

Patient name Jason Thompson

Date 5/03/15

Prepared by Sarah Stevens, RN

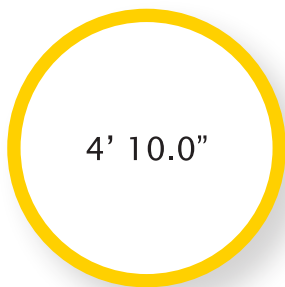
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ASSESSMENT RESULTS

Weight



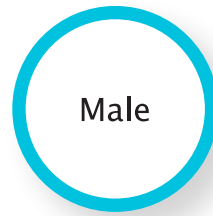
Height



Age



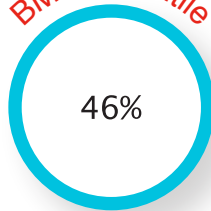
Gender



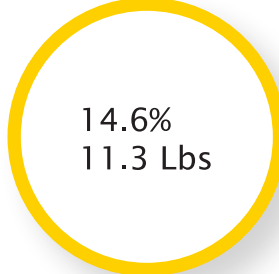
BMI



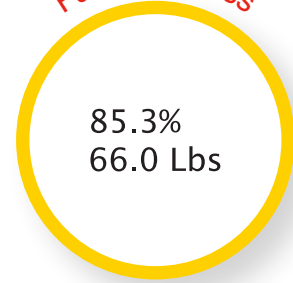
BMI Percentile



% Body Fat

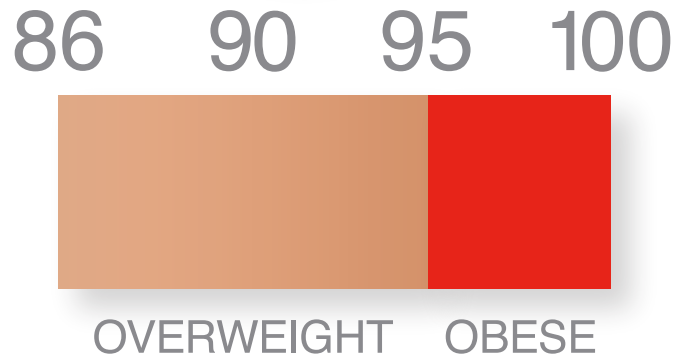


Fat Free Mass



BMI percentile is the ranking of your child's body mass index compared to other children of the same age and gender. For example, if out of 100 11-year old boys, your child's percentile is 65, this means 64 boys weigh less and 35 weigh more.

Your child's BMI is 16.2, which is in the 46th percentile and indicates he or she is at a healthy weight.

