



# School Years, Biosocial Dev.

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- Compared with other periods of life, middle childhood is a time of relatively smooth and uneventful biosocial development.
- Growth proceeds more slowly than during the preschool years and adolescence.
- Children gain about 5 to 7 lbs. And grow about 2 inches / year. By age 10, the average child weighs about 70 lbs. and measures 54 inches.



# School Years, Biosocial

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- Children become slimmer than in earlier years, their limbs lengthen, their body proportions change, their muscles become stronger, and their lung capacity increases.



# School Years, Motor Skills

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- Boys & girls are just about equal in physical abilities during the school years.
- Boys have somewhat > upper-arm strength.
- Girls have > overall flexibility.
- Brain maturation is a key factor in reaction time, which improves with age.



# Obesity

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- Body Mass Index – weight in kilograms divided by the square of height in meters.
- Obesity in children = a child with a BMI > 95%ile.
- 16% of American children are obese, 11% are extremely obese.
- 32% more are overweight (a child with a BMI > 85%ile).



# Obesity in Texas

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- 2/3 of adults in Texas were considered overweight or obese in 2008 (According to the Dept. of State Health Services)
- 29% of high school students were overweight or obese in 2009
- 23% of 4<sup>th</sup> graders



# Implications of Obesity

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- Increased risk of developing physical problems including high blood pressure, high cholesterol, fatty liver disease, type 2 diabetes, respiratory problems (asthma and apnea), orthopedic problems, and depression (increased risk of bullying and poor self-esteem).



# Implications of Obesity

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- In adolescents, obesity and metabolic syndrome (the set of obesity-related factors that increase the risk for coronary artery disease, stroke and diabetes) are linked to changes in brain structure as well as impairments in learning and attention.

# Implications of Obesity

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STEVE BREEN ■ THE SAN DIEGO UNION-TRIBUNE

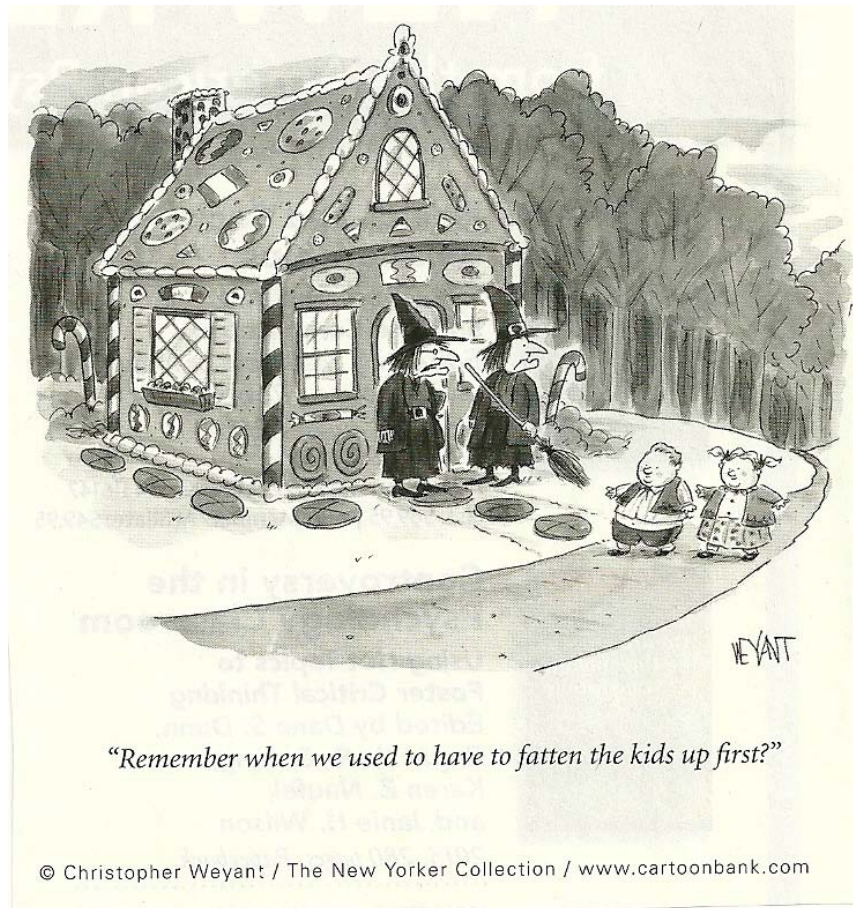
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"SHOULD I WRITE THAT 3½ PEOPLE LIVE AT THIS ADDRESS?"



# Implications of Obesity



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# Causes of Obesity

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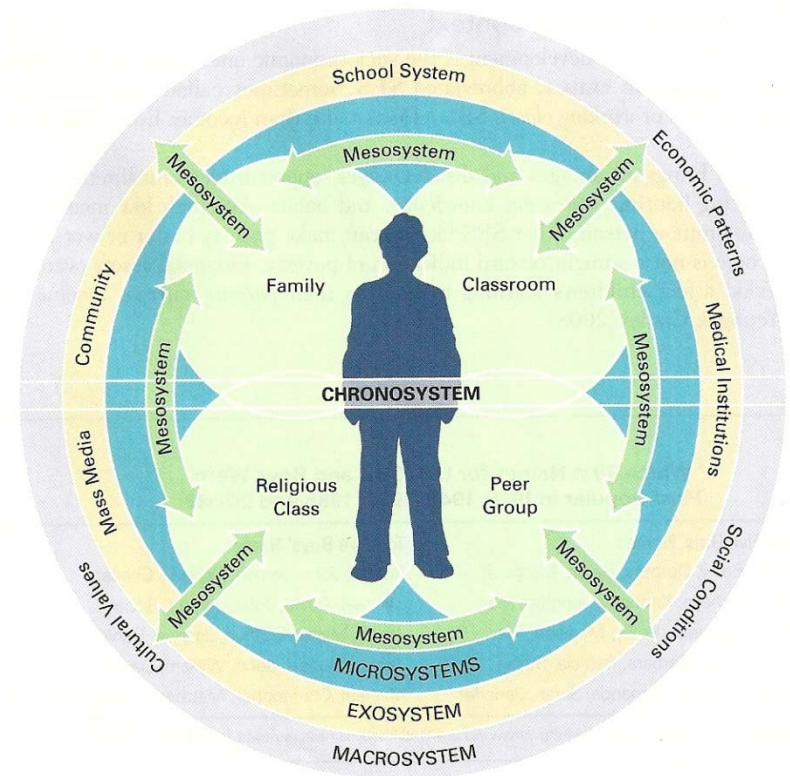
- Heredity
- Physiological problems
- Overfeeding in infancy and late childhood

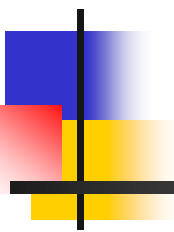
Poor role models which leads to:

- Low activity level
- Quantity of food eaten
- Types of food eaten
- Attitude toward food
- Television watching
- Repeated dieting
- Precipitating event

# Causes of Obesity

- The causes of obesity are just as complex as its ill effects. Think back to the ecological model of child development. Moving outward, the circles represent ever-broader influences on that child's development.





# Best Way to Get Children to Loose Weight:

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Increase their physical activity and change their eating patterns.

To really be successful, the role models must do the same.