

Addressing Childhood Overweight and Obesity at DHHS

Lenee Simon, MPH

Office of Disease Prevention and Health Promotion
US Department of Health and Human Services



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Session Objectives

- Examine national trends of childhood overweight and obesity using Healthy People 2010 objectives
- Discuss current national nutrition and physical activity guidelines
- Discuss current HHS programs and activities to address childhood overweight and obesity

Childhood Overweight and Obesity

Overweight and Obesity is a serious health concern for children and adolescents. Nationally, 12.5 million children and adolescents – some 17.1 percent of young people ages 2 to 19 years -- are overweight.

Obese children and adolescents are at risk for health problems during their youth and as adults. For example, during their youth, obese children and adolescents are more likely to have risk factors associated with cardiovascular disease (such as high blood pressure, high cholesterol, and Type 2 diabetes) than are other children and adolescents.

Obese children and adolescents are more likely to become obese as adults.

Source - CDC obesity website

Healthy People 2010: Childhood Overweight and Obesity Objectives and Targets

- 19-3a-c. Reduce the proportion of children and adolescents who are overweight or obese

	1988–94 Baseline	2010 Target
	<i>Percent</i>	<i>Percent</i>
Children aged 6 to 11 years	11	5
Adolescents aged 12 to 19 years	11	5
Children and adolescents aged 6 to 19 years	11	5

Healthy People 2010: Physical Activity Objectives and Targets


- **22-6. Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes per day 5 or more days per week.**
 - **2010 Target:** 35 percent.
 - **Baseline:** 27 percent of students in grades 9 through 12 engaged in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days in 1999.

Healthy People 2010: Physical Activity Objectives and Targets

- **22-9. Increase the proportion of adolescents who participate in daily school physical education.**
 - **2010 Target:** 50 percent.
 - **Baseline:** 29 percent of students in grades 9 through 12 participated in daily school physical education in 1999.

Healthy People 2010: Physical Activity Objectives and Targets

- **22-11. Increase the proportion of adolescents who view television 2 or fewer hours on a school day**
 - **2010 Target:** 75 percent.
 - **Baseline:** 57 percent of students in grades 9 through 12 viewed television 2 or fewer hours per school day in 1999.



**Healthy People Midcourse Review
Status (2006)**

Childhood Overweight and Obesity Objectives at the Midcourse

- Prevalence among children and adolescents aged 6 to 19 years (19-3c) increased from 11 percent to 16 percent.
- Identical trends observed among 6 to 11 years (19-3a) and 12 to 19 years (19-3b).

Open with – Based on 1999-2002 data from the National Health and Nutrition Survey (NHANES)

Bullelt 1: Between 1988–94 and 1999–2002. This increase was a move away from the target of 5 percent.

Physical Activity at the Midcourse

- Moderate physical activity among grades 9-12 (22-6) moved away from its target by 35 percent.
- Participation in daily physical education in schools (22-9) moved away from its target by 5 percent.
- Television viewing among grades 9-12 (22-11) moved towards its target by 28 percent.

Bullet 1. The objective covering moderate physical activity among students in grades 9 through 12 (22-6) moved away from its target. From a baseline of 27 percent in 1999, the proportion of students who participated in such activity dropped to 25 percent in 2003, moving away from the target of 35 percent.

