

CALL TO ACTION ON OBESITY:

MAKING HEALTHY LIFESTYLES A PRIORITY IN DUPAGE COUNTY

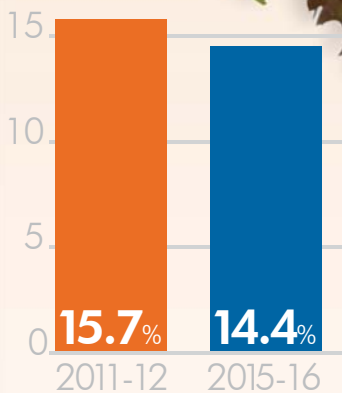
DECEMBER 2016

**IN OBESE
DUPAGE STUDENTS:**
MORE THAN 40%
HAD ELEVATED
BLOOD PRESSURE

IN WIC* IN DUPAGE:
HIGHER PERCENT
OF OBESE KIDS
AGED 2-4 YEARS
THAN WIC
NATIONALLY

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

**HEALTHY EATING
AND PHYSICAL
ACTIVITY**
CAN LOWER
YOUR CHANCE OF
OBESITY AND
RELATED DISEASES



**OBESITY
IN DUPAGE
PUBLIC SCHOOL
STUDENTS
HAS DROPPED**

? WHY IS THIS IMPORTANT?

- ▶ In the United States, childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years, and today more than one-third of U.S. adults are obese.
- ▶ Childhood obesity has both immediate and long-term effects on health and well-being.
- ▶ Adult obesity is a serious concern because it is associated with poorer mental health outcomes, reduced quality of life, and the leading causes of death in the U.S. and worldwide, including diabetes, heart disease, stroke, and some types of cancer.

Definition: The term "obesity" refers to body weight that's greater than what is considered healthy for a certain height. Obesity is defined as a body mass index (BMI) at or above the 95th percentile for children and teens of the same age and sex. For adults, a BMI of 30.0 and above is obese.

? WHY IS THIS IMPORTANT?

An obese child is more likely to be obese through adolescence and have high cholesterol, high blood sugar, asthma, and mental health problems.

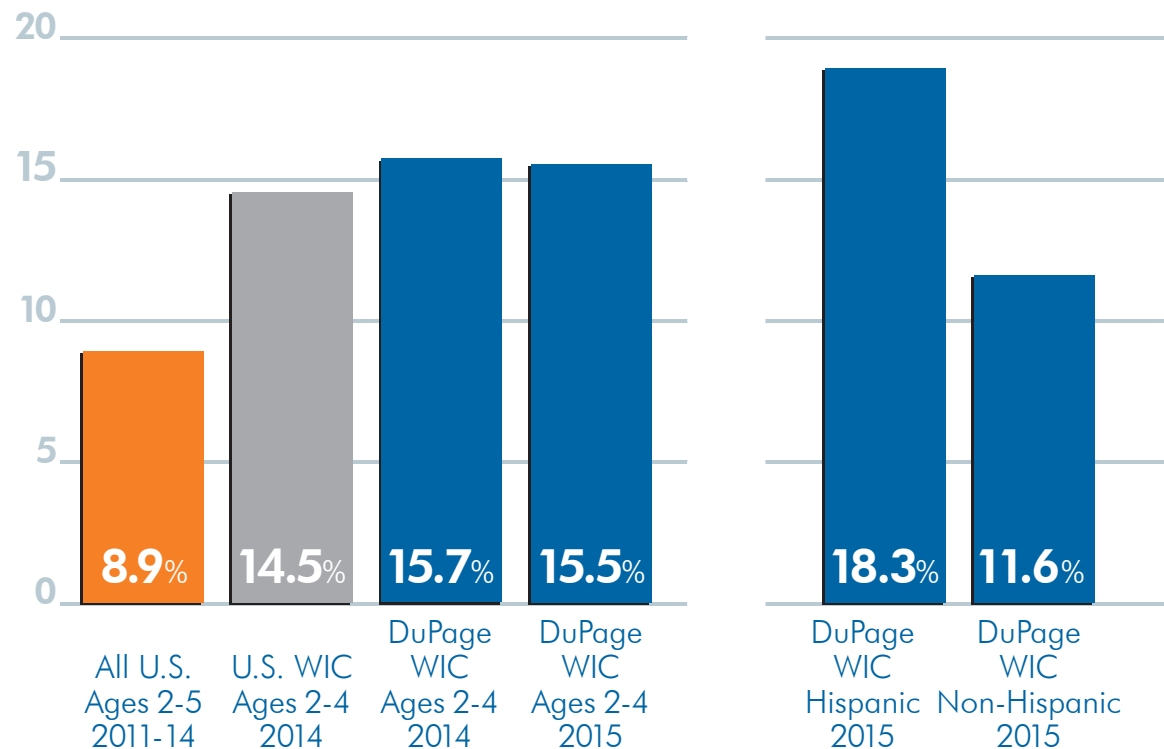
Overweight or obese preschool-age children have a

