



* Improving Child & Adolescent Health

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STATS

*% HS Students Who Drank ≥ 1 Soda/Day - 29.2%

* % HS Students Who Watched 3+ Hours of TV/Day - 32.8%

*% Children Ages 6- 17 with TV in Bedroom - 50.2%

*% Middle & High Schools That Offer Sugar Drinks as Competitive Foods - 64.4%

*% Middle & High Schools That Offer Less Healthy Competitive Foods - 51.4%

Source: Department of Health & Human Services - Center for Disease Control and Prevention - <http://www.cdc.gov/obesity/downloads/ChildrensFoodEnvironment.pdf>

* “The percentage of overweight children in the United States is growing at an alarming rate, with 1 out of 3 kids now considered overweight or obese.”

Source: Kids Health from Nemours - http://kidshealth.org/parent/general/body/overweight_obesity.html#cat168



Physical Issues

- * Poor diet & lack of exercise
- * Addictive behaviors
- * Physical abuse & violence
- * Eating disorders
- * Teen pregnancy
- * STDS
- * Physical disabilities

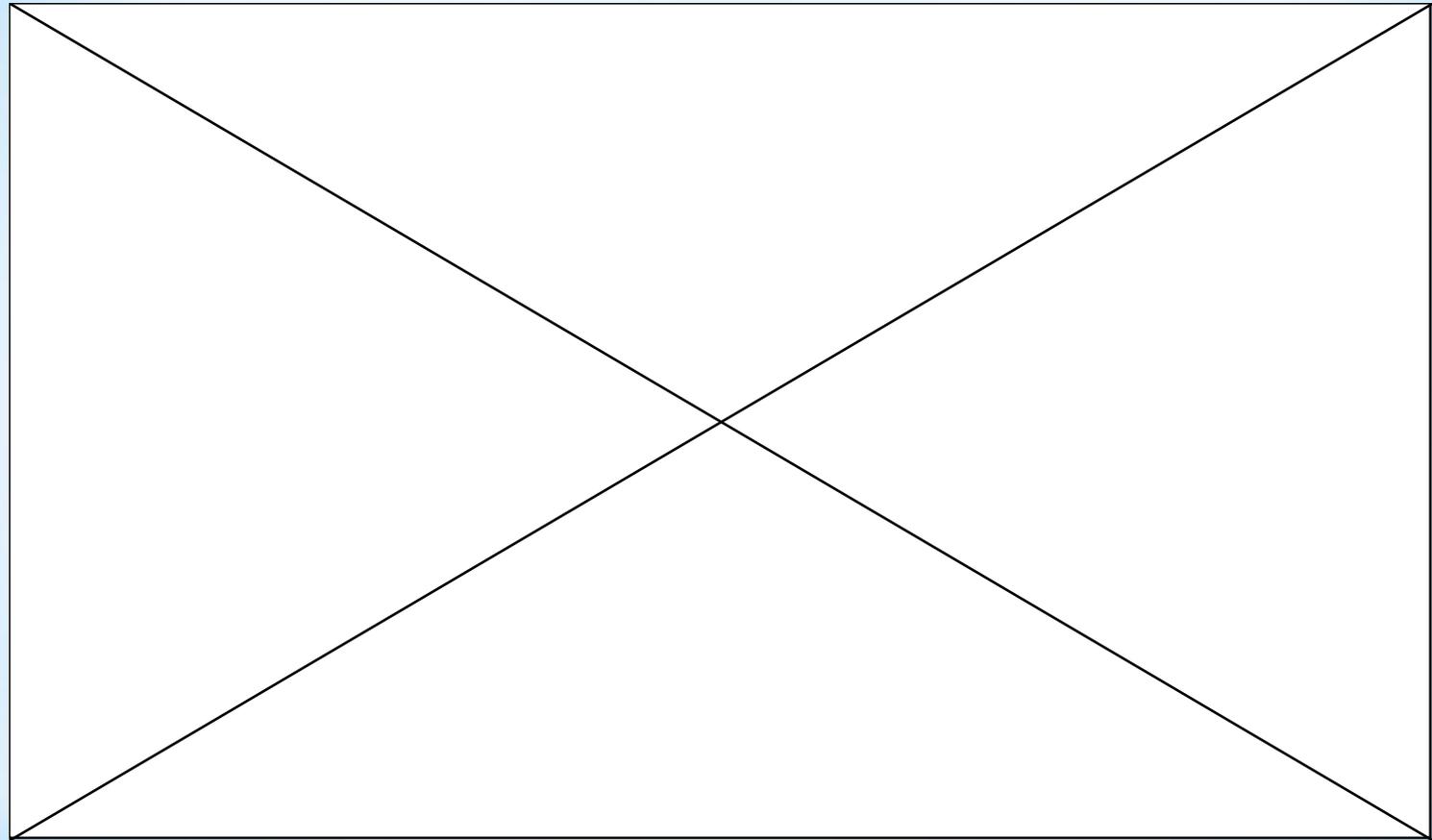
Non-Physical Issues

- * Fear issues
- * Learning disabilities
- * Poor self-esteem
- * Schoolyard bullying
- * Behavior disorders
- * Emotional instability