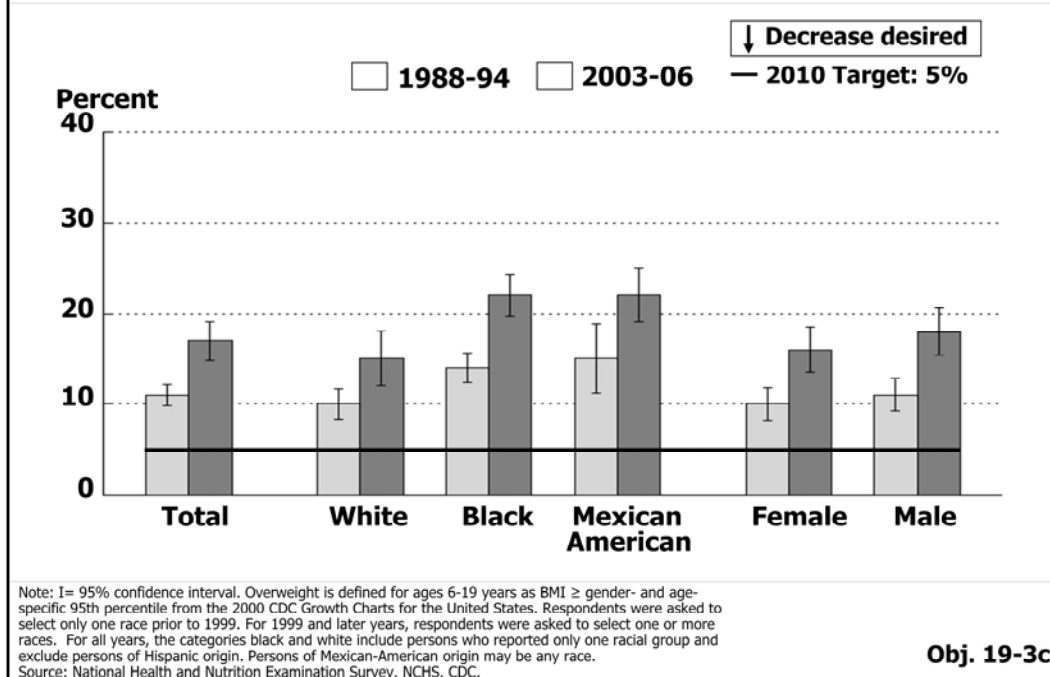
Bullet 2. participation in daily physical education in schools (22-9) among students in grades 9 through 12 also moved away from its targets. Even though most States have mandates for physical education, decisions on curriculum content and specific requirements often fall to local school districts or individual schools, which leads to a wide range of requirements for students at all levels. Some schools may require 1 year of physical education, whereas other States or school districts may not require physical education beyond eighth grade.

Bullet 3. Gains were made among students in grades 9 through 12 for objective 22-11 –limiting school night viewing to 2 hours or less. The proportion of adolescents who limited television viewing to 2 or fewer hours a day increased from 57 percent in 1999 to 62 percent in 2003, achieving 28 percent of the targeted change and moving toward its target of 75 percent. An increase in time spent multitasking, such as playing video games, instant messaging, or doing homework while the television is on, might have influenced the change in television viewing.