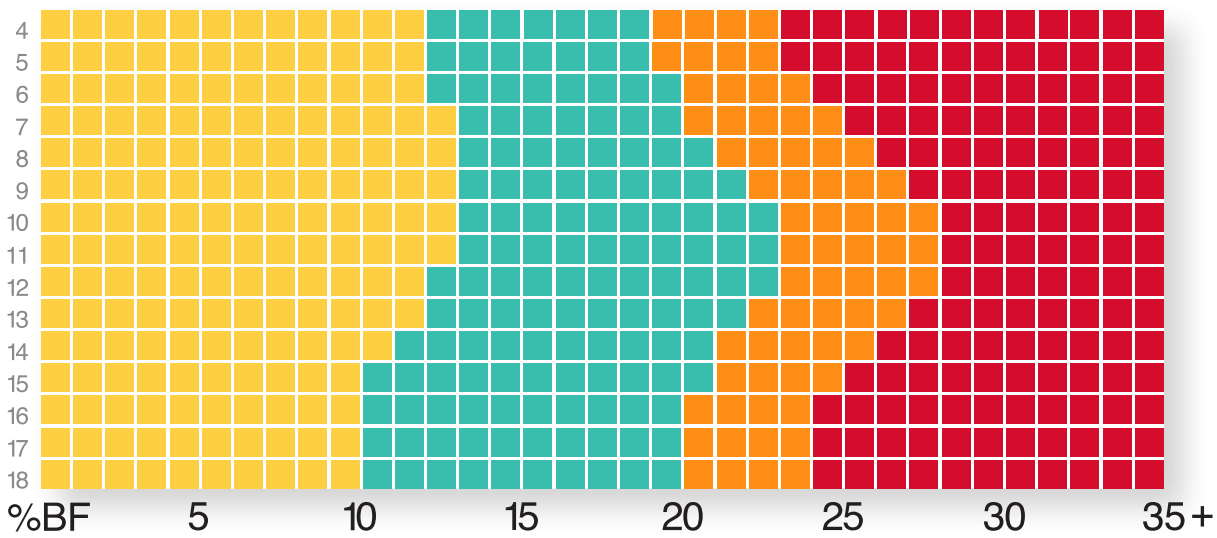


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BODY FAT RANGES

Age

FOR BOYS



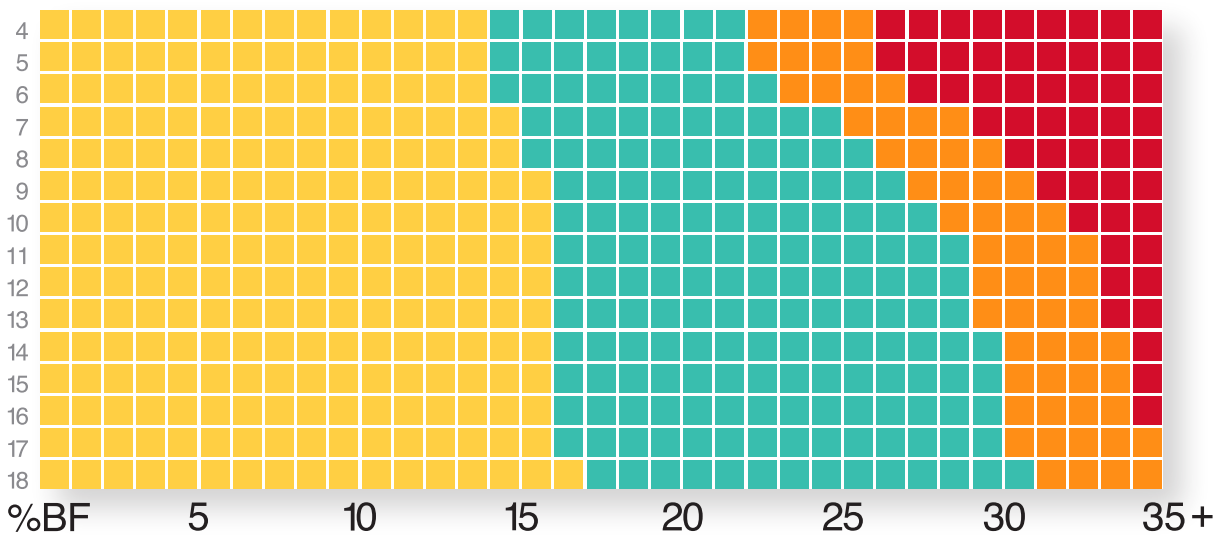
% Body Fat

14.6%

- Lean
- Optimal
- Overfat
- Obese

Age

FOR GIRLS



% Body Fat

DAILY CALORIC BURN RATES

Parents take charge

You can create a regular schedule for exercise on the family calendar. You can also set limits to your children's sedentary lifestyle using computers, cell phones, TV and video games.

A recent study found 8 to 18 year old girls and boys on average spend 7.8 hours everyday on this valuable but sedentary lifestyle. Help your kids choose moderation.

Teach kids calorie values

Actual calories burned vary with an individual's body weight, meaning the more you weigh, the more you burn. Here are interesting calorie facts for typical 7 to 12 year olds.

It takes 30 minutes of jogging to burn half of a large hamburger or 200 calories. And 30 minutes of swimming can burn half of a donut or 100 calories. These facts can help them see the direct relationship of food and exercise to their personal well being.