5x

greater chance to be overweight or obese as adults.

EARLY CHILDHOOD OBESITY

How Does DuPage County Compare?



WHAT EDUCATORS CAN DO

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

Pursue recognition from Let's Move! Child Care

Adopt the 5-4-3-2-1 Go![®] message; resources and materials at www.dupagehealth.org/54321go

WHAT PARENTS CAN DO

Plan meals for the week

Serve lots of fruits, vegetables, and whole-grain foods

Cook meals as a family

Serve reasonably-sized portions

Drink lots of water and cut down on drinks with sugar

Be physically active daily as a family

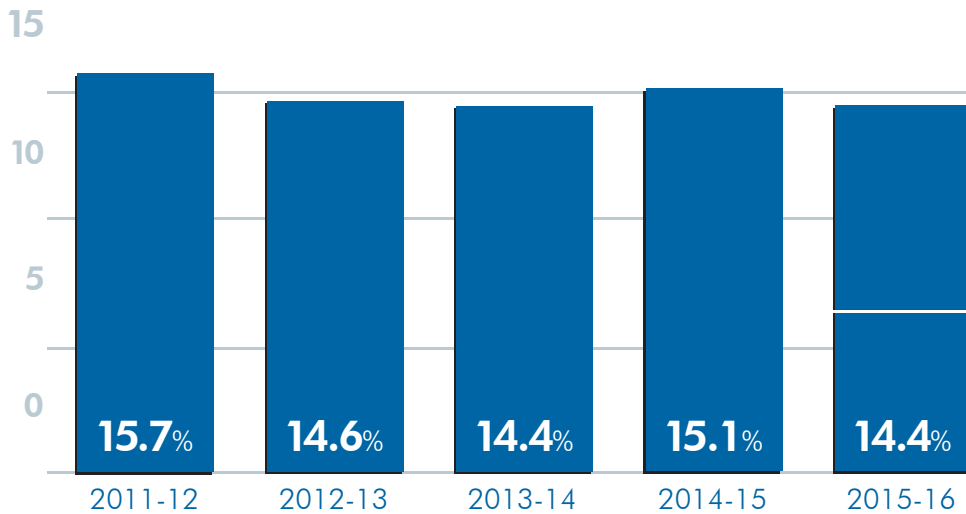
Cut down on screen time

SCHOOL-AGED CHILDREN

Obesity and Elevated Blood Pressure** (BP)

Kindergarten, 6th, and 9th Grade Students in 2015-2016

The rate of obesity in DuPage County public school students declined from 15.7% to 14.4%.



42% of all obese students had elevated BP
49% of obese 9th graders had elevated BP
41% of obese 6th graders had elevated BP
34% of obese kindergarteners had elevated BP

