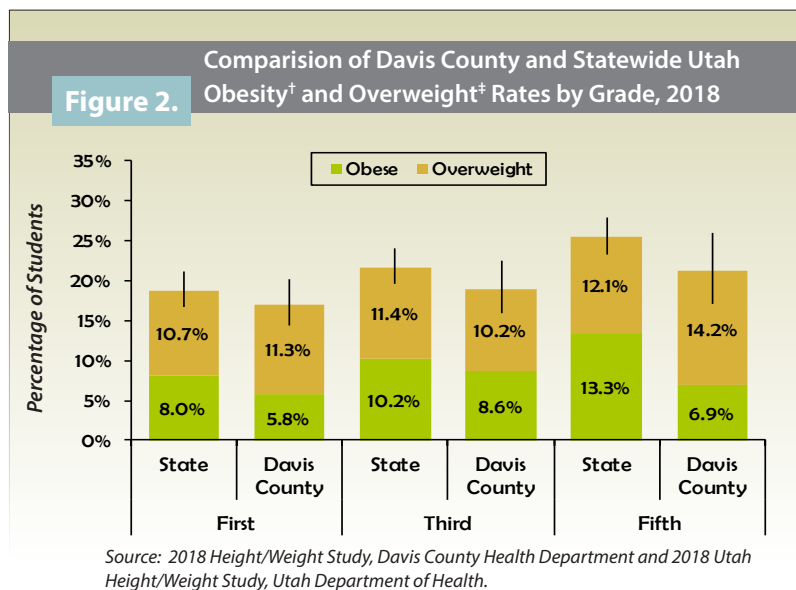
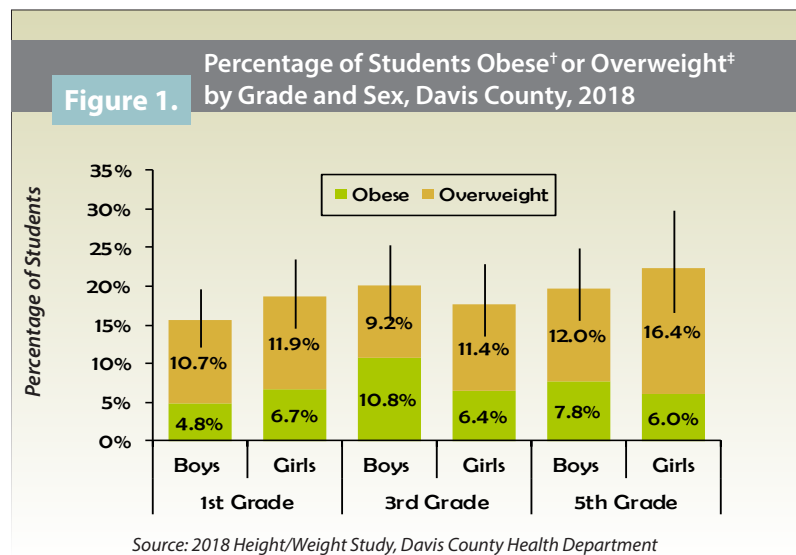


Childhood

Overweight in Davis County, 2018

Between December 2017 and April 2018, the Height/Weight Study was conducted to assess the extent of childhood obesity in Davis County. First, third, and fifth grade students (n = 1,886) from 37 randomly selected elementary schools in Davis County were weighed and measured by school nurses to assess the



extent of childhood overweight and obesity within the county. The data collected represents all public elementary schools in Davis School District. These data were collected by the Davis County Health Department and analyzed by the Utah Department of Health.

Findings:

- 19.0% of Davis County elementary school students were at an unhealthy weight (overweight and obese combined). This is lower than the state rate of 22.1%.
- 7.1% of Davis County elementary school students were obese. This is lower than the state rate of 10.6%.
- Third grade boys had the highest rate of obesity among elementary school students in Davis County at 10.8%.

This study was conducted collaboratively by the Davis County Health Department and the Utah Department of Health. Funding was provided by the UDOH Comprehensive Cancer Control Program. For information about public health in Davis County, contact the Davis County Health Department. For information about study methodology, contact the Utah Department of Health.

Body Weight Terminology:

Body Mass Index (BMI) is a standardized measurement based on height and weight that is used to estimate the amount of body fat for an individual.

