

Helping Kids



Health Care & the Skills of Living for Children

Personal Message

Parents Helping Kids What is childhood obesity?

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Childhood obesity has become an epidemic in the United States. Results from the 1999-2002 National Health and Nutrition Examination Survey (NHANES), using measured heights and weights, indicate that an estimated 16 percent of children and adolescents ages 6-19 years are overweight. This represents a 45 percent increase from the same survey taken in 1988-1994. (<http://www.cdc.gov/nchs>). What is childhood obesity? Obesity is a condition characterized by an excessive amount of body fat. Doctors use a measure called the Body Mass Index (BMI) that uses a person's height and weight to determine if they are obese.

Possible causes of obesity include poor eating habits such as unhealthy fast food and decreased physical activity such as playing video games. These unhealthy habits can lead to health problems including high blood pressure, diabetes, cancer, arthritis, breathing problems, and increased risk for heart attack and stroke.



Carmen Pagan, Misty Standard and Jennifer Griffith —founding partners, Milestones

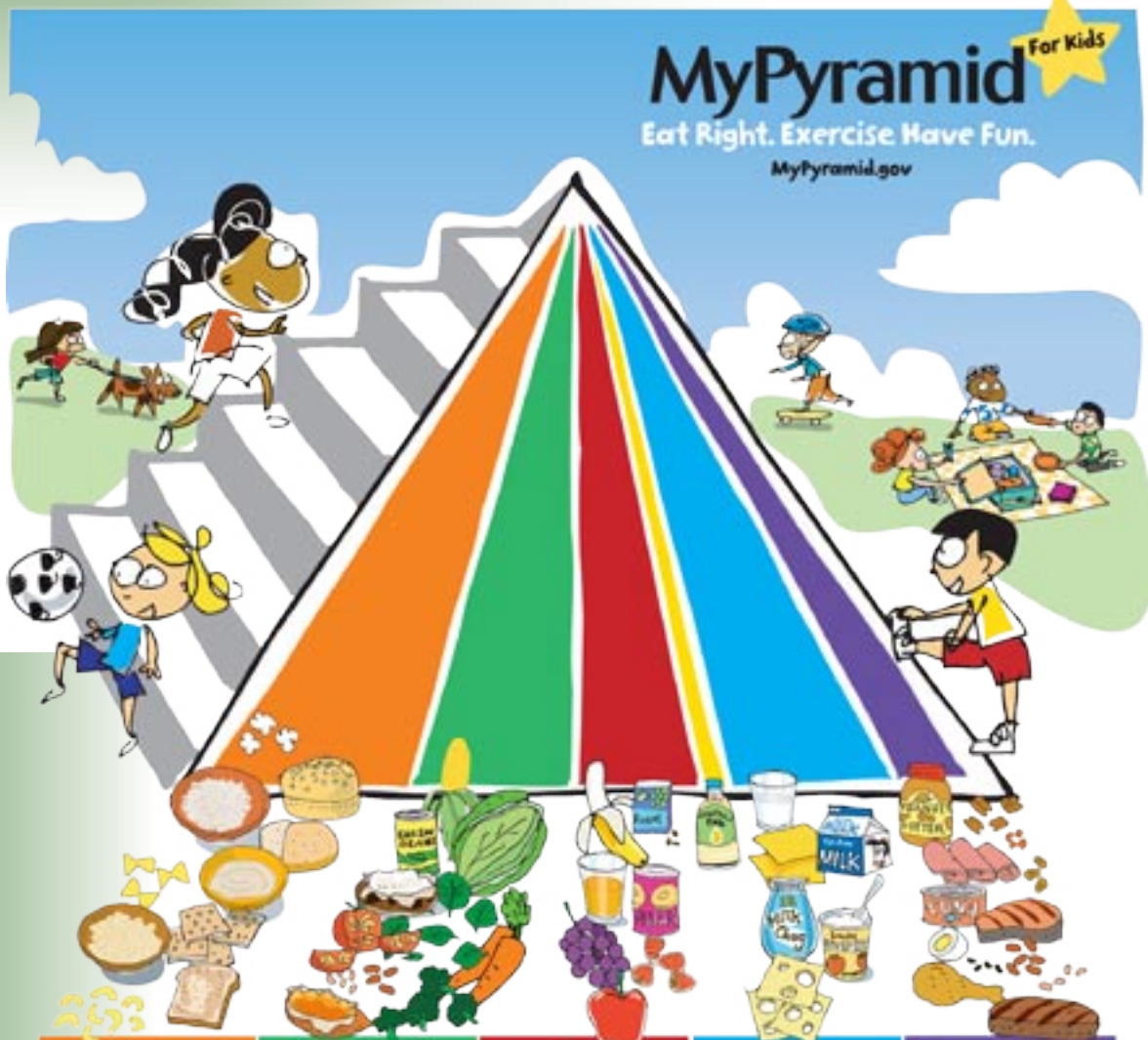
Fortunately obesity is preventable and treatable. A healthy weight is maintained by balancing the amount of energy going into your child's body (as food and drink) and the energy being used (for growth and physical activity). If you are concerned about your child's weight please talk to your doctor. Doctors may recommend meeting with a dietician to discuss your child's eating habits. They may also suggest physical therapy for exercise guidelines and fitness tips. Keep in mind family participation is crucial so that your child doesn't feel singled out or deprived.