Studies show that long periods of high activity are not required for well being. Breaking activity into 15-minute segments can be equal to or exceed a constant long period of activity.

Here are 15 minute calorie burning activities:

Dancing	70 calories
Basketball	120 calories
Biking	75 calories
Tennis	100 calories
Volleyball	75 calories

Resting Energy Expenditure (REE)

is the number of calories required over 24 hours to maintain vital organs and body functions.



Calories per day

1291

Sedentary

No structured physical activity



Calories per day

2075

Moderate

Playground activity and occasional walks



Calories per day

2358

Heavy

Participating in a structured fitness program 3 days a week, 1 hour in duration



Calories per day

* 2800

***based on your child's activity level**

Your profile indicates you are at a healthy weight. Keep making the right nutritional and exercise choices.

Portion Control

The Official Journal American Academy of Pediatrics recently published a study which suggest that using smaller plates can be effective in the battle against childhood obesity. The study indicated kids eating from smaller plates consumed 90 calories less per meal than kids using larger plates.

“Spoil your Appetite”

Twenty minutes before dinner, eating a handful of walnuts, peanuts or almonds (fatty nuts) releases a hormone (cholecysto-kinin) in your brain which controls your sense of appetite. As a result, you eat less.

Your Recommended Daily Caloric Intake

2800

PORTION SIZE IS NOW SUPERSIZED

20 Years Ago



Total Calories: 1245

Today



Total Calories: 2788

Size It Right

A guide (based on standards that most nutritionists follow) to what one serving should look like.

steak = iPod Classic	cheese = matchbox	pancake = DVD
pasta = ice cream scoop	potato = mouse	fish = checkbook
butter = postage stamp	salad dressing = 1-oz shot glass	brown rice = baseball
peanut butter = golf ball	beans = lightbulb	dark chocolate = dental floss

EAT SMART TO BE SMART

Center for Disease Control reports amazing benefits of a healthy breakfast.

improved concentration



higher levels of reading and math retention

Super Foods that Kids Love to Eat!

Blueberries have a high antioxidant count and everyday eating can lower the risk of Type 2 Diabetes.



Whole Grain Oats are rich in magnesium. Research suggest regular consumption of whole grains can reduce risk of Type 2 Diabetes and heart disease.

Almonds are high in vitamin E & magnesium which keeps your child's cardiovascular system at peak efficiency.



Cherries are high in antioxidants, amino acids and melatonin which can help to induce sleep in children.

Dark Chocolate increases blood flow to the brain as well as the heart. It can also help improve cognitive function.



