

Memorandum

To: Gold Coast Health Plan Providers

From: Lupe González, PhD, MPH
Director of Health Education, Cultural and Linguistic Services

Re: **Childhood Obesity**

Date: December 2, 2020

Childhood obesity is a serious problem in the U.S. Children with obesity are at a higher risk of developing chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. According to the Centers for Disease Control and Prevention (CDC), children with obesity are also more likely to have higher risk factors for heart disease, such as higher blood pressure and higher cholesterol than their normal-weight peers. They are also more likely to suffer from behavioral health problems such as social isolation, depression, and low self-esteem.

Gold Coast Health Plan (GCHP) encourages providers to work with parents / guardians to manage childhood obesity. The CDC's Division of Nutrition, Physical Activity, and Obesity is committed to helping children and teenagers thrive. They provide a variety of resources to help children and teens maintain a healthy weight and prevent obesity. Resources, in English and Spanish, include:

- [Rethink your drink](#)
- [Tips to help children maintain a healthy weight](#)
- [Child and teen BMI](#)
- [BMI calculator](#)

For additional information or to request health education services, contact GCHP's Health Education Department at **1-805-437-5718**, Monday through Friday from 8 a.m. to 5 p.m. or HealthEducation@goldchp.org. You may download the Health Education Referral Form [here](#). Members can be directed to the GCHP [Health Library](#) for more information regarding childhood obesity and healthy eating.