

# Parent Talk

\*\*formerly known as the Weekly Chatter

## 1 in 5 Americans 6-19 years old has obesity

Since the 1970s, the number of obese children in the United States has more than tripled, according to the [CDC](#). (1)

Recent [research](#) (2) suggests that part of the problem is too many young kids today are regularly going without vegetables and are more likely to eat French fries than green vegetables on any given day.

In a recent radio interview, **board certified in Obesity Medicine, ACPeds member Dr. David Olson** was asked to share his take on obesity in America and how parents can establish healthy habits for their children. [Click here to listen to his radio interview](#) (3).

*To best combat obesity in your home, focus on instilling healthy eating habits instead of appearance and weight.*

Designate a **LOCATION** for eating meals: dining area.

Encourage **PLEASANT** and respectful conversation.

(4)

- **Set a good example by eating vegetables and serving them with every meal.** This teaches kids good eating habits early on that they will continue into adulthood.

Eat together as a **FAMILY** whenever you can.



**TURN OFF** the TV and all personal digital devices (cell phone, tablet).

- **Offer vegetables for snack, especially when other children are around.** Kids are more likely to eat vegetables they've seen repeatedly, especially if they've seen friends, siblings and parents eat them, [studies](#) (5) show.

Serve the **SAME FOODS** to everyone; Avoid short-order cooking.

**ENJOY** the moment; Don't rush the meal.

- Refrain from forcing children to finish all of their food at every meal. [Research](#) (6) shows children have to learn on their own when they've had enough.



### More on preventing child obesity

- [Healthy Eating](#) (7) - ACPeds handout
- [How to Have a Healthy Family Table](#) (8) - ACPeds handout



### Sunscreen tips for safe, summer fun

About 1 out of 3 sunscreens tested in a recent Consumer Reports [study](#) (9) provided less than half the SPF protection claimed on the label.

SPF is the measure of how well a sunscreen protects against ultraviolet B (UVB) rays, which are the **major cause of sunburn and also contribute to cancer**.

***To best protect your children from sun damage, remember the following when selecting and applying sunscreen:***

- **Choose lotion over spray.** Sprays are easy to breathe in and can irritate the lungs. They also make it hard to tell if enough sunscreen has been applied. [Click here](#) (10) for top rated sunscreens of 2017.



(11)

- **Select an SPF of 30 or higher to prevent sunburn** and tanning, both of which are signs of skin damage.

- Use about 1 oz (about 2 tablespoons) and reapply every 2 hours.

*In addition to applying sunscreen, children should...*

- **Cover Up** with long-sleeved shirts, long pants and skirts whenever possible as they can provide protection from UV rays. Choose hats that shade the face, scalp, ears, and neck.



(12)

**PROTECTIVE CLOTHING**

Add protection by wearing a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.

- **Seek Shade** especially between 10 a.m. and 4 p.m.



**THE SUN IS  
STRONGEST  
BETWEEN 10AM AND 4PM**

(13)

**For more information**

- [How to Choose and Use a Sunscreen](#) (14)
- [How Can I Protect My Children from the Sun?](#) (15)



**Being a Responsible Citizen**

#WeeklyBlogPost

Marriages and families are fundamental units of a healthy society.

One of the most crucial, challenges of our society today is the need to promote family life and strengthen the institution of marriage.



***For ideas on how people can support the strengthening of marriage and families in their communities,***

**[CLICK HERE](#) (16)  
and **please, leave a comment!****

***We love to hear from our readers and hope to receive your feedback!***

Check [ACPeds.org/Blog](#) each Monday for a new post. Click [here](#) (17) to subscribe.



*Don't hesitate to contact us with your questions and comments. We look forward to hearing from you.*

Dear Member,

Each Parent Talk that you receive is stored on the ACPeds website at this address: <https://www.acped.org/parent-talk>

**We invite and encourage you to share the links to these Parent Talks** on your practice website, on your social media pages, or in your patient newsletters for the benefit of patients & families. Pick and choose from the list of topics or post them all!

***Thank you for helping us share information that serves the Best for Children.***

American College of Pediatricians, P.O. Box 357190, Gainesville, FL 32635

- 1 <https://www.cdc.gov/healthyschools/obesity/facts.htm>
- 2 [https://medlineplus.gov/news/fullstory\\_165111.html](https://medlineplus.gov/news/fullstory_165111.html)
- 3 <http://kfu.org/2017/06/07/faf-060717-childhood-obesity/>
- 4 <http://www.acped.org/wordpress/wp-content/uploads/jpeg-of-family-table-poster-for-posting-to-website.jpg>
- 5 [http://www.jneb.org/article/S1499-4046\(16\)00069-5/pdf](http://www.jneb.org/article/S1499-4046(16)00069-5/pdf)
- 6 <http://pediatrics.aappublications.org/content/pediatrics/early/2013/04/16/peds.2012-3073.full.pdf>
- 7 [https://www.acped.org/wordpress/wp-content/uploads/healthy\\_eating\\_09-1.25.2008\\_new\\_seal.pdf](https://www.acped.org/wordpress/wp-content/uploads/healthy_eating_09-1.25.2008_new_seal.pdf)
- 8 <https://www.acped.org/wordpress/wp-content/uploads/How-to-have-a-healthy-family-table.pdf>
- 9 <http://www.consumerreports.org/sun-protection/get-the-best-sun-protection/>
- 10 <http://www.consumerreports.org/sun-protection/get-the-best-sun-protection/>
- 11 <http://aetna.tumblr.com/post/119104353792/read-select-and-apply-its-important-to>
- 12 <http://www.businesswire.com/news/home/20130717006126/en/Heat-Wave-Skin-Survival-Tips-Packard-Childrens>
- 13 <http://www.businesswire.com/news/home/20130717006126/en/Heat-Wave-Skin-Survival-Tips-Packard-Childrens>
- 14 <http://kidshealth.org/en/parents/sunscreen.html>
- 15 [https://www.cdc.gov/cancer/skin/basic\\_info/children.htm](https://www.cdc.gov/cancer/skin/basic_info/children.htm)
- 16 <https://www.acped.org/being-a-responsible-citizen-by-strengthening-marriage-and-family>
- 17 <http://acped.org/subscribe>