

your healthy lifestyle

Wellness begins with a healthy weight



5

Eat five servings
of fruits or veggies
every day.

4

Eat together as
a family four
times a week.

3

Eat three meals
a day (don't
skip breakfast!)

2

Limit screen time to
two hours a day.

1

Get at least
one hour of
exercise per day.

0

Cut sugar-
sweetened
drinks to zero.

At Jeffers, Mann & Artman Pediatrics, we believe that wellness begins with healthy living. Body weight gives doctors a good indication of your child's health.

A way to determine if your child has a healthy weight is by determining their BMI, or body mass index. It's the number we get by comparing a child's weight and height at their wellness exam.

Having an elevated BMI is becoming a more common health concern for both children and adolescents.

Based on their BMI number, children can be given the medical diagnosis of:

- overweight (BMI 85-94%) or
- obese weight (BMI greater than or equal to 95%)

What causes childhood obesity?

- genetic tendency
- inactivity
- dietary choices

While we cannot change someone's genetic tendencies, we can work together to promote a healthy level of physical activity and good eating habits to achieve your child's best physical and emotional health.



Your Healthy Lifestyle Program

If your child has a BMI greater than 95% at their annual well child exam, here's what to expect:

1. Complete the questionnaire at each well exam or weight checkup so we can learn more about your family history, family and child's eating habits, leisure activities and physical activity level.
2. Help us to decide if your family is ready to make a change in lifestyle habits that can help your child reach a healthy weight.
3. With our help, decide what changes you are willing to make as a family. We will review the options from the 5-4-3-2-1-0 goals and arrange for a follow-up appointment to check on your child's progress.
4. If needed, we'll suggest labwork to screen for diseases that are associated with having an elevated BMI. We may recommend having a dietary consult with a nutritionist. We can also refer you to local programs through area hospitals that provide additional resources.
5. We will need to recheck your child's growth in the office every 3 to 6 months to see if lifestyle changes are helping improve BMI.

By working together, we can help your child grow into a healthy and active adult.