



Childhood Obesity: A Growing Trend

GI for Kids, PLLC has developed a family oriented pediatric weight management program called **Bee Fit 4 Kids**. This program is to help overweight children and their families make better lifestyle and dietary choices, with an emphasis on physical activity and healthy eating. The program encourages children to do their personal best in reaching their individual goals for weight loss or weight management. **Bee Fit 4 Kids** is an affordable twelve week program that includes individual and group classes.

GI for Kids, PLLC is comprised of a multi-disciplinary staff directed by **Youhanna Al-Tawil, M.D.** The **Bee Fit 4 Kids** team includes physicians, nurse practitioners, psychologists, licensed registered dietitians and an exercise specialist. We are currently recruiting for the summer program. Registration is now available for the May 24, 2011 session. All patients require a referral and a medical clearance from their primary care physician prior to enrolling in the program. The referral form and additional information can be obtained through our website at www.BeeFit4Kids.com or www.giforkids.com. For more information call **GI for Kids, PLLC** at (865) 546-3998

Obesity is a serious health concern in children and adolescents, and the prevalence of obesity is growing in all age groups. Overweight children have a 70 percent chance of becoming overweight adults. It is estimated that 19-30 percent of school age students in Tennessee are overweight.

The percentage of children and teens that are overweight has more than doubled in the past 30 years.

Today, about 17 percent of American children between the ages of 2-19 are overweight. Being overweight can lead to health problems such as Type II diabetes, which was once rare in American children, but now accounts for 8 to 45 percent of newly diagnosed cases in children and adolescents.

Overweight children are

more likely to become obese adults. Obesity generally occurs over time as the energy we take in by eating is not in balance with the energy we burn from physical activity. Early and appropriate intervention is valuable in decreasing the risks for the growing health concerns linked to childhood obesity. Parents are the primary role models for children.

How can my child participate?

- Discuss the program with your child's primary care physician to determine if the **Bee Fit 4 Kids** program is best suited for your child.
- Call to schedule your first appointment for the orientation session.
- Make a commitment to complete the **Bee Fit 4 Kids** program and become healthier.

Overview:

- The 12 week program entails one-on-one pediatric weight management sessions.
- There are 3 group sessions that involve an exercise specialist and a clinical psychologist to provide support to participants and families.
- The weekly format allows the licensed registered dietitians to trouble shoot nutrition and fitness problem areas, in order to modify changes that will maximize the success of weight management.
- An exercise specialist will assist with physical activity goals.
- Participants will be able to set realistic goals, instruct healthy portion control, understand food content labels, identify emotional eating and triggers, gain information needed to consume a balanced diet, and learn how to become more physically active.
- Families will receive materials and tools to help them and the participant successfully complete the **Bee Fit 4 Kids** program.



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