

# Ask A Nurse Newsletter

Volume 1, Issue 7

April 2006

## What is the "Ask a Nurse" Program?

The ASK A NURSE program is staffed by University of Delaware nursing faculty and graduate and undergraduate nursing students.

Our mission is to provide health and wellness education and programs to children and families.

Reach us at [askanurse@udel.edu](mailto:askanurse@udel.edu)



## *Factors Contributing to Obesity*

- Sedentary activities: television, video games
- Eating larger portions of food
- Consumption of convenience foods. These have more fat, sugar and calories
- Less time in physical education and activities
- Overweight is caused by intake of calories greater than body needs.

Check out this website for healthy eating:  
<http://www.keepkidshealthy.com/>

## Childhood Obesity

In the United States, the number of overweight children between the ages of 6 to 19 has increased to 15%. In some racial groups, the number of overweight adolescents is up to 24%. Children and adolescents who are overweight are at a much higher risk of becoming overweight adults. Overweight children and adults are at a higher risk for associated adult health problems such as:

- heart disease,
- Type II diabetes,
- joint pain,
- sleep apnea,
- increased cholesterol,
- and hypertension.

In addition, children and adolescents who are overweight suffer more often with depression, low self-esteem, and social difficulties.



## April is Donate to Life Month

If you could save a life would you?

Most people don't know that there are nearly 100,000 people in need of life saving organ transplants in the United States. Family discussion and support of organ donation provides a lifeline of hope for the children and adults struggling with organ failure. Take a moment to consider and discuss what you would want done on your behalf if a decision ever needed to be made. One decision to be an organ or tissue donor can potentially save the lives of eight people and affect hundreds more.

For more information visit:

<http://www.donors1.org> and  
<http://www.organdonor.gov/donatelife.htm>

To register your support please visit:

[www.donatelife-de.org](http://www.donatelife-de.org)

**Run and play for a happy day.**

## What is Body Mass Index?

It is a number that shows weight adjusted for height.

<http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>

A child is classified as overweight when his or her body mass index (BMI) is equal to or greater than the 95<sup>th</sup> percentile for age and sex. A child is considered being at risk for overweight if the BMI is equal to or greater than the 85<sup>th</sup> percentile for age and sex. Body mass index is calculated using both height and weight measurements. To determine if your child is at risk for being overweight or is overweight, you should consult your primary health care provider. Other information regarding childhood obesity can be obtained from the American Academy of Pediatrics' website:

[www.aap.org/obesity/family.htm](http://www.aap.org/obesity/family.htm) or from the

Centers for Disease Control's website:

[www.cdc.gov/HealthyYouth/obesity/index.htm](http://www.cdc.gov/HealthyYouth/obesity/index.htm)

**National Public Health Week. Keep our kids healthy visit**

[http://www.apha.org/nphw/2006/pg\\_kids\\_corner.htm](http://www.apha.org/nphw/2006/pg_kids_corner.htm)



Violence in the community is increasing. During April we celebrate violence prevention week. This website has great ideas to encourage respect for others, anger management and peaceful resolution of conflict.

<http://www.violencepreventionweek.org/>