

Childhood Obesity

Children and adolescents who are overweight or obese are at increased risk for developing diabetes and heart disease. They are also likely to maintain overweight or obese status into adulthood, placing them at increased risk for serious chronic diseases. Being overweight increases the risk for a number of medical conditions, including asthma, diabetes Type 2, heart disease (high cholesterol), high blood pressure, liver and menstrual problems and sleep apnea*

CHILDHOOD OBESITY

Childhood obesity has been deemed a major health problem. In 2015–2016, the proportion of U.S. youth that were obese reached a new high of 19%, more than triple the 5% proportion in 1971-74. Per *Child Trends*, the proportion of obesity in children and youth increases with age; 14% of 2- to 5-year-olds were obese in 2015-2016, compared with 18% of 6- to 11-year-olds and 21% of 12- to 17-year-olds. Additionally, a child with one obese parent has a 50% chance of being obese. When both parents are obese, their children have an 80% chance of obesity*.

BENCHMARK The *Healthy People 2020* target for improvement in the rate of obesity among children and adolescents ages 2-19 years is 14.9%.

MARTIN COUNTY OVERWEIGHT and OBESITY RATES

Body mass index (BMI) is a measure used to determine childhood overweight and obesity. Per the CDC, the category of 'overweight' is defined as a BMI at or above the 85th percentile and below the 95th percentile for children and teens of the same age and sex. According to the CDC, 'obesity' is defined as a BMI at or above the 95th percentile for children and teens of the same age and sex.

From the 10 academic years of 2010-11 through 2019-20, *Indiantown Middle School* generated the highest percentage of 6th grade students with combined BMI measures that met the definition of overweight or obese (i.e. above 'normal') with a range across the years of 49% to nearly 65% of students tested.

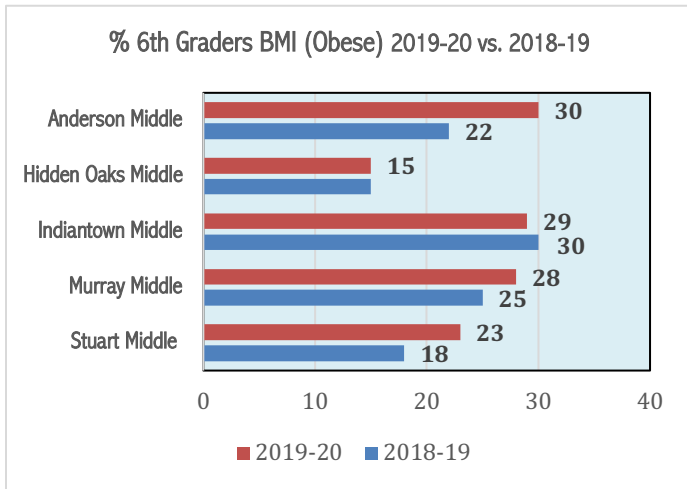
For five (5) of these academic years, with a range of 40% to 43.4%, *Murray Middle School's* 6th graders generated the 2nd highest BMIs that were above 'normal'. *David L. Anderson Middle School's* 6th grade students had the 2nd highest above 'normal' BMI percentages for four (4) of the 10 years - with a range of 43% to 50.3% combined overweight and obese categories.

MARTIN COUNTY BMI HISTORY – 1st, 3rd & 6th Grade Students

See below the prior (14-year) history of the combined percentage of Martin County public school's 1st, 3rd and 6th graders in receipt of BMI testing that met the criteria of overweight or obese.

<i>Martin County Students Total % Overweight & Obese by Grade Level, per BMI, 2006-07 through 2019-20</i>														
	2006-07	2007-08	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20
1st Grade	31.8%	32.9%	28.8%	28.9%	28.7%	28.2%	27.9%	28.0%	29.2%	26.8%	27.6%	28.6%	30.0%	27.9%
3rd Grade	34.5%	37.9%	32.4%	33.6%	35.5%	33.9%	31.6%	33.9%	33.4%	36.7%	38.5%	36.3%	36.9%	37.4%
6th Grade	38.4%	42.6%	35.1%	39.4%	37.4%	36.7%	35.7%	35.1%	37.3%	37.3%	39.8%	39.9%	41.7%	44.5%

Important to Note: From one academic year and/or grade level to the next, data is not necessarily attached to the same children.



(See left.) Upon comparing 2018-19 and 2019-20 percentages of Martin County 6th graders meeting the criteria of a BMI rating of obesity, Hidden Oaks Middle remained at 15% and Indiantown Middle had a 1% decrease. Anderson Middle, Stuart Middle and Murray Middle all had increases of 3%-8% in above 'normal' BMI scores.

In 2019-20, a total of 44.5% of tested 6th graders had BMI scores in the overweight or obese range, compared to 41.7% in 2018-19.

During this same year, a total of 37.4% 3rd graders ranked as overweight or obese, an increase from the 2018-19 36.9% that exceeded 'normal' parameters.

Of 2019-20 BMI-tested 1st grade students, 27.9% exceeded 'normal' rankings, compared to 30% during 2018-19 (and 28.6% in 2017-18).

Obesity: Body Mass Index [BMI] at or above the sex- and age-specific 95th percentile

Sources: *Healthy People 2020* www.healthypeople.gov Martin County School District BMI Results, 2006-7 through 2019-20.

*University of California San Francisco Benioff Children's Hospital. Child Trends Databank, Overweight Children and Youth www.childtrends.org

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