

**Children's Health Minute**

**Air Dates: Week of July 31, 2006**

**"Overweight Kids"**

**Spot # HHSC-JL05**

**Dr. Hellerstedt:** Overweight kids often have low self-esteem, get teased by other kids, and may even face potential health problems later in life.

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute, connecting families with CHIP and Children's Medicaid.

Research shows that the percentage of overweight children is on the rise.

Ask your doctor if your child's weight is healthy for their height and age. Follow your doctor's advice if you need to change your child's eating habits and level of physical activity.

Overweight children often go on to become obese adults, putting them at risk for diabetes, heart disease and other future health problems. When it comes to staying healthy, an ounce of prevention is worth many pounds of cure.

**Announcer:** Health insurance is key to keeping your kids healthy. Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your CHIP or Children's Medicaid. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.