

## Mayo Clinic Minute

### How to help overweight kids get healthier

VIDEO	AUDIO
Graphic: 1 in 6 kids Obese	Here's some heavy news: One in 6 American kids is obese.
Title: BRIDGET BIGGS, Ph.D. PEDIATRIC PSYCHOLOGY Mayo Clinic	The reason why we are concerned about that is all the health problems that are associated with having excess weight on our bodies.
	Mayo Clinic pediatric psychologist Dr. Bridget Biggs says overweight kids are being diagnosed with what had been adult-onset diseases.
	We're seeing kids with Type 2 diabetes. We're seeing kids with fatty liver disease, sleep apnea.
	Dr. Biggs says if you're concerned about your child's weight, keep your focus and conversations on his or her overall health.
	It's important for parents to provide the entire family, including themselves, with healthy choices.
	Dr. Biggs suggests you set reliable times for meals and snacks, and eat them at a table or counter in a room free of distracting technology.
	We're just more mindful when the electronics are off.
Graphics: Serve fruits for breakfast Include fruits and vegetables for lunch & dinner Keep healthy choices visible Avoid sugary drinks	Include fruits with breakfast, and fruits and vegetables with lunch and dinner. Keep healthy snacks visible in the kitchen and the refrigerator, Avoid sugary drinks.
	And, finally, encourage exercise through example.
Graphic: <a href="http://newsnetwork.mayoclinic.org">newsnetwork.mayoclinic.org</a>	For the Mayo Clinic News Network, I'm Jeff Olsen.