

# Teasing And Bullying Of Overweight Kids

Adapted from: Royal Children's Hospital - Nutrition Department

Being overweight can have a major impact on how your child feels about themselves and how they get along with others - even at preschool. They are more likely to be teased or left out of games.



They are more likely to have low self-esteem, be shy and find it hard to make friends.

It can also cause them to be not willing to try new things - which can slow their development and learning at school



Being overweight or obese as a child can cause them to be under-nourished as they are growing, and to become diseased as a young adult

It's important to check to see if your child is overweight, and if so, to start to reverse it as they get older.

Overweight children are very likely to become overweight adults. About 80 per cent of obese adolescents will become obese adults.



## Health problems for kids who are overweight

Early signs of health problems commonly found in overweight kids include:

- Type 2 diabetes - most commonly seen in adults, it is now also being diagnosed in children as young as 5 years old

- Eating disorders such as bulimia or binge eating

- Problems with their feet forming properly due to carrying the extra weight while they grow



- Liver problems, including fatty liver

- Breathing problems, such as blocked airways which cause them to run out of breath when they do move their body



- Snoring, waking up a lot and poor sleep. It makes kids feel tired and makes it hard for them to concentrate during the day at school

- Sleep apnoea - this is a condition that causes difficulty breathing when sleeping. It also causes snoring, waking up a lot and poor sleep. It makes kids feel tired and makes it hard for them to concentrate during the day at school

- Cardiomyopathy - a problem with the heart muscle, caused when extra effort is needed to pump blood