



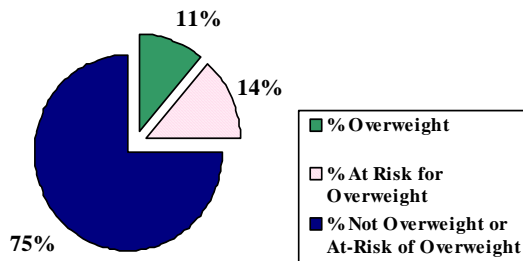
Facts on Childhood Overweight in Kansas



Since 1980, the prevalence of overweight nationwide has doubled in children, aged 6-11 years, and tripled in adolescents, aged 12-19 years.¹ Individuals who become overweight in childhood are more likely to become overweight as adults and are at higher risk for chronic diseases such as Type 2 Diabetes and heart disease. Without lifestyle interventions, one in three US children born today will develop diabetes; if that child is a Hispanic female, her chances of developing diabetes in her lifetime increase to one in two.²

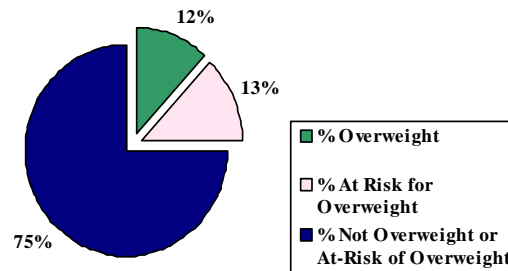
Kansas youth show similar rates of overweight.^{3,4,5} Without positive, health promoting lifestyle changes, prevalence of overweight in our youth will continue to increase along with the chronic diseases associated with excess body weight.

Percentage of Kansas Students, Grades 6-12, Who were Overweight or At-Risk for Overweight*, YTS 2002-03³



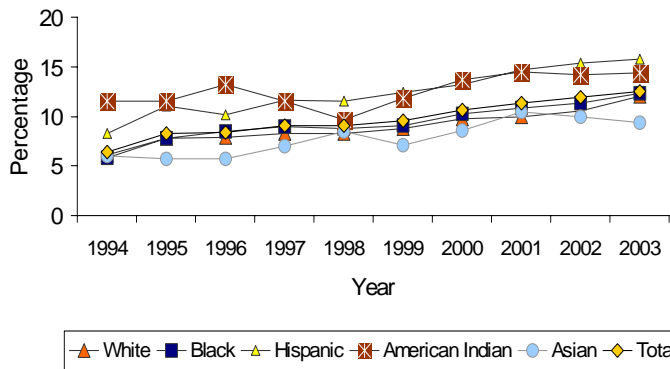
1 in 4 Kansas students, grades 6-12 were either overweight or at risk of overweight. 11% of 6th-12th graders were overweight, and 14% were at risk for overweight.*

Percentage of Kansas Students, Grades 9-12, Who were Overweight or At-Risk for Overweight*, YRBS 2005⁴



1 in 4 Kansas students, grades 9-12 were either overweight or at-risk for overweight. 12% of 9th-12th graders were overweight and 13% were at risk for overweight.*

Trends in prevalence of overweight* among Kansas children aged <5 years, by race and ethnicity, WIC data⁵



Childhood overweight trends in the Kansas WIC population in children younger than 5 years of age from 1994-2003 show an increase from:

- 6% to 12% among white children,
- 5.8% to 12.3% among African-American children,
- 8.3% to 15.8% among Hispanic children,
- 11.5% to 14.4% among American Indian children, and
- 5.7% to 9.4% in Asian children.

Overall, overweight prevalence from 1994 to 2003 doubled from 6.4% to 12.5%, among the Kansas WIC population.

Race and ethnicity breakdown: 70% white, 13% African-American, 13% Hispanic, 1.3% American Indian, 2.3% Asian American/Pacific Islander

* Overweight defined as ≥ 95 th percentile; At-risk for overweight defined as ≥ 85 th-95th percentile based on weight-for-length or BMI-for-age.



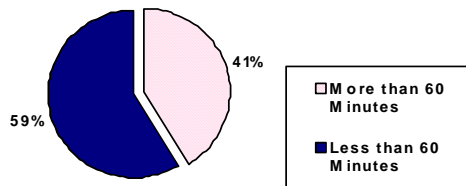
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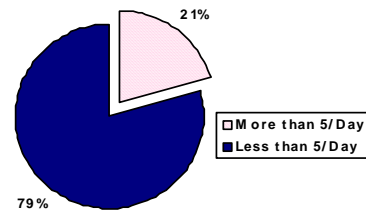
Lifestyle Factors that Affect Weight: Physical Activity, Fruit and Vegetable Consumption, and TV Viewing Habits

In order to reverse current trends of overweight, poor nutrition, and increased sedentary activities, changes must occur in the home, school, and the community. Parents can be role models of an active lifestyle and adequate fruit and vegetable consumption as well as participators of entertainment that does not promote screen time. Schools can eliminate unhealthy snack foods to encourage healthy eating and require physical education everyday. The community can work to make walking and biking safe for our kids. Through partnerships and collaboration, we can change the environment to promote optimal health.

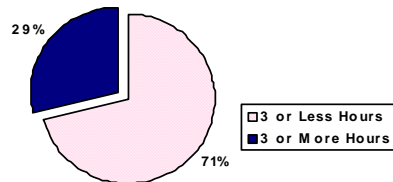
Percentage of Kansas Students, Grades 9-12, Who Were Physically Active for a Total of 60 Minutes or More per Day on 5 or More of the Past 7 Days, YRBS 2005⁴



Percentage of Students, Grades 9-12, Who Ate 5 or More Servings per Day of Fruits and Vegetables in Past 7 Days, YRBS 2005⁴



Percentage of Kansas Students, Grades 9-12, Who Watched 3 or More Hours per Day of TV on an Average School Day, YRBS 2005⁴



Lifestyle Factors that Affect Weight: Physical Activity, Fruit and Vegetable Consumption, and TV Viewing Habits Among Kansas Students, grades 9-12.

- Children and youth need at least 5 servings of fruits & vegetables per day for optimal health⁶.
☆ Currently, only 1 in 5 Kansas students, grades 9-12, get 5 or more fruits and vegetables per day⁴.
- The US Dietary Guidelines⁶ recommends children and youth be physically active for 60+ minutes/day 7 days/week.
☆ Currently, less than half of Kansas students, grades 9-12, get more than 60 minutes/day⁴.
- Total Energy intake increases by 167 calories for every hour increase in TV viewing⁷. Children and youth should limit screen time to 2 hours or less/day.
☆ Currently about 1 in 3 Kansas students, grades 9-12, watch 3 or more hours of TV per day⁴.



1. Ogden et al. JAMA 2002; Hedley et al JAMA 2004; NHES II & III, NHANES I, II, III, NHANES 1999-2002.
2. United States Department of Health & Human Services. www.dhhs.gov/news/press/2004pres/20040429.html. Accessed February 27, 2006.
3. Kansas Tobacco Program, KDHE. Youth Tobacco Survey, 2002-03.
4. Kansas Coordinated School Health, KDHE and KDE. Youth Risk Behavior Survey Results, 2005.
5. Kansas Pediatric Nutrition Surveillance System, table 18C, 2003
6. Department of Health & Human Services and USDA. Dietary Guidelines for Americans, 2005
7. Gortmaker S. Television and the Obesity Epidemic. Harvard School of Public Health/Harvard Prevention Research Center, January 19, 2006.

