

[IMAGE]

## Child Obesity and Asthma: A Dangerous Combination

By Editorial Staff

Obesity and asthma: no child should have to suffer either one of these health conditions, but in combination, the two can be even more dangerous. In fact, research suggests children who are obese and also suffer from asthma are more likely to require hospitalization for asthma complications.

A new study published in *Pediatric Allergy and Immunology* examined the association in children ages 3-8 who had been hospitalized for asthma-related complications, reviewing hospital discharge records on nearly 40,000 children. Children classified as obese and admitted originally for acute asthma problems, based on records, were not only more likely to be readmitted within 30 days, but also more likely to require longer hospital stays upon readmission compared to normal-weight children.

According to the U.S. Centers for Disease Control and Prevention, the latest statistics on childhood obesity suggest nearly one in five children / adolescents ages 2-19 (17 percent) suffers from obesity – that's almost 13 million children in the U.S. alone. Never mind the health complications of obesity – increased risk of type 2 diabetes, heart disease and stroke, particularly as they get older; coupled with asthma, the health risks can be immediate and downright dangerous.

If your child is struggling with their weight, it's time for a trip to your doctor, who can evaluate your child, discuss why it may be happening and partner with you and your child to begin a sensible, sustainable weight-loss program. If your child happens to suffer from asthma as well, getting their weight in the safe range is a win-win for their health and wellness.

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