Source: NYU Child Study Center - http://www.aboutourkids.org/families/keeping_kids_healthy

* Child & Adolescent Health Issues





* Substance Abuse: A Problem of Epidemic Proportions



- * Daily exercise
- * Good nutrition
- * Adequate water intake
- * Proper rest
- * Regular doctor visits
- * Regular dental visits
- * Regular optometry exams



Source: NYU Child Study Center -

http://www.aboutourkids.org/families/keeping_kids_healthy

* Healthy Targets for Children & Adolescents



* Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily

* Aerobic

* Muscle-strengthening

* Bone-strengthening

“Regular physical activity in children and adolescents promotes a healthy body weight and body composition.”

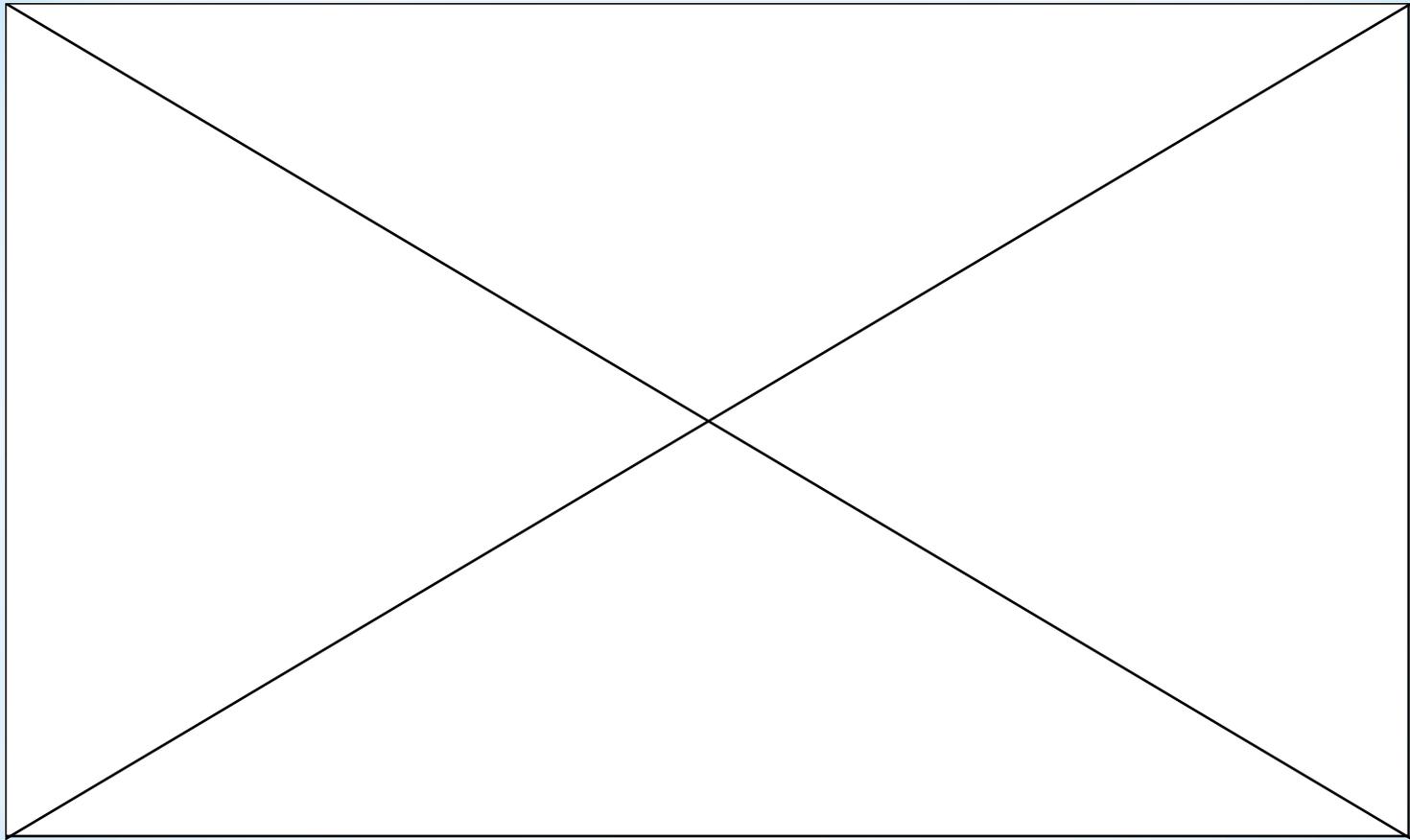
- U.S. Department of Health & Human Services

