

# CHILDHOOD OBESITY IN HAWAII

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## WHO? WHAT? HOW? WHY?

# 21.1%

of children/teens ranging in age from 2-17 (2016-2018) are obese. Which is 1 in 3 kindergarteners entering school. With Native Hawaiians and Pacific Islanders at a greater risk.

## AUDIENCE



## MESSAGE



- The message that we want to get across is for people to incorporate a daily balance of healthy eating & an active lifestyle to maintain their well-being.
- What we want the person who is reading this to understand is that through learning about and implementing diet & exercise into our lifestyle, it will allow us to become aware of and prevent health conditions that are result of obesity.
- By taking care of ourselves now, our health will thank us both in the short-term and long-term.

**BY CHOOSING TO TAKE CARE OF OURSELVES NOW, OUR HEALTH WILL THANK US BOTH IN THE SHORT-TERM AND LONG-TERM AND WE WILL REAP THE BENEFITS OF A HEALTHY LIFESTYLE.**

1. Start a conversation amongst health care providers, parents, and educators. They can identify what obesity is and share their knowledge about this condition with each other.
2. Educate children about their health and provide them with the necessary information about physical fitness and healthy relationships with their food to create change.
3. Children will be able to implement the preventative measures against obesity in their daily lives.
4. Parents, educators, and health care providers will be able to intervene and assist children if the threat of obesity is still present.

## ACTION



**51% OF PARENTS WITH OVERWEIGHT OR OBESE CHILDREN TEND TO UNDERESTIMATE THEIR CHILD'S EXCESS WEIGHT.**

## SIGNIFICANCE

**OBESITY AMONG CHILDREN AND ADOLESCENTS IN HAWAII HAVE SEEN THE HIGHEST INCREASES ACROSS THE STATE.**

Childhood obesity is an epidemic that is facing the U.S. at large. Within the United States, obesity affects about 13.7 millions children and adolescents (Center for Disease Control and Prevention). According to the Hawaii Department of Health, obesity among children and adolescents in Hawaii have seen the highest increases across the state. In addition to the widely known physical health risks associated with obesity, there are also known emotional and psychological health risks due to the stigmatization of obese individuals which can contribute to depression, a loss in self-esteem, as well as an increased likelihood to eat more (Donatelle 158-160). Obesity is preventable. By teaching parents and children alike how to develop a healthier lifestyle, we can end the obesity epidemic.

## RESOURCES

Donatelle, Rebecca J. "Assessing Body Weight and Body Composition." Access to Health, Sixteenth ed., Pearson Education Inc, 2020, pp. 158–160.

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