

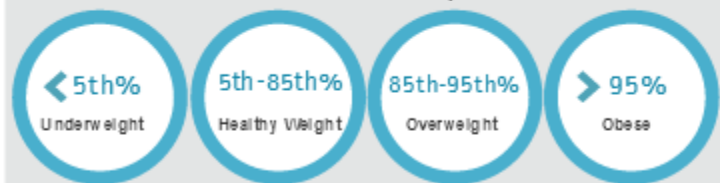
Childhood Obesity in Wasco County

Terms like overweight, obese, and fat should be used in the clinical sense ONLY. When a person is clinically defined as overweight or obese, that means he or she has too much body fat. The word fat should be used as a noun and it refers to adipose tissue, a macronutrient that is essential for life. An excess of adipose tissue, fat, leads to many significant health conditions.

STARTING WITH A COMMON LANGUAGE

Overweight and Obesity is most frequently assessed by measuring a person's height and weight, and creating a number called the Body Mass Index, or BMI. BMI is an indirect measurement of body fat and very useful when looking at groups of people.

In children, height, weight, age, and gender are taken into account and compared to a standard, which creates a BMI percentile.



WHAT ARE THE CAUSES?

Genes



Science shows that genetics plays a role in obesity. Genes can directly cause obesity in specific disorders such as Bardet-Biedl syndrome and Prader-Willi syndrome.

Environment



People may make decisions based on their environment. Communities, homes, schools, and workplaces can all influence people's health decisions.

Behavior



Behavior explains how one responds to their genes and environment. In some cases multiple genes may increase one's susceptibility for obesity and require outside factors, such as abundant food supply or little physical activity.

Children and Families are...

EATING MORE

- Abundance of highly palatable, calorie dense foods
- High consumption of sugar sweetened beverages
- Marketing of calorie dense foods aimed at children
- Increase in portion size
- Many meals not eaten at home
- Parents have limited access to affordable nutritious foods

MOVING LESS

- Lack of safe and appealing places to play
- Unlimited screen time
- Fewer children walk to school
- Less time allotted in school for physical education



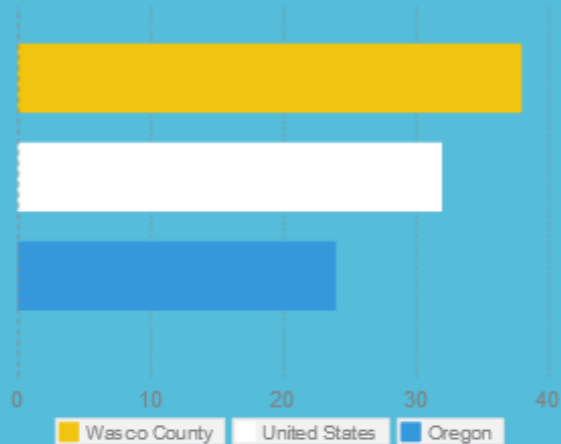
Poverty
Low Levels of Education
Minority Ethnicity
Psycho-Social Stress
Built Environment



All play a significant role in affecting a person's health.

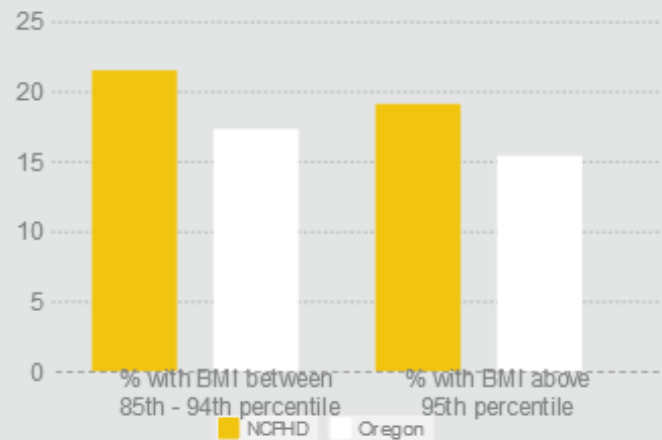
THE NUMBERS

School-Aged Children Data



Percent of school-aged children who have a calculated BMI above the 85th percentile (2014).

WIC Program Data



Percent of children aged 24-59 months participating in the WIC program who had a visit during the reporting period and a calculated BMI above the 85th percentile (2014).

HEALTH PROBLEMS AFFECTING CHILDREN WITH OBESITY

while they're still children

ASTHMA
 HIGH GLUCOSE
 SLEEP APNEA
 LIVER DISEASE
 HYPERTENSION
 JOINT PAIN
 EARLY PUBERTY
 DEPRESSION
 SOCIAL ISOLATION
 ANXIETY



TYPE II DIABETES
 OSTEOARTHRITIS
 LIVER DISEASE
 HEART DISEASE
 STROKE
 GALL STONES
 INCREASED RISK OF
 CANCER

later in life

WHY SHOULD WE CARE?

COST OF OBESITY



The estimated annual health care costs of obesity-related illness are a staggering \$190.2 BILLION or nearly 21 PERCENT of annual medical spending in the United States. Childhood obesity alone is responsible for \$14 BILLION in direct medical costs. Obesity-related medical costs in general are expected to rise significantly, especially because today's obese children are likely to become tomorrow's obese adults.

As adults and leaders of this community, we have an obligation to protect our children. Most children do not "grow out" of childhood obesity.



BUT WE CAN CHANGE A CHILD'S ENVIRONMENT AND CREATE PLACES WHERE ALL CHILDREN CAN THRIVE

SOURCES:
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Public Health
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NORTH CENTRAL PUBLIC HEALTH DISTRICT
 "Caring For Our Communities"