

To Your Health

Helping You & Your Family...
With All Your Health Needs

Taking control of kids' weight issues

Many parents are having conflicts with their children, and they're not over doing homework or cleaning their rooms. The disagreements are about food and how many of today's youth need guidance about what they eat because of pronounced weight gain.

Research indicates that in the United States 1 out of 3 children is now classified as overweight or obese. With less time spent exercising and more time spent in front of the television or with gaming consoles, children are packing on the pounds. Furthermore, with the harried pace many families keep -- including two-income households where there may not be ample time to prepare healthy, lower-fat meals -- fast food and convenience items have become the norm.

According to reports from ABCNews, a young child who is obese has a 50 percent chance of becoming an obese adult if he or she is not given help. This also puts the child at risk for heart disease, stroke and diabetes as an adult if the situation is not changed before adulthood.

Experts advise against putting a child on an adult diet. Children have different nutritional needs and there needs to be enough food to fuel a growing body.

Another thing that parents often contend with is picky eaters who are not apt to simply cut one thing out of a diet and replace it with a healthier alternative.

A smarter idea is to consult with a pediatrician or a nutritionist who specializes in pediatrics. He or she can present a meal plan that fits with the dietary needs of the child but is also healthy enough to promote weight loss. Adult diets may harm a child's health because they limit certain things that a child needs to process vitamins and minerals, such as certain levels of fat.

One of the best things to do is to get children moving. Regular exercise is an ideal way to burn off the calories and fat that is not needed. Implement daily activities, such as taking walks, playtime in the yard and sports games so that kids are moving instead of sitting in front of the television.

Here are some other ideas that may work.

- Limit electronics use so that kids will have to get their fun from physical activities.
- Don't make a big deal about body weight. A 12-year study at Stanford University found that parents who are very controlling about food put too much pressure on their children to be thin. This can lead to eating disorders. Parents who push diets may have children who are overweight years later.
- Eat regular meals as a family. Eating meals together instead of grazing and snacking can promote better eating habits.
- Remove unhealthy foods from the home. Kids will eat what is convenient. If there are no unhealthy snacks around, they'll have to choose from others, like fresh fruits and low-fat items.
- Serve meals from the stove. Portion out food items onto each person's plate instead of putting a large quantity of food in the middle of the table. This can help regulate portion sizes and prevent overeating.
- Don't make everything off-limits. Have a few "splurge" items around so that kids won't feel deprived. Low-fat frozen yogurt can satisfy like ice cream. Lower-fat cookies can replace the unhealthy kind. Chances are kids won't even realize they're eating healthier.
- Skip sodas and sugary drinks. Encourage children to drink water, fruit juices and low-fat milk instead of filling up on sugary drinks.

FOCUS ON HEALTH

30% off

Any Frames and Lenses

EYE EXAMS AVAILABLE

FREE

SUNGLASSES OR CLEAR GLASSES

Purchase any complete prescription eyeglasses at regular price and get a second pair of prescription clear glasses or sunglasses free. See store for complete details. Offer expires March 31, 2011

OR \$99.00

Frames & Lenses

Complete pair of eyeglasses with clear single plastic lenses & frames. See store for complete details. Offer expires March 31, 2011

Optical Expressions

605-665-6181

Yankton Mall
We Welcome Most Insurance Plans

SERVING THE COMMUNITY OF YANKTON FOR OVER 85 YEARS

Continuing the Caring Tradition of a Full Service Pharmacy

- We accept all Medicare D plans & most insurance programs
- Charging, Delivery, & Drive-Up Conveniences
- Give Pharmacists Dan or Michael a call!

Your Local Good Neighbor Pharmacy

YANKTON Rexall

109 W. 3rd St.
Historic Downtown Yankton
605-665-7865
Mon.-Fri. 8:30am-6pm
Sat 8:30am-5pm

SERVING THE COMMUNITY OF YANKTON FOR OVER 85 YEARS

Eye Exams Available

Optical Expressions

665-6181
Across from the Body Guard at the Yankton Mall

Medicaid & Most Insurance Plans Welcomed!

Region's Only Open MRI

CT Scan • Ultrasound
Nuclear Medicine • General X-ray

Ask Your Physician About Us Today!

LEWIS & CLARK Specialty Hospital

Physician Owned
2601 Fox Run Parkway, Yankton, SD • lewisandclarkspecialty.com
Phone (605) 665-5100 • Toll Free (866) 556-3822

LEWIS & CLARK BEHAVIORAL HEALTH SERVICES

"Making a Difference in People's Lives"

Individual & Family Counseling • Psychiatric Evaluations
Consultation Services • Medication Management
Children's Services • Vocational Services
Education & Prevention Services • Geriatric Mental Health Services • Adult & Adolescent Substance Use Evaluation & Treatment

HOURS: 8 A.M. - 5 P.M. M-W-F, 8 A.M. - 8 P.M. TUES & THURS
EMERGENCY SERVICES 24 HOURS A DAY, 7 DAYS A WEEK

1028 Walnut, Yankton, SD
Telephone 605-665-4606

Complete Care of the Head & Neck Region

- Chronic Sinus Problems & Endoscopic Sinus Surgery
- Chronic Ear Infections & Ventilation Tubes
- Head & Neck Cancer • Tonsillectomies
- Hearing Difficulties • Ear Pain
- Snoring & Sleep Apnea Treatment • Balloon Sinuplasty
- Comprehensive Hearing Evaluation & Counseling
- Balance Disorder

We're H"ear" For You!

EAR, NOSE & THROAT ASSOCIATES, P.C.

David J. Abbott, M.D. • Catherine A. Wright, M.D.,
Beth J. Beeman, Au.D, CCC-A • Todd A. Farnham, Au.D, CCC-A

605-665-0062 toll free 866-665-0062
409 Summit Street, Ste. 3200, Yankton SD 57078
Check out our new website: www.entyankton.com

Let us work with you on...

- Pre-Pointe Assessment and Readiness
- Foot and Ankle Injury Treatment and Prevention
- Hip Pain Treatment
- Analysis and Improvement of Turn-out and Extension
- Balance Training
- Screening for Dance Teams and Individual Studios
- Instruction on Stretching to Improve Splits Turn-out, and Pointe

Ruth Scott, PT/Owner

GREAT PLAINS THERAPY

1407 East Cherry Street, Vermillion SD 57069 • (605)624-7246
101 East Cedar, Beresford, SD 57004 • (605)763-8037
801 Summit, Yankton, SD 57078 • (605)665-3861