



Grandparents Corner

September 2012

Childhood Obesity Awareness Month

According to the Centers for Disease Control and Prevention, over the past 30 years, childhood obesity has more than tripled. “Overweight” is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors; whereas, “obesity” is defined as having excess body fat. “Overweight” and “obesity” are the result of “caloric imbalance,” meaning too few calories are being burned for the amount of calories consumed. Various genetic, behavioral, and environmental factors can contribute to both.

Health Effects of Childhood Obesity

Childhood obesity has both immediate and long-term effects on health and well-being.

Immediate Health Effects

- Youth who are obese are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure.
- Adolescents are more likely to have pre-diabetes due to obesity.
- Both children and adolescents are at a higher risk of bone and joint problems, sleep apnea, and social and psychological problems (stigmatization and poor self-esteem).

Long-Term Health Effects

- Children and adolescents who are obese are likely to be obese as adults and are more at risk for adult health problems including heart disease, diabetes, stroke, several types of cancer, and osteoarthritis.
- Being overweight and obesity are associated with an increased risk for many types of cancer including breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, and prostate, as well as multiple myeloma and Hodgkin’s lymphoma.

Prevention

- Changing lifestyle habits such as healthy eating and physical activity can reduce the risk of becoming obese and developing related diseases.
- Recognizing that the dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, such as families, communities, schools, and child care settings.
- Schools play a critical role by establishing a safe and supportive environment with policies and practices that should support healthy behaviors. Schools should also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.

Source: Centers for Disease Control and Prevention

QUICK QUIZ

Caregiver Assistance Newsletter - September 2012

People facing cancer are naturally concerned about what the future holds. A prognosis gives an idea of the likely course and outcome of a disease - that is, the chance that a patient will recover or have a return of the cancer. Caregivers support cancer patients physically and emotionally. Read the issue and test your knowledge by answering True or False to the questions below.

- 1. Cancer describes over 100 different diseases in which normal cells suddenly go out of control, start to divide and grow, then invade other tissues. T F*
- 2. Cancer is common, with half of all men and one-third of all women in the U.S. developing cancer during their lifetimes. T F*
- 3. The risk of most types of cancer cannot be reduced by healthy lifestyle. T F*
- 4. Most cancers are named for where they start. T F*
- 5. Sometimes people experience confusion, dizziness and forgetfulness, especially with new meds or changed doses. T F*
- 6. When pain meds are prescribed, make sure they are taken exactly as ordered. T F*
- 7. Cigarette smoking is the major cause of cancer death in the U.S. and the most preventable cause of death in the U.S. T F*
- 8. Changes on skin, lumps in the breast, blood in stool or urine, and persistent coughs are among the symptoms which should be reported to the doctor. T F*
- 9. The doctor cannot prescribe other medications that can be taken between regularly scheduled doses if pain "breaks through." T F*
- 10. Family caregivers find themselves taking on roles that, just a short time ago, were carried out by trained health professionals. T F*

KEY: 1. T 2. T 3. F 4. T 5. T 6. T 7. T 8. T 9. F 10. T