child in healthy lifestyle
  - “ok” to have different plans for children/adults
- Friends support
  - Communicate plan with other families
  - Engage other families in lifestyle change
    - Joint shopping/activities/support

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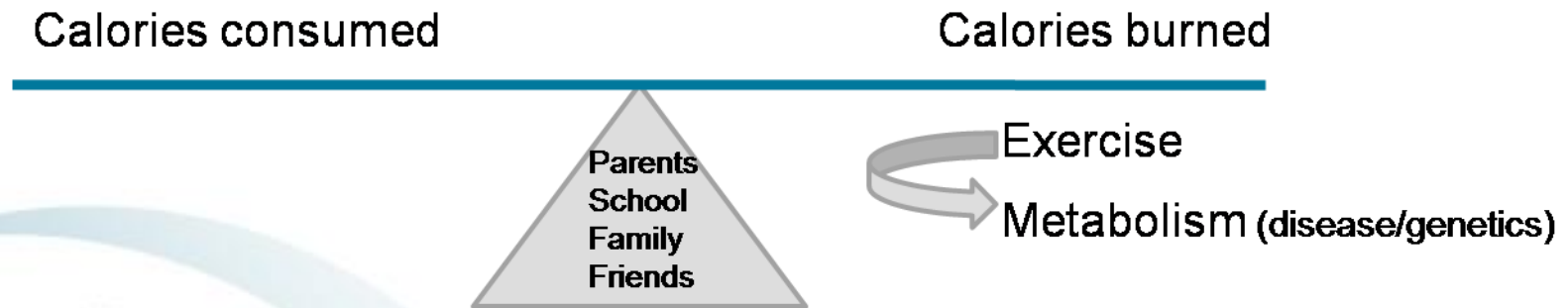


## ■ Health care support

- public health, dietician, physician
  - Outline safety of proposed plan
  - Hold parent accountable for success of plan
  - Open honest communications (no whispering)
- Medications
- Surgery?
- Ongoing close follow-along program

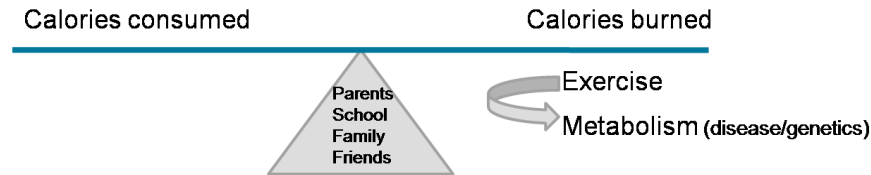
# Healthy Habits: Kids, Food and Exercise

- There are no quick-fixes that are sustainable



- All “diet” programs repackaging and sell this model.
  - They succeed or fail purely based on compliance with this model, not the “gimmick” part of plan

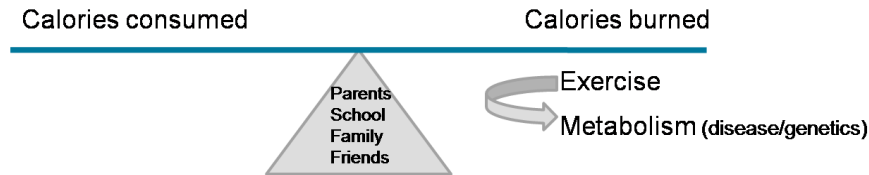
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## ■ Zajac starting plan:

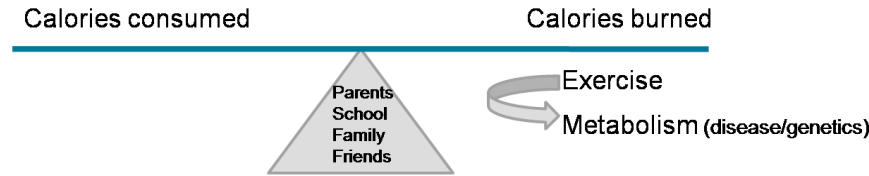
- Nothing goes into kid's mouth without knowing calories
  - Round up, no guessing, multiples of 100 work best.
- Use “parent control” until child at least age 6
  - Ages 6-12 can use poker chips, coins, tokens to count
  - Ages 13-adult can journal/spreadsheet, iPhone, etc
- Child is given options for energy consumed
  - “Milk 100 calories, or water zero calories?”
  - “toast and peanut butter for 100 calories, or add large banana 100 calories?”
  - (drinking calories is much less satisfying for hunger during day)
- Range of calories is better for child
- Weigh child weekly (same time each day)
- Maintain weight until healthy BMI, then maintain healthy BMI

# Healthy Habits: Kids, Food and Exercise



- Zajac intermediate plan:
  - Replace “any” choices with healthy choices
    - 100 calories of fruit is better than 100 calories of candy
    - 120 calories of milk is better than 120 calories of juice
  - Learn to approximate calories by serving size
    - “fist-sized serving of vegetables” or
  - Structured exercise program (supported)
  - Child takes ownership of plan with adult supervision

# Healthy Habits: Kids, Food and Exercise



- Zajac advanced plan:
  - Balanced diet with minimal wasted calories
    - Food pyramid, daily requirements met
  - Specific fitness goals
    - Target HR, exercise tolerance, BMI, fat percentage
  - Regimented, goal-driven exercise plan
  - Lifestyle change established and maintained

**An ounce of  
prevention...**

**...Is worth 350  
pounds of cure.**



# Questions?

