

# What Are the Functions of Baby Fat?

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- While baby fat has its functions, it also raises concerns. Several recent studies have correlated being on the high end of the baby weight chart with increased risks for obesity and weight problems in childhood and adulthood. A study in the *Journal of Obesity* found that babies six months and younger are 60 times more likely to be overweight than babies at that age were 20 years ago. A Harvard study, published in the journal *Pediatrics*, found that heavy infants were more likely to have weight issues by the time they were toddlers.

## Other Opinions

- Still, the chubby baby is still typically considered the hallmark of health. The Centers for Disease Control (CDC) say that before age three, the weight of the parents is a stronger predictor of weight problems than where an infant places on the growth chart. Other factors, such as a child's diet, physical activity and TV/computer use also have a far greater impact on future weight than their percentage of baby fat or their weight as an infant.