**Healthy People Progress Review Status
(2008)**

Child and Adolescent Overweight

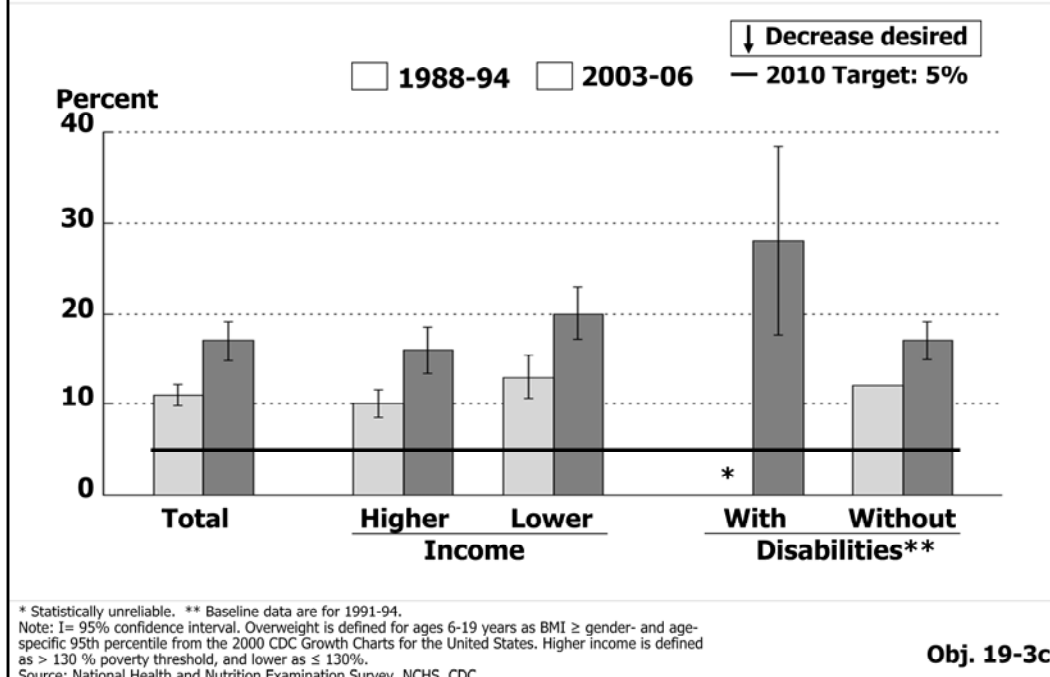


Substantial increase from 11% in 1988-94 to 17% in 2003-06, moving away from 2010 target of 5%

Increase in overweight for all 3 race/ethnic groups which can be assessed by NHANES. In 2003-06, 22% of black and Mexican American children and adolescents were overweight compared to 15% of non-Hispanic white.

Increase occurred for both males and females

Child and Adolescent Overweight

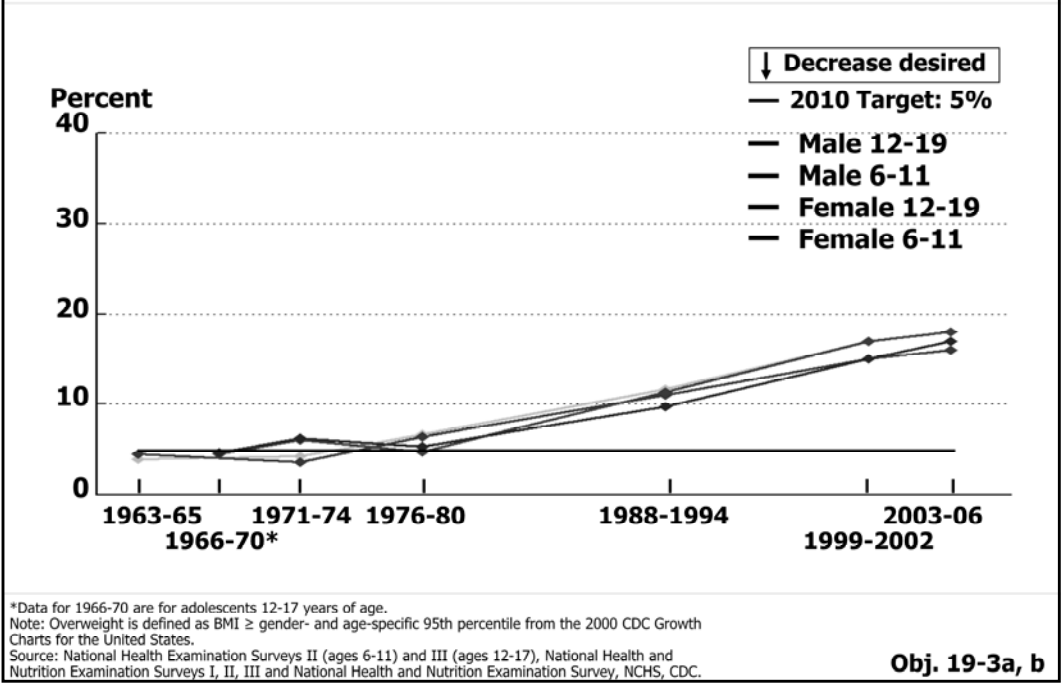


Increase in overweight occurred with both higher and lower income levels

In 2003-04, more lower income youth were overweight (20%) compared to higher-income (16%)