Helping Kids

MyPyramid For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains <i>Make half your grains whole</i>	Vegetables <i>Vary your veggies</i>	Fruits <i>Focus on fruits</i>	Milk <i>Get your calcium-rich foods</i>	Meat & Beans <i>Go lean with protein</i>
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" like "whole wheat".</p>	<p>Color your plate with all kinds of great tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats – sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day: <i>at least half should be whole</i>	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day: <i>for kids ages 2 to 4, it's 2 cups</i>	Eat 5 oz. every day
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Oils: Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and Sugars – know your limits

- Get your fat facts and sugar amounts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



Are your kids at risk for Childhood Obesity?

BOYS

7 year old boy

4 ft 1 in tall
Normal wt: 50 lbs
At-risk wt: 57 lbs
Overweight: 65 lbs

12 year old boy

5 ft tall
Normal wt: 90 lbs
At-risk wt: 105 lbs
Overweight: 120 lb

17 year old boy

5 ft 10 in tall
Normal wt: 147 lb
At-risk wt: 174 lb
Overweight: 195 lbs

GIRLS

7 year old girl

4 ft 1 in tall
Normal wt: 50 lbs
At-risk wt: 60 lbs
Overweight: 67 lbs

12 year old girl

5 ft tall
Normal wt: 90 lbs
At-risk wt: 110 lbs
Overweight: 125 lbs

17 year old girl

5 ft 4 in tall
Normal wt: 125 lbs
At-risk wt: 145 lbs
Overweight: 170 lbs

Tips and Tricks

1. Lean cuts of meat with fat trimmed, poultry without skin, fish and shellfish are better choices than fatty cuts such as bacon and sausage, organ meats, fried meats, high-fat luncheon meat.



2. Eggs are healthy, natural choices for protein. If you are unable to have whole eggs, many egg substitutes are now available for purchase as well as cooking with egg whites only.

3. The typical fast food meal in this century sometimes gives us more than an entire day's allotment of calories, fat and salt. In the 1970's, the typical fast food meal were smaller than the "kids meal" portions sold today. Be choosy about how often your family eats these foods, and never BIGGIE-SIZE it!!!



4. Make half of your daily grains whole such as whole-wheat, oatmeal and brown rice.

5. Learn how to read food labels and apply them to your own body. The Daily Values listed are for a person eating 2000 calories each day. Don't forget to check out the serving size – many containers have 2 to 6 servings in each!!



6. Watch for labels on foods that may mislead you. Try to choose those which say 'HEALTHY' which means that this food choice is lower in fat, saturated fat, sodium, and cholesterol and gives you at least 10% of the daily value of vitamins A,C, iron, protein, calcium and fiber.

7. Check out these FREE, informational websites: www.eatright.org and www.usda.gov.



SUCCESSSES

What parents are saying...



When Bella was first evaluated for physical therapy, she wasn't crawling, kneeling, or standing

up, even though most children her age were. Bella was born premature, and was having difficulties developing the skills that usually happen automatically. However, she displayed good motivation in therapy and was shown correct movement patterns through play. Bella loves therapy so much that she always has a big smile on her face coming into the lobby, and immediately starts saying "Ball!" and "Down!" so she can start playing. In less than 4 months, she is now crawling on the floor and up steps. She also can kneel at a bench and pull up to standing to play at a small table! She will now put weight through both feet! Currently, she's working toward cruising on furniture and eventually walking! One of the reasons Bella has made such great progress is because her parents,



and even her older brother, work with her every day at home to practice the skills she learned in therapy. Bella is expected to continue making steps forward towards all her goals!

"JP" started speech therapy when he was 2 years old, because he did not have any true words at that time. His mother was very concerned with her child's delayed language skills. JP continued with speech therapy for a few months with some slow gains. However, something was missing; something was blocking his more rapid progress. An Occupational Therapy screening was recommended to determine if there were other issues. When the OT evaluation was done, JP, indeed, showed problems processing information from his environment. The treatment plan was changed with ST/OT working closely together to meet his needs. JP is now speaking in complete sentences with good word/sound pronunciation. His family is very excited about his new way to communicate with them.



Jose was an 8 month old baby when he came to our clinic the first time. He was extremely medically fragile to say the least with a variety of medical conditions as well as visual and hearing

problems. When we first started his goals were very small, as he was too weak to sit without becoming exhausted. We worked hard keeping our goals in mind with each session, slowly but surely he started to change. First he sat independently, then he began to reach and grasp while sitting. Before I knew it, this little boy grew before our eyes, and just this week, he began to take steps independently!!!! Through team planning and work, with all therapists, mother and nurse participating, Jose struggled hard to develop beyond our wildest expectations. Without a TEAM effort, I know that we would have never accomplished how much our little Jose is doing now.

Health Quiz: Take this simple test...

