

Nurses Notes on Nutrition
“ BMI - Overweight and Obesity”
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In a prior newsletter I spoke about body mass index or BMI. This tool can be used to identify, and indicate the health risks for those that are overweight and obese. The National Heart, Lung and Blood Institute also recommend looking at one's waist circumference and other risk factors a person has. To calculate BMI visit <http://apps.nccd.cdc.gov/dnpabmi/>. Should you find your child is overweight or obese by calculating BMI, remember that the goal to reduce weight must coincide with normal growth and development. Children and teens should not be placed on a weight reduction diet without the consultation of a health care provider.

Some of the health risks associated with a rise in the overweight or obese are: heart disease caused by increased cholesterol and increased blood pressure; Type 2 diabetes; asthma; sleep apnea; and social discrimination - that can lead to low self-esteem (bullying/teasing) and depression.

The bottom line is that we must be aware of and control our calorie intake, increase our physical activity and reduce sedentary behaviors. See the next newsletter for tips on helping to maintain a healthy weight. Now go out and take a brisk walk with the family!! Have fun! (source visit <http://www.cdc.gov/obesity/defining.htm>).