



Preventing **兒童肥胖症**
 Childhood Obesity

Many cultures hold the belief that being overweight is a sign of health and wealth. The reality is, being overweight or obese increases a person's risk of many chronic diseases, and children are no exception. Based on recent health studies, more than 30% of children in the United States are overweight, that's one in every three children. The largest increase was found in 6-11 year olds. Obesity is on the rise among Asian Americans and Pacific Islanders, as well as Native Americans. Some studies show that 2nd and 3rd generation Asian American children are more likely to be overweight, particularly those from low income families. Children who are overweight tend to become overweight adults with a greater risk for health problems.

中國的傳統文化素來認為肥胖代表富足及有福氣，而胖嘟嘟的小孩即表示健康。其實體重過重或肥胖症是很多慢性疾病的根源。兒童過早肥胖同樣對健康不利。根據美國近期的健康調查顯示，有30%的美國兒童體重過重，也就是說，三個兒童中有一個患有肥胖症，其中以6至11歲的兒童肥胖情況最為嚴重。最近，亞裔，太平洋島國以及美國印第安人的肥胖兒童有增加的趨勢。研究證明，很多在美國出生的第二與第三代亞裔兒童體重過重，尤其是那些來自低收入家庭的兒童。幼時肥胖的兒童，長大後有很大機會變成健康有問題的肥胖人士。

Health risks of overweight children
肥胖兒童所面臨的健康問題：

High blood cholesterol	高血脂膽固醇
High blood pressure	高血壓
Type 2 diabetes	二型糖尿病
Fatty liver	脂肪肝
Asthma	哮喘
Sleep apnea	睡眠窒息症
Low self esteem	自卑感
Depression	抑鬱症
Behavioral and learning problems	行為及學習有問題
Eating disorders	厭食或暴食症
Joint problems	骨骼與關節問題

兒童肥胖症的起因

造成兒童肥胖的最主要原因是過多食物，缺乏運動。但遺傳、荷爾蒙問題、文化習俗、生活習慣及環境因素等對肥胖的成因亦有一定的影響。雖然一個人的體形，肥瘦高矮很大程度上與遺傳基因有關，但如果家人都是肥胖超重，通常是因為飲食模式和活動習慣相同而造成。如果父母其中一方肥胖，子女有40%機會有肥胖症。如果父母雙方均肥胖，子女肥胖的可能性會增加雙倍。

診斷

醫生首先測量你小孩的高度和體重，然後計算出一個稱為“體質指數（BMI）”的比率。再根據這個比率在一份按不同的年齡和性別而設的圖表上所標繪的位置來決定您的子女是否已超重或面臨肥胖的傾向。

治療

兒童需要適當的營養和卡路里（熱量）來維持正常的發育與成長。所以治療肥胖症的方法宜注意不再增磅，而不主張過分減磅，尤其對年幼的兒童來說。這樣做可讓兒童有機會在繼續長高的過程中，體重與身高得到平衡。若然已出現健康問題，則應開始減磅以改善超重問題。維持健康良好體重的關鍵是飲食健康，保持運動。如果需要，您小孩的醫生會建議您約見一位註冊營養師，諮詢有關您小孩的飲食計劃。

預防方法

從幼年開始養成良好的飲食及運動習慣對兒童長大後的健康影響很大，因為生活習慣多數在幼童時便形成。研究證明母乳喂哺以及較遲開始喂食固體食物（嬰孩4個月大以後）對預防嬰兒日後痴肥有幫助。作為父母也應樹立勤運動的生活方式和良好的飲食及烹調習慣的榜樣。以下是一些對父母有益的貼士指引：

Contributing factors to childhood obesity

Too much food and too little exercise frequently lead to excessive weight gain. Genetic, hormonal, cultural, lifestyle and environmental factors also play a part. Although genetics play a role in determining one's body shape, weight problem that runs in the family is more likely due to similar eating and exercise habits. When one parent is obese, the child has a 40% chance of being obese. The risk doubles when both parents are obese.

Diagnosis

The doctor measures your child's height and weight and calculates a ratio known as Body Mass Index (BMI). This number is plotted on a growth chart that is age and gender specific to determine whether your child is at risk for overweight or is overweight.

Treatment

Children need the right amount of nutrients and calories for proper growth and development. Depending on the age of the child, treatment goal may be weight maintenance rather than weight loss, especially for young children. This allows the child to grow into his/her weight as he/she gains in height. In some cases, weight loss may be recommended for those who have related medical problems. Eating a healthy diet and increasing physical activities remain the keys to achieving a healthy weight. Your child's doctor may suggest that you consult a registered dietitian about an appropriate eating plan for your child.