Source: Physical Activity Guidelines for Americans -

<http://www.health.gov/paguidelines/guidelines/chapter3.aspx>

* Key Guidelines for Children & Adolescents





* **IN FOCUS: Active Gaming -
University of South Florida**





PRESIDENT'S COUNCIL ON
Fitness, Sports & Nutrition



First Lady & Secretary
Sebelius Launch



with the President's Council

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Highlights

Resources &
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To surf to web site [click here](#).

* IN FOCUS: President's Council on Fitness, Sports & Nutrition



- * [Help Your Child Stay at a Healthy Weight](#)
- * [How to Prevent Childhood Obesity](#)
- * [Physical Activity Guidelines for Americans](#)
- * [Federal Dietary Guidelines](#)
- * [Make Family Time Active Time](#)
- * [Nutritious Meals for the Busy Family](#)
- * [Increasing Physical Activity in Individuals with Disabilities](#)



* **Fit Tips**

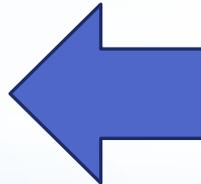




The President's Challenge

President's Resources

- * [Benefits of Being Fit and Eating Well](#)
- * [Setting Goals](#)
- * [Encouraging Students](#)



President's Resources

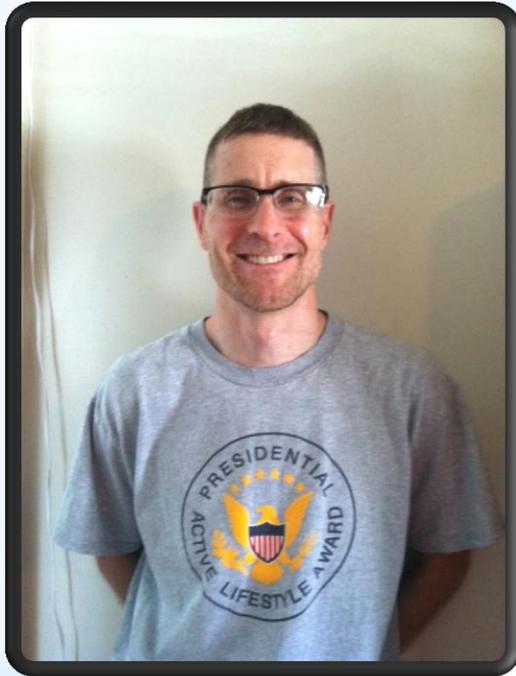
- * [Strengthening Muscles and Bones](#)
- * [Cutting Down on Screen Time](#)
- * [8 Ways to Eat Healthy](#)
- * [10 Ideas to Stay Active](#)

Kids can earn awards!

* **IN FOCUS: The President's
Challenge Web Site**



President's Active
Lifestyle Award
(PALA)



President's Challenge
Award - Platinum



* Parents, Mentors, Teachers,
and Positive Peer Pressure
Each Play a Vital Role



- * Active Gaming - University of South Florida - <http://www.youtube.com/v/wBv1LBpHGIM>
- * Department of Health & Human Services - Center for Disease Control and Prevention - <http://www.cdc.gov/obesity/downloads/ChildrensFoodEnvironment.pdf>
- * Department of Health & Human Services - Center for Disease Control and Prevention - <http://www.cdc.gov/obesity/downloads/ChildrensFoodEnvironment.pdf>
- * Drugs Ad - www.unodc.org/drugs - YouTube URL - http://www.youtube.com/v/jJGw_d5nqi4&feature=related
- * Kid's Health from Nemours - http://kidshealth.org/parent/general/body/overweight_obesity.html#cat168
- * NYU Child Study Center - http://www.aboutourkids.org/families/keeping_kids_healthy
- * Physical Activity Guidelines for Americans - <http://www.health.gov/paguidelines/guidelines/chapter3.aspx>
- * President's Challenge web site - www.presidentschallenge.org
- * President's Council of Fitness, Sports & Nutrition web site - <http://www.fitness.gov/>
- * Public Internet Channel web site - How to prevent childhood obesity - <http://pic.tv/daily/2011/09/21/free-video-help-how-to-prevent-childhood-obesity/>



* References