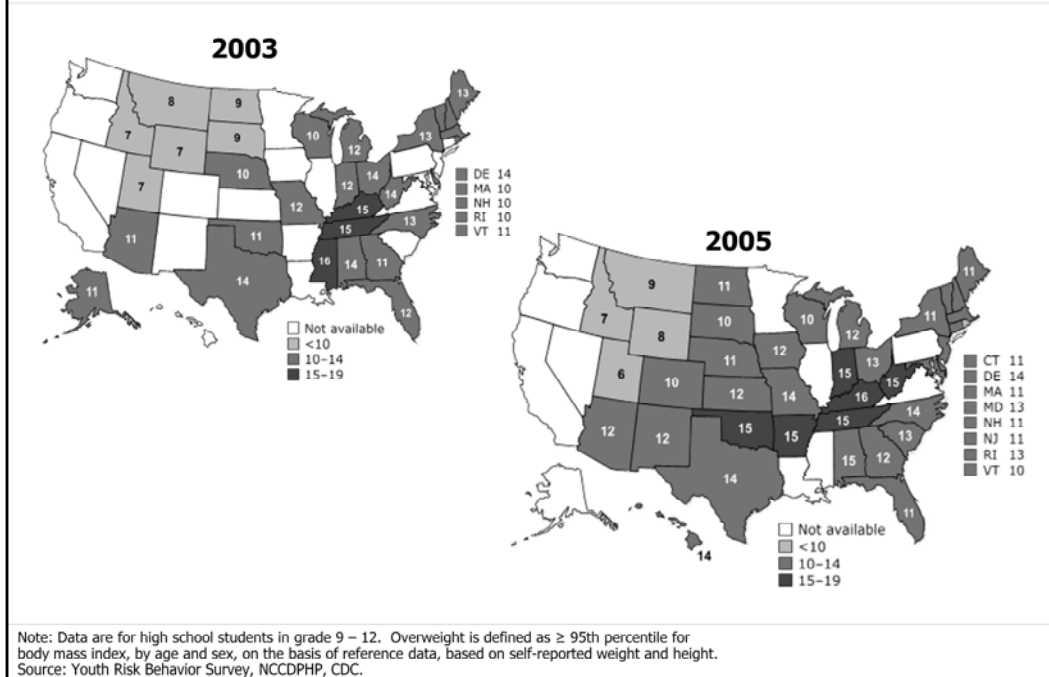
In 2003-04 more youth with disabilities were overweight (28%) compared with those without disabilities (17%)

Child and Adolescent Overweight



Prevalence of overweight among children and adolescents remained at or below the 2010 target of 5% until 1976-80, when it began a sharp increase.

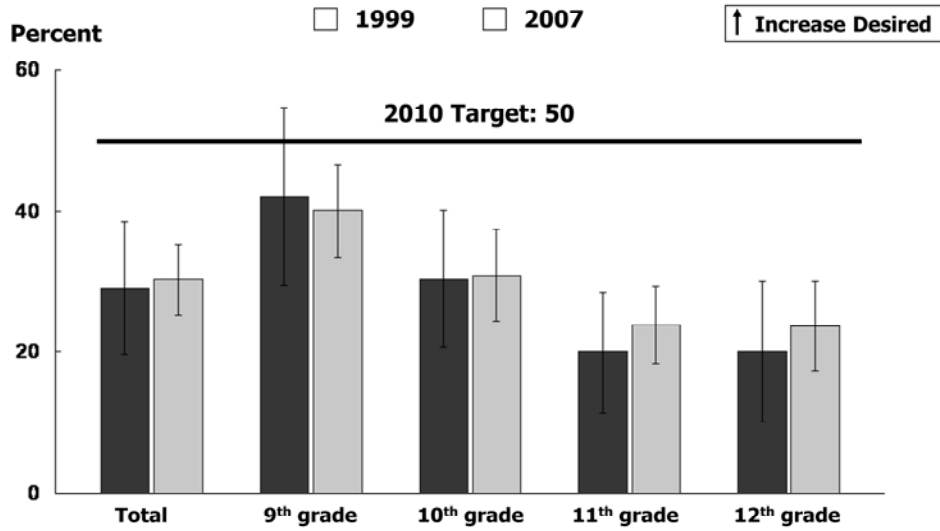
Prevalence of Adolescent Overweight



Maps indicate increase in overweight among adolescents, grade 9-12, from 2003 to 2005

For most states, adolescent overweight appears a significant concern. In 2005, only 4 of the 39 states with data reported that less than 10 percent of high school students were overweight.

Participation in Daily Physical Education in Schools



Note: Data are for students in grades 9 through 12.
 I = 95% confidence interval.
 Source: Youth Risk Behavior Surveillance System (YRBSS), NCCDPHP, CDC.

Obj. 22-9

Number of students in grades 9 through 12 who report participating in physical education classes five times per week.