Prevention

It is important to begin healthy habits at an early age, since dietary and exercise habits are often established during childhood. Research suggests that breastfeeding and late introduction of solid food (after 4 months of age) help to protect infants from becoming obese children. Parents also need to set a good example by adopting an active lifestyle and preparing and eating healthy meals. Below are some helpful tips for parents:

1. 鼓勵子女對食物持有正確的觀念

- 不要用食物來作為獎勵或懲罰，因為這樣會影響小孩對食物的偏好。
- 不要強迫小孩一定要吃完所有的食物，這樣會使他們吃得過多。
- 讓小孩自己決定吃多少。
- 讓小孩參與選擇及準備膳食，這樣可使小孩樂意試食和進食。
- 食物要多樣化，並鼓勵小孩嘗試新食物，通常全新的食物小孩要嘗試過10次以上方會接受。
- 適量給與小孩愛吃的零食。

2. 準備健康膳食並一家人共進餐

- 進食健康的早餐可提供營養和精力以開始新的一天。
- 多吃全穀食物（全麥食品、糙米、麥片、玉米）及各種顏色的新鮮水果和蔬菜。
- 盡量少吃經加工及速食的食品和少去餐館或快餐店進食。
- 減少進食高糖份食物或飲料，如飽點，糖果，甜品，汽水，甜飲料和果汁。
- 烹調時少用油並採用焗，煮或蒸的煮食方法。
- 準備健康的小食與飲料，如新鮮水果，番薯，玉米，低脂乳酪，低脂牛奶，豆奶，清水。
- 一家人一起共同進餐，避免邊吃飯邊看電視，看書，玩電子遊戲機等。

3. 鼓勵子女多參與體力活動

- 以身作則，樹立積極運動的良好榜樣。
- 每天看電視，玩電子遊戲機或電腦的時間不要超過兩小時。
- 設立每天讓小孩進行60分鐘活動的目標，並計劃好一天的活動時間。
- 計劃一家人一起參與一些有趣的活動，如散步，遠足旅行，放風箏，騎單車，溜冰，游泳，露營，跳舞，園藝，打保齡球。
- 讓小孩挑選自己喜歡的活動，並對他/她的努力給與鼓勵。

1. Encourage a healthy attitude towards food

- Never use food as a reward or punishment, this can affect your child's preference for that food
- Never force your child to clean the plate, this can encourage overeating
- Allow your child to decide how much he/she wants to eat
- Involve your child in food selections and preparation, he/she is more likely to be interested in tasting and eating the food
- Offer a variety of foods and encourage your child to try them, it may take 10 or more tries before your child will accept a new food
- Allow some favorite snacks in small quantities

2. Plan healthy meals and eat together as a family

- Start the day with a healthy breakfast, this provides energy and nutrition
- Offer more whole grains (whole wheat products, brown rice, oats, corn), colorful fresh fruits and vegetables
- Limit convenience foods, processed foods, take-out foods, eating out at restaurants and fast food places
- Limit high sugar foods and drinks - candies, pastries/buns, desserts, soda, sweetened drinks and juices
- Prepare foods with less oil by baking, boiling or steaming
- Offer healthy snacks and beverages - fresh fruit, sweet potato, corn on the cob, lowfat yogurt, lowfat milk, soymilk, water
- Sit down and eat meals together as a family, avoid watching TV, reading, playing video games when eating

3. Encourage and increase physical activities

- Be a positive role model by being active yourself
- Limit time spent watching TV, playing video games and on the computer to no more than 2 hours a day
- Aim for 60 minutes of physical activity a day for your child, designate a time for doing the activities
- Plan a variety of fun activities that the family can do together - walking, hiking, biking, skating, kite flying, swimming, camping, dancing, gardening, bowling
- Allow your child to choose activities that he/she likes to do and praise him/her for his/her effort

無論您的小孩體形如何，他們都需要父母的接納，支持，疼愛與鼓勵。作為父母應該多點體諒及了解您的小孩，認識肥胖症對人類健康的威脅，並加以重視。幫助您的小孩從少養成良好的生活習慣，遠離肥胖症。

Children need acceptance, encouragement, support, understanding and love, no matter what size they come in. Parents are to be sensitive to these needs. By helping your child establish good health habits at an early age, the dangers of obesity may be greatly reduced.

For more information on how to help your children develop healthy habits, contact:
如想獲取有關如何幫助您的小孩建立健康生活習慣的資料，可與以下機構聯絡：

Healthy Children, Healthy Community Project
NICOS Chinese Health Coalition
華人健康聯會的健康兒童，健康社區計劃
(415) 788-6426
www.nicoschc.com

Feeling Good Project
Nutrition Services Program
San Francisco Dept. of Public Health
三藩市公共衛生署
營養服務計劃
(415) 575-5689



www.cchrchealth.org

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