



Reeves County
Hospital District

Press Release
FOR IMMEDIATE RELEASE

Media Contact
Venetta Seals | rhcacares@rchd.care
(432) 447-3551, ext. 6350

Preventing Childhood Obesity Helps Ensure Long-Term Health

RCHD urges the community to focus on nutrition as children begin the school year.

PECOS, Texas (Sept 18, 2020) – The obesity rate for children in America has more than quadrupled over the past 40 years. Childhood obesity is a health issue that can affect any child. Excessive weight among children has been linked to a number of health issues and is associated with higher medical costs.

In recognition of Childhood Obesity Month, Reeves County Hospital District is encouraging families to consider the nutrition of each child as part the return to school process.

“Healthy habits start at home, and encouraging children to make nutritious choices can make a difference to their long-term health,” said Shellece Lowe, APRN FNP/C at the Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District. “Obesity can start children on the path toward certain health issues that are often associated with adults.”

According to the Center for Child and Adolescent Health, approximately one in three Texas children is overweight or obese. Childhood obesity has been shown to raise the risk of several serious health issues, including type 2 diabetes, high blood pressure, liver disease and certain mental health conditions.

Overweight is defined as having a body mass index (BMI) at or above the 85th percentile and below the 95th percentile for children and teens of the same age and sex. A child’s BMI is often determined during a yearly physical exam with a healthcare provider.

Although genetics play a factor, diet and exercise habits can have a big influence on a child’s risk of becoming overweight or obese.

According to Lowe, the typical diets of children and adults in the United States exceed the recommended intake levels or limits. When combined with limited physical activity, the threat of becoming overweight increases.

MORE



Reeves County
Hospital District

Preventing Childhood Obesity Helps Ensure Long-Term Health

Page 2

Focusing on overall health rather than dieting is an important way to help children manage their weight without posing a threat to a child's growth and development. Balanced meals and an active lifestyle can help prevent a child from gaining excess weight while developing healthy habits that a child can carry into adulthood.

Lowe added that yearly physical is an important way for your provider to monitor your child's health. Although they are often associated with participation in sports, yearly annual exams allow your provider to ensure a child is growing and developing in a healthy way. During a physical, a provider typically will weigh and measures your child, performs a basic examination of a child's physical health, ensures they are caught up on important vaccines and discusses any potential health issues or concerns that you or your child may have.

"A lot can change in just a year," Lowe said. "A yearly physical will help ensure that you and your child have the tools and resources you need for a healthy school year."

To learn more about local healthcare services or to schedule an appointment at the Pecos Valley Rural Health Clinic, please call 432-447-056.

About Reeves County Hospital District

Reeves County Hospital District (RCHD) provides healthcare services for people in Reeves County and neighboring communities in West Texas. Founded in 1954, RCHD, a Level IV Trauma Center, offers a wide variety of medical services, including emergency care, diagnostic radiology, physical therapy, general surgery, a clinical laboratory and more. RCHD also operates American Home Health and Hospice and the Pecos Valley Rural Health Clinic, which offers family care, immunizations, and other medical services. For more information, please visit www.reevescountyhospital.com.

###