

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

How do I know if my child has a weight problem?

- Overweight and obesity in childhood is a serious problem in Australia.
- Up to 1 in 4 school-aged children in New South Wales are overweight or obese.
- If you think your child may have a weight problem, then you should take them to be reviewed by your general practitioner (GP) or paediatrician. This will include measuring your child's height and weight and involve keeping a record of this on growth charts.
- Regular measuring of height and weight by a GP is recommended. This allows them to see any changes in their growth.
- Signs that children may have a weight problem include:
 - If they wear clothes that are much larger than their age (more than 2 sizes above their age)
 - If they are much bigger than the other children in their class at school.
 - If they watch more than 3 hours of television each day.
 - If they eat just as much, or more than, adults in the family
 - If they refuse to eat a well-balanced diet with a variety of fruit and vegetables.
 - If they eat takeaway food more than twice a week.
 - If they get very puffed when doing physical activity.
- If they constantly say they are hungry or are always looking for food.
- If your child has some of these features, it is a good idea to take them to your GP or paediatrician for an assessment.

Remember

- Overweight and obesity is a serious problem in Australia.
- Early identification and management of overweight and obesity in childhood is more likely to prevent long term weight problems.
- Parents and carers play a key role in the management of childhood overweight and obesity.
- If you think that your child may have a weight problem, take them to your local GP or paediatrician for assessment.
- Don't wait and think that children will "grow out of it".