

CELEBRATION OF WELLNESS

NEWS

Issue 69

October 2023

Childhood Obesity

By Dr. Candice M. Wilson, DNP, APRN, FNP-C



Child obesity is defined as having a body mass index (BMI) above the 95th percentile on a pediatric growth chart. Its prevalence is steadily increasing due to unhealthy eating habits and lack of exercise. In clinical practice, it has been observed that this disease commonly affects school-age children and adolescents. Healthcare providers must begin to encourage and empower parents and their children

through therapeutic communication and education on healthy eating and exercise benefits. There is a direct link between childhood obesity and multiple comorbidities into adulthood. Hence, having an elevated BMI increases a child's risk for other health conditions such as type-2 diabetes, hypertension, elevated cholesterol and triglycerides, sleep apnea, and depression.

Please read the referenced article below from the American Academy of Pediatrics (2023).

Childhood Obesity: A Complex Disease

By: Sandra Hassink, MD, FAAP & Sarah Hampl, MD, FAAP

As a parent, you want the best possible health for your child. So does your pediatrician. When your child comes to see a pediatrician, for either a well visit or a sick one, we are always asking ourselves what we can do to keep your child healthy. An important step in understanding your child's health is checking if they have excess weight.



Understanding obesity as a chronic disease

In fact, we call obesity a chronic disease because it can affect every part of the body. It can even interfere with the way we feel hunger and fullness and process energy. Obesity is a disease that can be treated, much like asthma and other chronic conditions.



Why it's important to treat obesity early

We must work towards a better environment where all children and families can grow healthy. However, until we can create healthier environments, keep in mind that treatment for overweight and obesity can work despite unhealthy environments.

Focus on health—not on body appearance

It is important to acknowledge the harmful effects of weight bias and stigma. There is no place for blame or guilt about body shape or size.

What is important is that our bodies function in a healthy way. Blaming someone for obesity is like blaming someone for having asthma. It is not helpful, frequently harmful, and gets in the way of effective treatment.

Remember

Your child's health is important to you as parents and to your child's pediatrician. Measuring BMI and evaluating the health effects of obesity is part of keeping your child healthy.

To read the full article, please visit our website at celebrationpediatrics.com.

Meet & Greet - October 18, 2023, at 5:30 pm

Our free monthly Meet & Greet events offer new potential patients the opportunity to meet our providers and learn about our patient-centered medical home. Please reserve your spot today by calling our office at 407-566-9700.



Same Day Sick Appointments

Celebration Pediatrics offers SAME-DAY-SICK appointments. To schedule an appointment, call us at 877.595-5113.



Happy Halloween

Have a happy and safe Halloween!



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CELEBRATION: 1530 Celebration Boulevard • 301 • Celebration, FL 34747

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(866) 595-5113 • www.celebrationpediatrics.com



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No Tricks, All Treats Spooktacular Friends & Family Event



Drop everything to attend the Celebration Health & Wellness' Friends & Family 30% off Sale! Starting October 18!

If you need a sign to try the InMode Optimas treatments, this is it. Celebration Health & Wellness' Friends and Family Sale starts on Wednesday, October 18, and these deals are good — like 30% off good. No need to clean your glasses or check up on your vision because you absolutely read that right.

Celebration Health & Wellness' Inaugural Friends and Family Sale Event is scheduled to run from October 18 to October 31, so you'll be able to enjoy thirteen glorious days of savings — just make sure you shop sooner rather than later so you can schedule your favorite treatments, to have you looking and feeling your best before the holiday season is upon us!

WHERE: 1997 Daniels Road, Winter Garden, FL 34787

WHEN: Wednesday, October 18, 5:00 PM - 8:00 PM

WHAT: Sales, Food, Fun, and Giveaways!!

To attend our in-person event, scan the QR Code. Unable to join us in person? No problem. You can join us for our virtual event through our Facebook page and be entered for fun giveaways! Should you have any questions or concerns, email us at InMode@chealthwell.com or call 407.566.2255.



Register Here



Well-Woman Appointments

Well -Woman exams are essential to your routine care, as they can catch early signs of cancer or other major health problems before they get out of hand. They are centered around your reproductive health, but your overall health will be evaluated during this time. Call us at (877) 800-0239 to schedule your Well-Woman exam today.



Happy Halloween

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CELEBRATION: 410 Celebration Place, 208, Celebration, FL 34747
DAVENPORT: 2209 N. Boulevard West, C, Davenport, FL 33837
WINTER GARDEN: 1997 Daniels Road, Winter Garden, FL 34787

877-800-0239 • www.CelebrationObgyn.com



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