



Kapa'a Pediatrics, LLC

## **Weight Management Tips**

If you've ever heard a doctor talk to you about weight loss, you've heard the whole spiel about eating less and exercising more to control weight. Here at Kapa'a Pediatrics, our approach is a little different. Although exercise is a very important part of health, we think that diet is much more important when it comes to weight loss. For most children to lose weight we believe it can be done simply by cutting sugar out of their diet.

We have demonstrated time and time again with our patients that they can lose weight just by simply decreasing sugar intake. A strict calorie restriction or special exercise program is not needed.

Since 1980, the rates of overweight children have doubled in the United States. Among adolescents, this number has tripled. Obesity occurs when a person consumes more calories than they are burning and may be due to poor eating habits and lack of physical activity. There are many risks associated with obesity that include increased risk of heart disease, bone and joint problems, high blood pressure, difficulty breathing, trouble sleeping, mood disorders and diabetes. The rate of obesity as an adult is great if a person is obese during childhood and adolescents so it is important to begin management of obesity as soon as possible. Weight management can be accomplished by increasing physical activity and consuming fewer calories, but many people do not realize that weight management can also be achieved by simply cutting sugar from the diet.

In recent years, studies have shown that sugar has been linked to many negative effects on the body. Not only does sugar increase the risks of obesity, sugar can also cause immune system disorders, have an impact on behavioral and learning abilities in children, cause dental problems which can develop into heart disease, and encourage cancer cell growth, among other things.

\*\*\* Patient handouts created by Kapa'a Pediatrics are intended to give parents the most common and pertinent facts about a certain issue. If there is ever any concern that your child was given an incorrect diagnosis or is not following the usual expected course for an illness please call us to speak with a physician. (808) 634-8011 \*\*\*