



Dear parents,

As part of the project TigerKids you will receive newsletters, each one providing information and tips concerning a certain topic. This newsletter is about how healthy nutrition and exercise can affect your children.

We hope you will enjoy reading it and trying it out!

The **Stiftung Kindergesundheit** and the **Siemens-Betriebskrankenkasse (SBK)** campaign together for the early promotion of a healthy lifestyle for our children!

PROPER NUTRITION & EXERCISE

The health kick for everyone

Overweight and adiposity (obesity) in children are buzz words that have been increasingly appearing in the media lately.

Being overweight – how does it come about?

There is still no definite explanation as to the cause of excess weight. However, it is believed that the combination of several factors is responsible.

Genetics

Twins, adoption, and family studies indicate that to a certain extent the risk of excess weight and obesity is inherited. However, this does not mean that all children in a „risk family“ have to become fat. Although genetics cannot be changed, adverse eating and exercising habits, considered as the triggers for overweight and obesity, can be influenced.

Psychosocial background

Often, children do not express their own needs and wishes. They fit in and see food as a substitute for dealing with unresolved conflicts. Thus, lack of recognition, worries and frustration, but also boredom, are often compensated with excessive eating.

Lack of exercise

Long hours of watching television and playing computer games significantly reduce the free time that was once used for romping about and playing. Watching television and playing computer games are among the major risk factors for overweight and obesity^[1]. Increasing motorisation also leads to a decline in everyday activities, such as walking, cycling or climbing stairs. Due to the lack of exercise, less energy is consumed. Unused energy is stored in the body in the form of fat.

Adverse eating habits

An unlimited supply of delicious and often high-energy food has led to a change in eating habits. High-energy snacks, sweets and fast food are often unconsciously consumed in between. If they replace a complete meal, the amount of energy required is usually exceeded. If the „excess“ energy is not consumed, it is stored in the body in the form of fat.

^[1] KIGGS-Basiserhebung Adipositas, Robert-Koch-Institut, www.rki.de.



TigerKids
KINDERGARTEN AKTIV

SBK
Siemens-
Betriebskrankenkasse

**STIFTUNG
KINDER
GESUNDHEIT**
www.kindergesundheit.de

IS MY CHILD OVERWEIGHT?

How to prevent being overweight

If you want to know if your child is overweight, please talk to your paediatrician. The yellow health booklet that your paediatrician gives you contains a graph to help you check if your child's weight is normal.

Simple rules for the health of your child

You can do a lot for your child's health by introducing simple rules:

1. At least one hour of exercise daily

Give your children's desire to move free reign and always encourage them to play and romp with their friends.

2. Fruit and vegetables daily

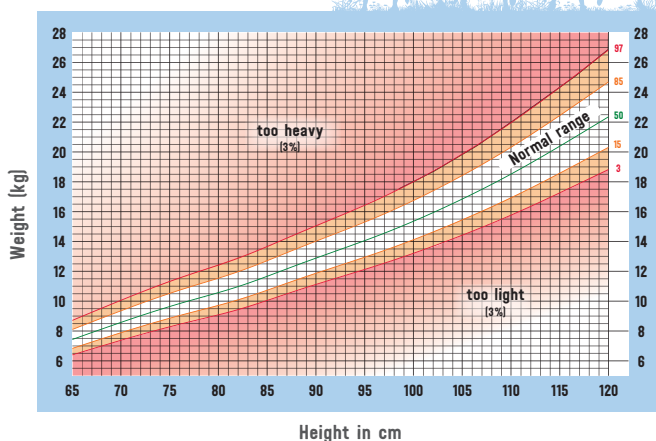
Children love fruit and vegetables cut small as a little snack or as a salad with a mild dressing.

3. Enough low-calorie drinks daily

Give your children (mineral-) water or unsweetened (fruit) tea to drink. These are „healthy fluids“ that children need for their development. Beware of high-calorie food such as chips, chocolate bars, lemonade or crisps. They should be included on the menu only very sparingly. They supply unnecessary energy and little healthy ingredients such as vitamins, minerals and fibre.

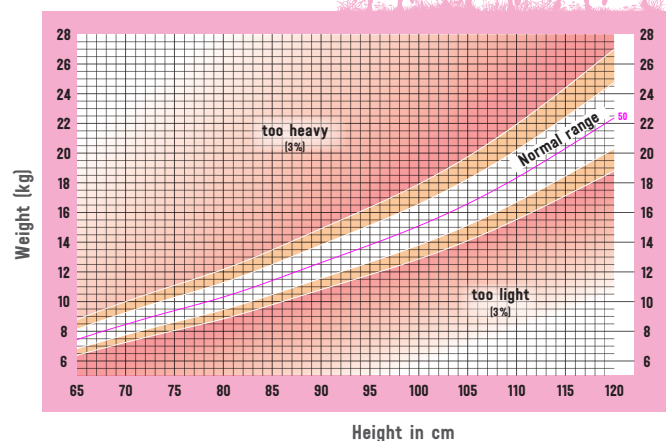
Weight-to-height

Boys, 2 to 5 years (percentiles)



Weight-to-height

Girls, 2 to 5 years (percentiles)



World Health Organization

Child growth standards In this chart you can easily check if your son or your daughter is of normal weight.

Company information

Publisher & Responsible body for the programme: Prof. Dr. med. Berthold Koletzko, Leiter der Abteilung Stoffwechselkrankheiten und Ernährungsmedizin, Dr. von Haunersches Kinderspital, Klinikum der Universität München, Lindwurmstr. 4, 80337 München

Copyright: Stiftung Kindergesundheit, 2019
Nachdruck – auch auszugsweise – nur mit schriftlicher Genehmigung der Stiftung Kindergesundheit gestattet.
As of: 8. Auflage 2019

Gefördert im Rahmen der Gesundheitsinitiative Gesund.Leben. Bayern, des Bayerischen Staatsministeriums für Umwelt und Gesundheit
Photos: shutterstock **Illustrations:** Henk Wyniger
Layout: Cornelia Sekulin