

CHILDHOOD OBESITY AWARENESS

DR. SHUBHA ADENI, PEDIATRICIAN, BAYLOR SCOTT & WHITE HEALTH

EVEN IN THE MIDST OF THE COVID PANDEMIC, CHILDHOOD OBESITY CONTINUES TO RISE ACROSS THE U.S. AS CHILDREN FIND THEMSELVES LESS ACTIVE AND EATING LESS NUTRITIOUS FOODS.

{**TAKE FILE VO**}

IN A RECENT STUDY RELEASED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION, RESEARCHERS FOUND THAT OBESITY FOR THOSE AGED 2 TO 19 YEARS OF AGE ROSE MORE THAN 22-PERCENT DURING THE PANDEMIC.

DOCTORS SAY, AVOIDING SUGARY DRINKS IS AN IMPORTANT FIRST STEP TO CURBING OBESITY IN KIDS. PEDIATRICIAN SHUBHA ADENI SAYS THERE ARE ALTERNATE OPTIONS TO STAY HYDRATED.

{**TAKE SOT**}

6:37 - 6:59

“Drink water, find water as your optional drink. If you really must flavor it, there are some things you can do. You can put some lemon slices, or cucumber or some mint sprigs. Put them into the water and infuse it and that flavors the water and that adds flavor to plain water if they don’t like plain water.”

{**TAG**}

DOCTOR ADENI ADDS PARENTS SHOULD TAKE THEIR CHILDREN FOR YEARLY WELL SCREENINGS. THOSE CHECKUPS HELP DOCTORS KEEP TRACK OF A CHILD’S GROWTH AND GIVE PARENTS AN OPPORTUNITY TO ASK FOR ADVISE ON HOW TO KEEP THEIR CHILDREN HEALTHY. DOCTORS RECOMMEND THAT PARENTS SHOULD SPEND TIME MAKING SURE THEIR CHILD IS GETTING PLENTY OF PHYSICAL ACTIVITY AND CUT BACK ON SCREEN TIME.

SETTING GOOD HABITS AT AN EARLY AGE CAN GIVE CHILDREN A BRIGHTER AND HEALTHIER FUTURE.