

# Childhood obesity

According to the Centers for Disease Control and Prevention<sup>1</sup> (CDC), childhood obesity is a serious problem in the United States and puts children and adolescents at risk for poor health.

## Behavior

Behaviors that influence excess weight gain include:

- Eating high-calorie, low-nutrient foods and beverages
- Medication use
- Not getting enough physical activity
- Poor sleep routines
- 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 risks<sup>2</sup>

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

## 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 should be physically active during the day for growth and development

1. Overweight & Obesity. Childhood Obesity Facts. The Centers for Disease Control and Prevention. <https://www.cdc.gov/obesity/data/childhood.html>. Last accessed on January 21, 2021.
2. Overweight & Obesity. Childhood Obesity Causes & Consequences. The Centers for Disease Control and Prevention. <https://www.cdc.gov/obesity/childhood/causes.html>. Last accessed on January 21, 2021.

## Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **877-856-5702 (TTY: 711)**. We are available Monday through Friday, from 7 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 preferred 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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If you need help filing a grievance, call **877-856-5702** or if you use a TTY, call **711**.  
You can also file a civil rights complaint with the:
  - **Ohio Department of Medicaid (ODM), Office of Civil Rights** by emailing [ODM\\_EEO\\_EmployeeRelations@medicaid.ohio.gov](mailto:ODM_EEO_EmployeeRelations@medicaid.ohio.gov), faxing **614-644-1434**, or mailing to P.O. Box 182709, Columbus, Ohio 43218-2709; or
  - **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. **877-856-5702 (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.

Humana Healthy Horizons in Ohio is a Medicaid Product of Humana Health Plan of Ohio, Inc.

Language assistance services, free of charge, are available to you.  
**877-856-5702 (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.

**नेपाली (Nepali):** निःशुल्क भाषासम्बन्धी सहयोग सेवाहरू प्राप्त गर्नका लागि माथिको नम्बरमा फोन गर्नुहोस्।

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

**Soomaali (Somali):** Wac lambarka kore si aad u hesho adeegyada caawimaada luuqada oo bilaash ah.

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

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

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

**Kiswahili (Swahili):** Piga simu kwa nambari iliyo hapo juu ili upate huduma za usaidizi wa lugha bila malipo.

**Українська (Ukrainian):** Зателефонуйте за вказаним вище номером для отримання безкоштовної мовної підтримки.

**繁體中文 (Traditional 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。

**Ikinyarwanda (Kinyarwanda):** Hamagara numero iri haruguru uhabwe serivisi z'ubufasha bw'ururimi ku buntu.

**简体中文 (Simplified Chinese):** 您可以拨打上面的电话号码以获得免费的语言协助服务。

**دري (Dari):** برای دریافت خدمات رایگان کمک زبانی با شماره بالا تماس بگیرید.

**پشتو (Pashto):** د وړيا ژبې ملاتړ ترلاسه کولو لپاره پورته شميرې ته زنگ ووهئ.

**አማርኛ (Amharic):** ነፃ የቋንቋ ድጋፍ አገልግሎቶችን ለማግኘት ከላይ ባለው ስልክ ቁጥር ይደውሉ።

**ગુજરાતી (Gujarati):** મફત ભાષા સહાય સેવાઓ મેળવવા માટે ઉપર આપેલા નંબર પર કોલ કરો.