Classification of Unhealthy Weight

‡Overweight | BMI ≥85th and <95th percentile for age and gender

†Obese | BMI ≥95th percentile for age and gender

Reports prior to 2008 classified children as “at risk for overweight” with a BMI ≥ 85th and <95th percentile, and “overweight” with a BMI ≥95th.

Based on the CDC 2000 Growth Charts.



The Effects of Childhood Overweight and Obesity

Childhood overweight predicts obesity later in life ^{1,2}

- Overweight and obese children are more likely to become obese adults.

Adult diseases are now being observed in obese children, including ^{3,4}

- Hardening of arteries, high blood pressure, and high cholesterol, which can lead to heart disease
- Insulin resistance, glucose intolerance, and diabetes
- Sleep-associated breathing disorders
- Non-alcoholic fatty liver disease

Social and psychological impacts, including ⁵⁻⁹

- Social isolation
- Increased rate of suicidal thoughts and attempts associated with weight-based teasing
- Low self-esteem due to poor body image
- Increased rate of anxiety disorders and depression in overweight children
- Increased likelihood to report difficulties in school
- Reduced quality of life
- Increased likelihood of being bullied

Academic consequences ¹⁰

- Increased school absenteeism

Childhood Overweight and Obesity Prevention Strategies

The following are recommendations for preventing unhealthy weight in childhood

Children should get at least 60 minutes of physical activity daily.

- Provide safe, accessible environments in communities, schools, and child care facilities that encourage regular physical activity.

Children should eat at least 1½ to 2 cups of fruit and 1½ to 3 cups of vegetables daily.

- Ensure access to affordable, quality fruits and vegetables in communities, schools, and child care facilities.

Children should rarely have sugar-sweetened drinks and should eat few high-calorie foods with little or no nutritional value.

- Increase the availability of and access to healthy foods and drinks (including water) in neighborhoods, schools, child care facilities, and other places where children go.
- Establish nutrition standards for vending machines in schools and other places where children go.

Limit screen time (television, computer, and video games) to no more than 2 hours per day.

- Provide opportunities for schools, communities, faith-based organizations, and health care providers to support alternatives to screen time at home and school.

Recommendations:

- Implement the School Health Guidelines to Promote Healthy Eating and Physical Activity. These guidelines can be used as a foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students. For more information, visit www.cdc.gov/healthyschools/npao/strategies.htm.
- The health of students is linked to their academic success. Create environments that support the recommended 60 minutes or more of physical activity each day for children and adolescents aged 6-17 and offer healthy eating options wherever food is sold. Find resources and tools to help your school meet nutrition standards at www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks.
- Use the School Health Index (SHI): Self-Assessment and Planning Guide to identify strengths and weaknesses of school health policies and programs, create an action plan, and encourage the community in promoting better health, available at www.cdc.gov/healthyschools/shi/introduction.htm.
- The Comprehensive School Physical Activity Program (CSPAP) enables students to participate in daily physical activity. Find the step-by-step guide at www.cdc.gov/healthyschools/physicalactivity/cspap.htm.
- The Alliance for a Healthier Generation's Healthy Schools Program is an evidence-based initiative that aims to help create and sustain healthy environments. See how your school can adopt this framework by visiting <https://schools.healthiergeneration.org>.
- Ensure that school districts have comprehensive wellness policies. For policy requirements, resources, and help, please visit www.fns.usda.gov/tn/local-school-wellness-policy-requirements or contact the Utah Action for Healthy Kids at utafhk@gmail.com.

How can we **impact children's lives** to change this trend?

By focusing on:

More Physical Activity

More fruits and vegetables

Less screen time

Fewer high-calorie foods

Fewer sugar-sweetened drinks



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Resources

The Utah Department of Health (UDOH) Healthy Living Through Environment, Policy and Improved Clinical Care (EPICC) Program and Utah's local health departments work with partners, including the Utah State Board of Education and local school districts, to provide resources and assistance to improve nutrition and physical activity policies, practices, and environments. Additional resources available at <http://www.choosehealth.utah.gov/preK-12.php>.

Utah Action for Healthy Kids brings partners together to improve nutrition and physical activity environments in schools by implementing school-based strategies, working with the Utah Board of Education and local school boards to improve or develop policies including local district wellness policies. For more information, contact Utah Action for Healthy Kids at utafhk@gmail.com.

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