

CHILDHOOD OBESITY BY PHYSICAL THERAPY INTERVENTION



Community Rehabilitation Services is proud to be your facility of choice for childhood obesity. Through research we have put together a program to help combat this epidemic with healthy food choices and supervised therapy exercise program.

Childhood obesity is a growing epidemic and is the number one health concern in the United States. One in three children and adolescents is overweight with a body mass index (BMI) in the 85th-95th percentile or obese with a BMI above the 95th percentile. BMI is measured by height and weight and is age and gender specific unlike adults. Obesity also causes many health issues for our children in adulthood, which are starting to show at a younger age such as:

- **Diabetes, (type 2)**
- **High blood pressure**
- **Elevated levels of cholesterol**
- **Sleep apnea**
- **Asthma**
- **Joint problems**
- **Heart problems**
- **Social and Psychological**

It could take many years before the effects of obesity in which complications arise into life-threatening disease. **Our Physical therapists can help your child eliminate the effects of future complications through a therapy intervention program.**

Our therapist will sit down with you and your child and design a program that fits the needs of your child.

Come in and speak with one of our professional Physical Therapists to start your child on a program of healthy living.

To help combat this epidemic exercise and healthy food choices are a way of life. Obese children tend to be heavy in adulthood, in part because obesity-promoting habits persist. The potential cause of childhood obesity is too many calories taken in and not enough physical activity to burn the extra caloric intake. There is a variety of factors that have contributed to the focus of food and physical activity being the culprit.

- ❖ *Sugary drinks and less healthy food on school campus.*
- ❖ *Advertisement of less healthy food.*
- ❖ *Variation of regulations in child care center.*
- ❖ *Lack of quality physical activity in our schools.*
- ❖ *No safe place to play.*
- ❖ *Limited access to healthy affordable food*
- ❖ *Increasing portion sizes*
- ❖ *Television and media*

Children are exposed to fast food choices everyday making it difficult for children to make healthy food choices. Approximately 30% of kids are eating fast food several times a week accounting for more caloric intake which adds up to several pounds of fat. In a 2010 anonymous survey questionnaire taken by children in a rural 4 county radius in Michigan:

Ogemaw, Crawford, Roscommon, Oscoda

- 12.2% were above the 95th percentile
- 34.4% watched television more than 3 hours a day
- 26.1% played video games or were on the computer for the majority of the day. In turn this prompts them to eat unhealthy food and make unhealthy choices.

Let us help your child get fit for a better tomorrow.

Call any of our offices to schedule an appointment for your child or ask any questions you may have about our program or insurance coverage. We accept most insurance.

**SOLVING THE PROBLEM OF CHILDHOOD OBESITY WITHIN A GENERATION
BY PHYSICAL THERAPY INTERVENTION**



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