

Childhood obesity

According to the Centers for Disease Control and Prevention (CDC), childhood obesity is a serious problem in the U.S. and puts children and adolescents at risk for poor health.¹

Behavior

Behaviors that influence excess weight gain include:

- Eating high-calorie, low-nutrient foods and beverages
- Taking medicine
- Not getting enough physical activity
- Having trouble sleeping
- Spending too much time watching television or other screen devices

To help children grow and maintain a healthy weight, the CDC recommends:

- Consuming healthy foods
- Being physically active

Health risks²

- Children who have obesity are more likely to have:
- Breathing problems, such as asthma and sleep apnea



- Fatty liver disease, gallstones, and gastro-esophageal reflux (e.g., heartburn)
- High blood pressure and high cholesterol, which are risk factors for cardiovascular disease
- Increased risk of impaired glucose tolerance, insulin resistance, and type 2 diabetes
- Joint problems and musculoskeletal discomfort
- Low self-esteem and lower self-reported quality of life
- Psychological problems such as anxiety and depression
- Social problems such as bullying and stigma

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Future health risks

Children who have obesity are more likely to:

- Become adults with obesity, which is associated with an increased risk of several serious health conditions (e.g., heart disease, type 2 diabetes, and cancer)
- Have more severe risk factors in adulthood

Child wellness visits

If you're concerned about your child's weight, talk to your child's doctor. You can use your child's wellness visit to talk about your concerns. Children between the ages of 3 and 20 should see their doctor at least once each year.

Resources

The 2015–2020

Dietary Guidelines for Americans

recommends a child or teenager:

- Eat vegetables, fruits, whole grains, a variety of lean protein foods, and low-fat/fat-free dairy products
- Limit foods and beverages with added sugars, solid fats, or sodium

The **Physical Activity Guidelines** for Americans recommends children between the ages of:

- 6 and 17 years do at least 60 minutes of moderate to vigorous physical activity every day
- 3 and 5 years be physically active during the day for growth and development

Sources

1. "Overweight & Obesity: Childhood Obesity Facts," Centers for Disease Control and Prevention, last accessed October 14, 2021, URL.
2. "Overweight & Obesity: Childhood Obesity Causes & Consequences," Centers for Disease and Prevention, last accessed October 14, 2021, URL.

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **800-480-1825 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

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- You can also file a civil rights complaint with the
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **800-480-1825 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

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Language assistance services, free of charge, are available to you.
800-480-1825 (TTY: 711)

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

Kreyòl Ayisyen (French Creole): Rele nimewo ki endike anwo a pou resevwa sèvis éd gratis nan lang.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, należy zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

Italiano (Italian): Chiamare il numero sopra indicato per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

Diné Bizaad (Navajo): Wóda hí béesh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jik'eh saad bee áká'ánída'áwo'déé níká'adoowot.

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.