



DUPAGE COUNTY
HEALTH DEPARTMENT

CHILDHOOD OBESITY IN DUPAGE COUNTY

December 2017

www.dupagehealth.org/dupagebmi

**Healthy Students
Are Better Learners**

**Childhood Obesity
Rates Hold Steady**

Share this report in your community!

WHY

IS THIS
IMPORTANT?

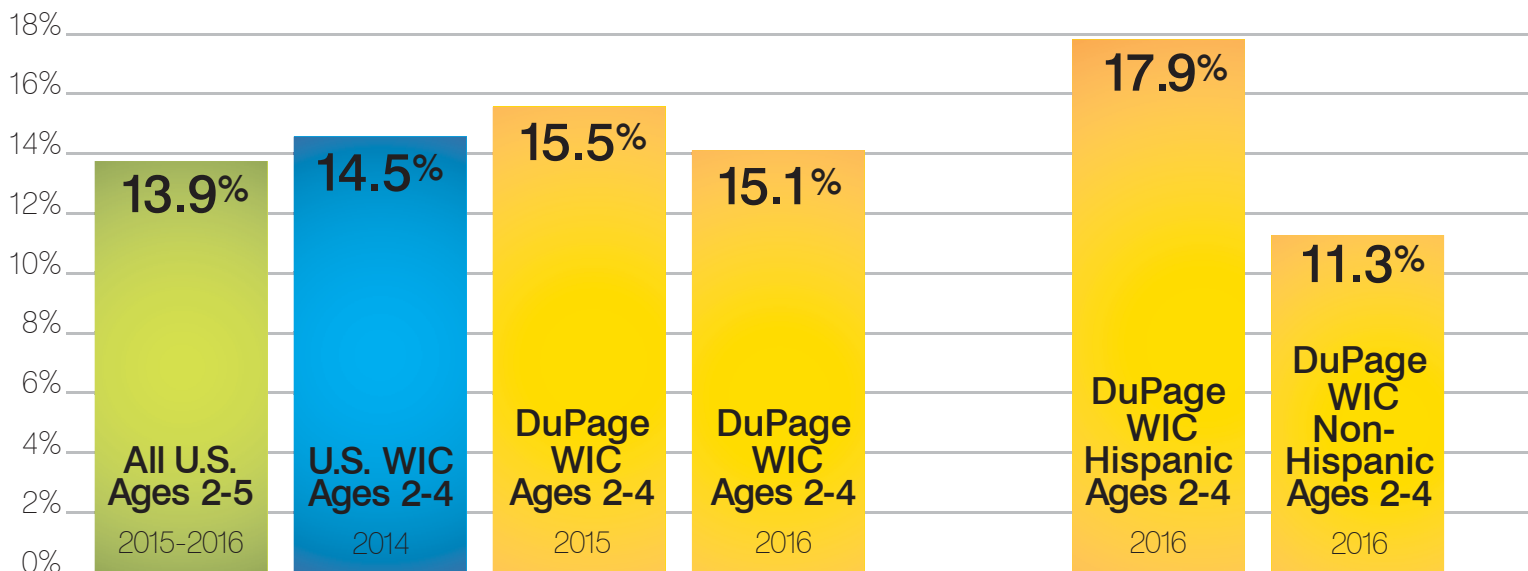
- A higher proportion of Americans are overweight or have obesity than several decades ago.
- Childhood obesity has both immediate and long-term effects on health and well-being.

- There are several types of cancer associated with overweight and obesity, including cancers of the pancreas, kidney, colon and rectum, breast (in postmenopausal women), ovary, and liver.

EARLY CHILDHOOD OBESITY

How Does DuPage County Compare?

The obesity rate among DuPage children aged 2 to 4 years enrolled in WIC* continues to exceed the national WIC rate.



* USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

WHY

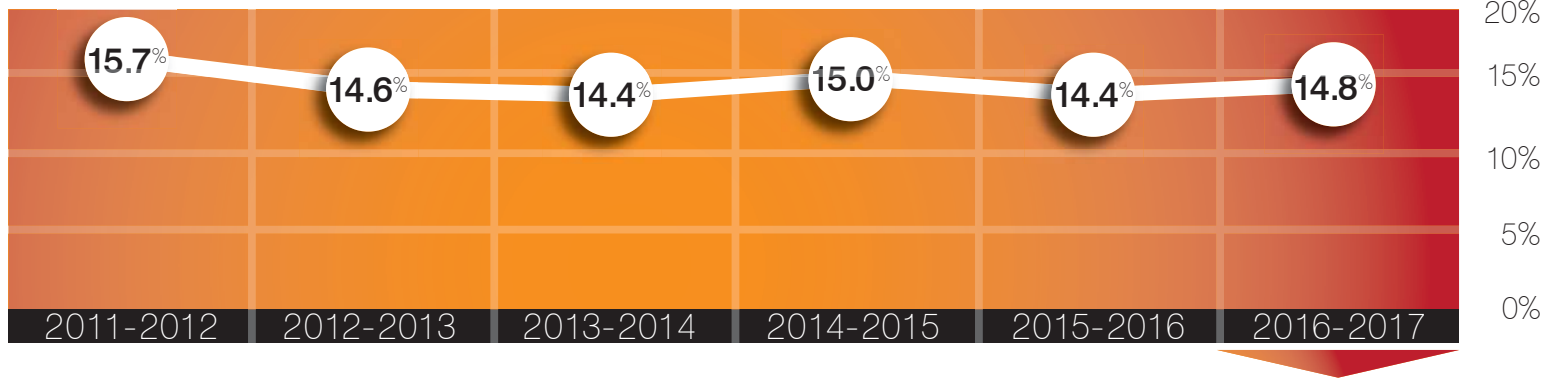
IS THIS
IMPORTANT?

Children who have obesity are more likely to become adults with obesity.

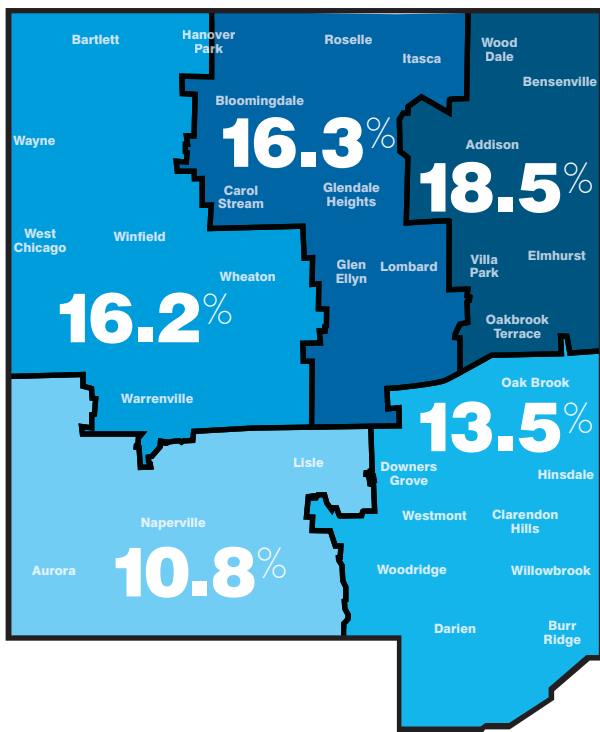
SCHOOL-AGED CHILDREN

Obesity and Elevated Blood Pressure** (BP) in DuPage County, Kindergarten, 6th, and 9th Grade Public School Students, 2016-2017

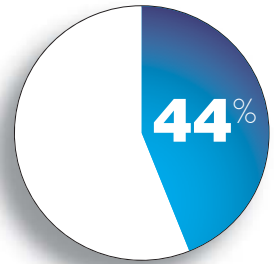
After a decline in recent years, the obesity rate holds steady among school-aged youth.