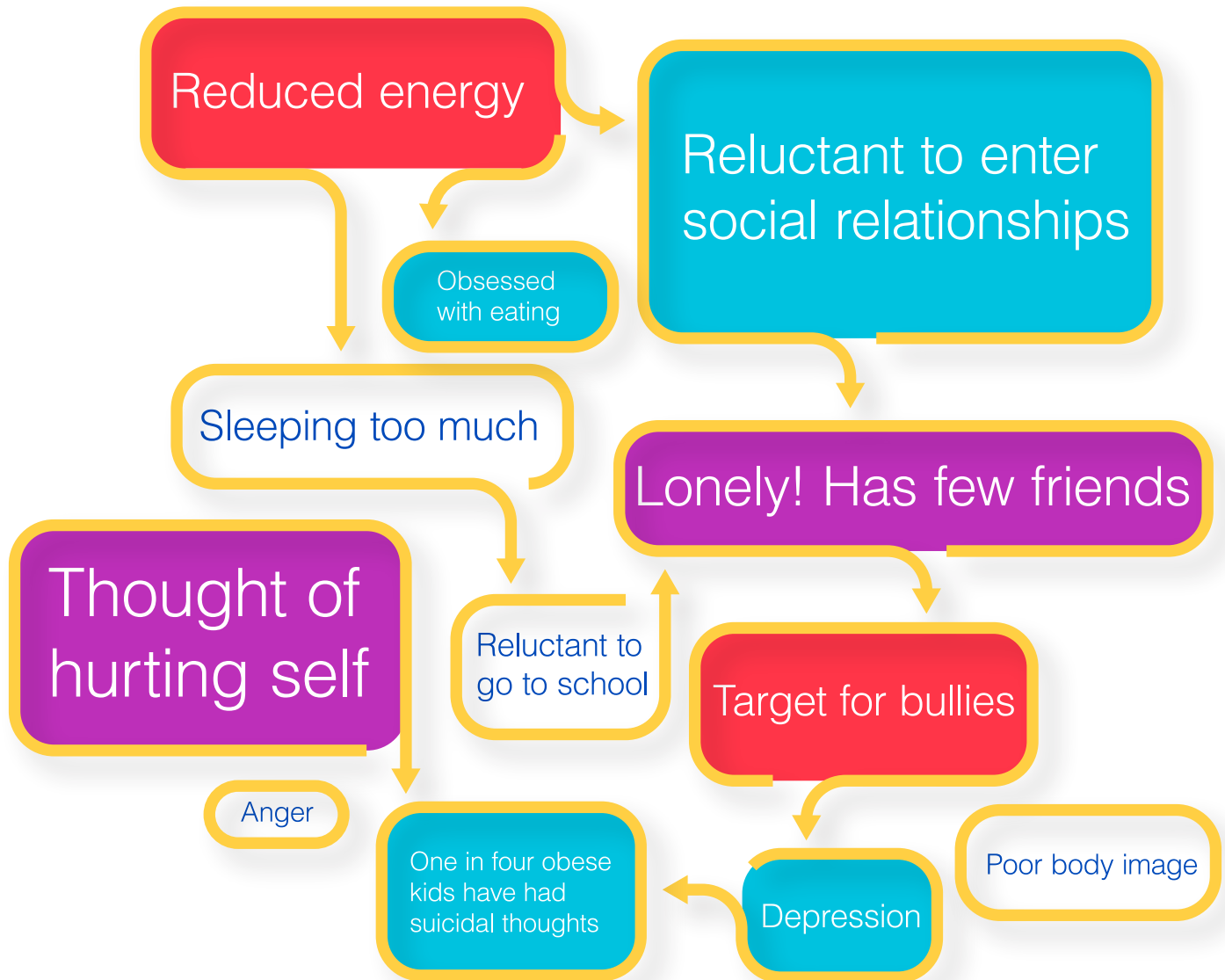
Have your child select their favorite super foods

- | | | |
|--|---|--|
| <input type="radio"/> Blueberries | <input type="radio"/> Quinoa | <input type="radio"/> Dark chocolate |
| <input type="radio"/> Oatmeal | <input type="radio"/> Concord grapes | <input type="radio"/> Sweet potatoes |
| <input type="radio"/> Almonds | <input checked="" type="radio"/> Yogurt | <input type="radio"/> Peanut butter |
| <input type="radio"/> Eggs | <input type="radio"/> Cherries | <input type="radio"/> Avocado |
| <input type="radio"/> Cinnamon | <input checked="" type="radio"/> Strawberries | <input type="radio"/> Wild brown rice |
| <input checked="" type="radio"/> Edamame | <input type="radio"/> Roasted sunflower seeds | <input checked="" type="radio"/> Whole wheat bread |

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THE DEVASTATING PSYCHOLOGICAL EFFECTS OF CHILD OBESITY

The American Academy of Pediatrics reports children who are overweight are at risk for emotional problems that can last well into adulthood.



Research indicates as children and adolescents get closer to an ideal weight, their self-esteem, relationships, grades, confidence and attitude improve.

Official Journal American Academy of Pediatrics Portion Control, BMI, BMI Percentile
Center for Disease Control/ Healthy Youth Statistical Data and Portion Control
HealthyChildren.org Super Foods
Mayo Clinic Fighting Childhood Obesity Statistical Data
World Health Organization Statistical Data
Obesity Action Coalition Psychological Impact of Kids and Teen Overweight

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