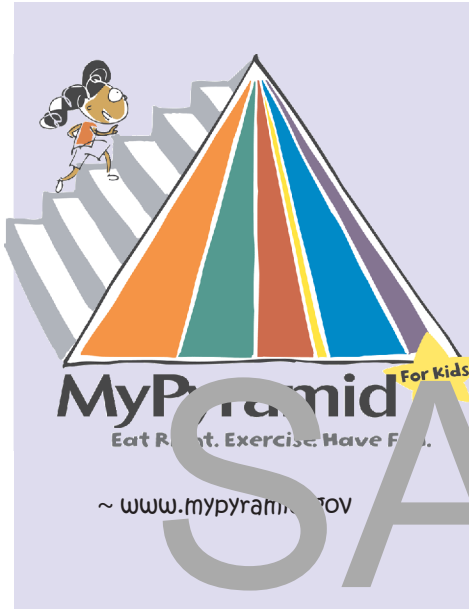


# Child Health Notes

Promoting early identification and partnerships between families, primary health care providers & the community.

Distributed by: Spokane Regional Health District - Children with Special Health Care Needs Program. Contributors: Washington State Department of Health and University of Washington - Center on Human Development and Disability. Electronic versions of Spokane Child Health Notes: [www.srhd.org/health/women-children/childhealthnotes.asp](http://www.srhd.org/health/women-children/childhealthnotes.asp)



## Overweight in Children with Special Needs

We've all heard about the epidemic of "obesity" in children. "Overweight" is defined as a body mass index (BMI) for age greater than 95<sup>th</sup> percentile in children over 2 years of age.

Consequences of being overweight during childhood may include lifelong obesity, early onset of type 2 diabetes, poor self esteem or psychological problems, orthopedic problems from wear and tear on joints, high blood pressure, and high cholesterol.

Children with special needs may be more likely to become overweight than other children if their disability causes them to be inactive. It may be difficult for them to move because of poor muscle tone, poor motor coordination or lack of motivation.

Healthy eating and physical activity are the keys to prevention of overweight!

### Internet Resources for Providers:

- ♦ AAP Policy Statement on Prevention of Pediatric Overweight and Obesity, August 2003 <http://aappolicy.aapublications.org>
- ♦ CDC Growth Charts for calculating BMI [www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts)

### Nutrition Resources:

This list of nutrition providers is not exhaustive and referrals should be based on the child's needs and the health plan provider network.

- ♦ Holy Family Hospital Outpatient Nutrition Services ..... 482-2275
- ♦ Rockwood Clinic Nutrition Services ..... 838-2531
- ♦ Sacred Heart Children's Hospital Feeding and Growth Clinic (Multidisciplinary team services for children with special needs, including developmental delays, up to age 10.) ..... 474-7185
- ♦ Sacred Heart Medical Center Outpatient Nutrition Services ..... 474-3220
- ♦ Spokane Regional Health District Children with Special Health Care Needs Program (Nutrition services for children with special needs birth to age 18 based on the child's needs and available resources.) ..... 324-1696
- ♦ WIC (Women, Infant, and Children) for families with children under age 5. Families must meet enrollment criteria and income guidelines. Children with risk factors including accelerated weight gain have access to registered dietitians for individual consultations.
  - ♦ Spokane Regional Health District WIC program (Spokane, Spokane Valley, Deer Park) ..... 324-1620
  - ♦ West Central Community Center WIC program (West Central Spokane, Cheney, Fairchild AFB) . . . 326-9540