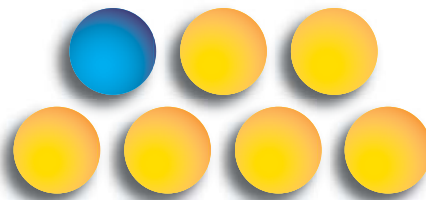
OBESITY RATES BY REGION



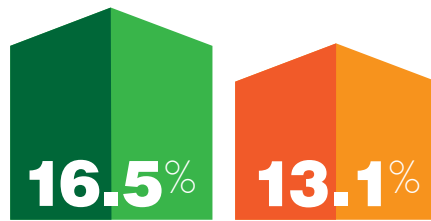
44% of students with obesity had elevated BP.



**One elevated blood pressure reading is not a diagnosis of hypertension and should be discussed with the child's doctor.



More than **1** in **7** DuPage students had obesity.



The male obesity rate was higher than the female rate.

Obesity during childhood and adolescence may lead to:

- High Blood Pressure
- Heart Disease
- Diabetes
- Asthma
- Joint Problems
- Fatty Liver Disease
- Lower Academic Achievement
- Depression
- Behavioral Problems:
- Problems at School
- Low Self-Esteem
- Lower Quality of Life

WHY
IS THIS
IMPORTANT?

HOW ARE EARLY CHILDHOOD CENTERS AND SCHOOLS MAKING A DIFFERENCE[†]?

Early Childhood Centers

Between 2015-2017, 15 early childhood centers in DuPage County participated in completing the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) and action plans.

Number of children impacted: 1,239

Number of staff who attended NAP SACC training: 285

Changes made include:

- Provided support to encourage healthy eating and physical activity
- Planted outdoor vegetable gardens
- Improved understanding of “full” and “hungry” among children
- Offered more vegetables during snacks
- Provided portable play equipment indoors and outdoors
- Increased amount of teacher-led physical activity
- Offered family nights to educate on physical activity and nutrition

Schools

Beginning in 2015, three schools from District 4 in Addison worked with DuPage County Health Department to improve school nutrition, physical activity, and wellness.

Number of children impacted: 2,305

Organized and assessed policies and practices

- Convened diverse school wellness committees that meet regularly
- Completed the School Health Index nutrition and physical activity assessment
- Completed Smarter Lunchroom Self-Assessment
- Developed action plans

Improved lunchrooms

- Displayed student artwork in the lunchroom
- Improved fruit and vegetable offerings
- Played music during lunchtime

Increased access to free drinking water

- Filled 12,000 bottles of water between Fall 2016-Fall 2017 at a single school

Provided popular opportunities for physical activity

- Trained 150 teachers in implementing Brain Breaks (short movement breaks taken at regular intervals throughout the day to increase physical activity and achieve optimal learning)
- Purchased portable soccer nets for use during recess and intramurals after school
- Promoted indoor recess activities

WHAT CAN EARLY CHILDHOOD CARE CENTERS DO?

- Complete the Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC) and implement an action plan.

WHAT CAN SCHOOLS DO?

- Conduct the School Health Index (SHI) assessment and implement an action plan.
- Assess the district's wellness policy and incorporate improvements.
- Pursue a healthy schools program recognition.

WHAT CAN PARENTS DO?

- Engage in your child's School Wellness Committee.
- Plan meals for the week.
- Eat meals together as a family.
- Serve lots of fruits, vegetables, and whole-grain foods.
- Serve reasonably-sized portions.
- Drink lots of water and cut down on drinks with sugar.
- Be physically active daily as a family.
- Cut down on screen time.

[†]The DuPage County Health Department received funding from the Illinois Department of Public Health to address Chronic Disease and School Health (CDASH) over three years. The funding will come to an end on June 30, 2018. The accomplishments listed above in School District 4 and Early Childhood Centers in the northeast region of DuPage County were a result of the CDASH grant to create lasting outcomes through policy, systems, and environmental changes.

Want to know more about resources, methods, statistics, and references?

www.dupagehealth.org/dupagebmi
(630) 682-7400