- What is a calorie?
 - A food additive
 - A unit used to measure weight
 - A unit used to measure energy
- How many portions of fruit & vegetables should you consume each day?
 - 7
 - 5
 - 3
- Which of these is known as a 'bad' fat?
 - Polyunsaturated fat
 - Saturated fat
 - Mono-unsaturated fat
- Which is the best option for a high-energy snack in preparation for physical activity?
 - Can of coke
 - Banana
 - Small salad
- What condition is excessive consumption of salt linked to?
 - Cancer
 - Diabetes
 - High blood pressure
- Which of these is a form of aerobic exercise?
 - Running
 - Weight lifting
 - Sit-ups
- Which of these exercises do you think would burn enough calories to be the equivalent of a Mars bar?
 - Walking at a moderate pace for 45 minutes
 - Doing dance aerobics at medium intensity for half an hour
 - Running 3 miles in 30 minutes
- What does BMI stand for?
 - Body muscle ideal
 - Body mass index
 - Better midriff image

Answers: 1.C 2.B 3.B 4.B 5.C 6.A 7.C 8.B

Elizabeth Knowlton, DPT

Elizabeth is originally from New Hampshire. She graduated with a Bachelors of Science in Health Sciences from the University of Connecticut, a Masters of Physical Therapy from Franklin Pierce College in Manchester, New Hampshire, and a Doctor of Physical Therapy from Franklin Pierce College. Her geriatric experiences include rotations at Minor Improvements PT and Dartmouth-Hitchcock Medical Center. She gained interdisciplinary provider experience at a Neurological Outpatient Day Program. She also brings experience with research in the areas of Body Weight Supported Treadmill Training (BWSTT), and fall prevention in the elderly. She has experience in orthopedics, aquatics, cardiopulmonary, geriatrics, home health, and neurology. Her current interests in pediatrics are neurology, aquatics, and research.

Her community involvement includes giving a seminar on Childhood Obesity, Habitat for Humanity, Miracle Kids of South Texas, Paul Newman's Hole in the Wall Gang, and teaching children how to play sports.



Melanie M. Watson, MPT

Originally from Canada, Melanie has found Texas to be her second home. She graduated from Texas Tech University Health Sciences Center with a Bachelor of Science in the Health Sciences and Master of Physical Therapy. Although she had planned to follow a path of sports therapy, while in school, Melanie found her place working with children. Her clinical experiences included Early Childhood Intervention, Special Education, and pediatric aquatic therapy. Melanie still enjoys working with adults as well, and provides PT to occasional adults at Milestones. She hopes to bring a fresh perspective and new ideas to Milestones while continually growing as a pediatric therapist. Melanie has also been trained in the Europeds approach for the TheraSuit Method. In her spare time, Melanie enjoys cooking and trying new recipes, relaxing with friends and loved ones, playing guitar and writing songs, cuddling with her adorable kitty, and going to the beach.

FAQ

- Frequently Asked Questions About Nutrition

1. How do I know if I am getting enough 'good' fat in my diet?

Many foods have 'fat' of various types. Our bodies need a certain amount of fat from our diet for good function. However, the diets of most Americans, especially children that like to eat fast food, contain too much of the 'bad' fats.

We should avoid foods with saturated fat and trans-fat, these have been linked to increased risk of heart disease.

2. When reading food labels, I am always unsure of the difference between "light" foods or "fat-free" foods. What do these terms mean?

The Food and Drug Administration has rules as to how foods are labeled. **LOW CALORIE** means that each serving has less than 40 calories per serving. **FAT FREE/SUGAR FREE** labels indicates that the food has less than 1/2 gram of fat or sugar per serving. **LIGHT** labels can be deceiving, but they are said to include 1/3 fewer calories or 1/2 the fat of the usual version of the food. Remember, however, that if the food is very high in either fat or sugar, even the **LIGHT** version may not be very healthy!!!

Need Help For Your Child?



Come and visit us for a FREE CONSULTATION

Find out how Pediatric Therapy can help you restore health and gain the Skills of Living for your child.

Call us today at 956-661-0475 for your no-charge consultation

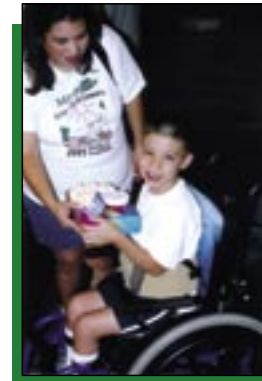
Milestones

Milestones is a comprehensive facility staffing 20 therapists – Speech, Occupational and Physical Therapists - who continually seek knowledge in their professional fields. Created in 2000 by three therapists, our focus continues to be on providing the best quality and innovative care to children with special needs.

Our new 11,000 square foot facility is equipped with optimum assessment and therapy tools to meet any need expressed to us by our loyal customers.

We are in the business of working everyday wonders, seeing faces light up with the pride of accomplishment, and helping families cope with challenge – one **milestone** at a time.

Give us a call today for your free screening at 956.661.0475.



WE CARE ABOUT YOU AND YOUR CHILD!

Call us today for a free consultation at

phone: (956) 661-0475 — fax: (956) 661-0482
www.milestonestx.com

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INSIDE:

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3300 North McColl Blvd, Suite A
McAllen, TX 78501

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