

[IMAGE]

Your Obesity Impacts Your Kids

By Editorial Staff

Obese parents, it's time for a dose of reality: beyond the health risks associated with the excess weight you're carrying, you're also doing a major disservice to your children, suggests new research. According to the study, children of obese parents are more likely to experience developmental delays compared to children of normal-weight parents.

Parents completed a questionnaire when their children were 4, 8, 12, 18, 24, 30 and 36 months of age that screened for delays in five developmental domains: fine and gross motor control, communication, personal-social functioning and problem-solving ability). Children with obese mothers (body-mass index of 30 or more) were more likely to fail the fine-motor skill test (coordination of small muscles in movements, such as synchronization of hands and fingers with the eyes) than children of normal- or underweight parents (BMI of 25 or less). Children with obese fathers were more likely to fail the evaluation of personal-social functioning (interaction with other children, playing with toys, etc.). And children whose parents were both obese (BMI of 35 or higher) also were more likely to fail the problem-solving domain than children of normal- / underweight parents.

If you have a weight problem, you now have a reason to do something about it beyond how it will benefit you. Your children *and you* deserve the slimmer, healthier person you can be. Talk to your doctor to learn how to take the first steps.

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