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

In 2015-16:
More than

1 in 7

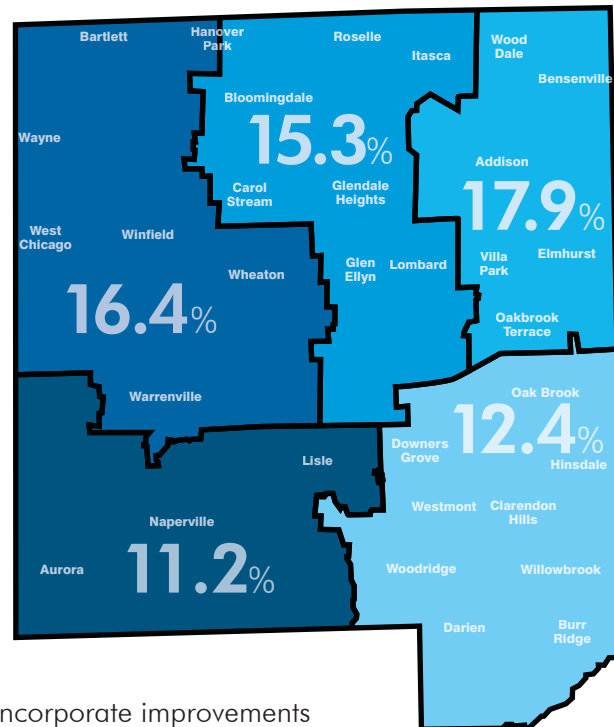
DuPage students were obese

The male obesity rate was higher than the female obesity rate:

Males 16.1%

Females 12.7%

OBESITY RATES BY REGION



WHY IS THIS IMPORTANT?

An obese child is more likely to be an obese adult and develop:

- High Cholesterol
- High Blood Pressure
- Heart Disease
- Diabetes
- Breathing Problems
- Asthma
- Joint Problems
- Fatty Liver Disease
- Depression
- Behavioral Problems
- Problems at School
- Low Self-esteem
- Lower Quality of Life

WHAT SCHOOLS CAN DO

- Assess the district's wellness policy and incorporate improvements
- Create or expand district or school wellness committees
- Conduct the School Health Index (SHI) assessment and implement an action plan
- Host events and expand relationships with parents, volunteers, and other community partners
- Pursue HealthierUS School Challenge or Alliance for a Healthier Generation Healthy Schools Program recognition
- Adopt the 5-4-3-2-1 Go!^{®†} message; resources and materials at www.dupagehealth.org/54321go

Learn more at www.dupagehealth.org/schools



DUPAGE COUNTY ADULTS

In 2014, **23%** of surveyed DuPage County adults reported being obese.

WHY IS THIS IMPORTANT?

When compared to an adult with a normal or healthy weight, an obese adult risks many serious conditions and diseases:

- | | | |
|---------------------|------------------|---------------|
| Heart Disease | Stroke | Diabetes |
| High Blood Pressure | High Cholesterol | Asthma |
| Problems Sleeping | Gallstones | Kidney Stones |
| Osteoarthritis | Infertility | Some Cancers |

Many adults report social and emotional effects of obesity that include a lower quality of life including:

Discrimination	Lower Wages	Depression
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WHAT ADULTS CAN DO to Lead a Healthy Lifestyle and Prevent or Control High Blood Pressure and Diabetes

- Be physically active
- Eat healthy and stay at a healthy weight
- Eat foods low in salt
- Limit alcohol
- Don't smoke
- Ask your doctor for recommendations
- Answer questions to see if you're at risk for diabetes at <https://doihaveprediabetes.org>
- Find more at www.dupagehealth.org/diabetes and www.dupagehealth.org/hypertension

WHAT EMPLOYERS CAN DO

- Improve worksite wellness by completing the CDC's Worksite Health ScoreCard or the American Heart Association's Health Achievement Index and implementing an action plan
- Increase healthy food and beverage choices and promote healthy eating in cafeterias and vending
- Learn more at www.dupagehealth.org/worksites

WHAT EVERYONE CAN DO

- There are county-wide three-year goals to make healthy lifestyles a priority in DuPage County. Those goals are reflected throughout this document. Monitor progress and find more details at www.impactdupage.org/tiles/healthy_lifestyles
- Share this document; find it electronically at www.dupagehealth.org/dupagebmi
- Sign up to receive emails with physical activity, nutrition, and obesity resources, local data, events, webinars, and more at <http://bit.ly/2euQrG3>

WANT TO KNOW MORE ABOUT OUR METHODS, STATISTICS, AND RESOURCES?

www.dupagehealth.org/dupagebmi

FOR HELP GETTING STARTED OR FOR MORE DETAILS ON NEXT STEPS, CONTACT US:

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www.forwarddupage.org



Funding provided in part by the Illinois Department of Public Health.

† This message was created by the Consortium to Lower Obesity in Chicago Children (CLOCC). 5-4-3-2-1 Go!® is a registered trademark and Copyright © 2004 Ann & Robert H. Lurie Children's Hospital of Chicago. All rights reserved. www.clocc.net.