

Yolo County Obesity Data

Yolo County Childhood Nutrition
and Fitness Forum



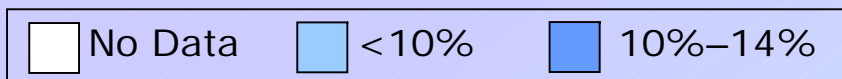
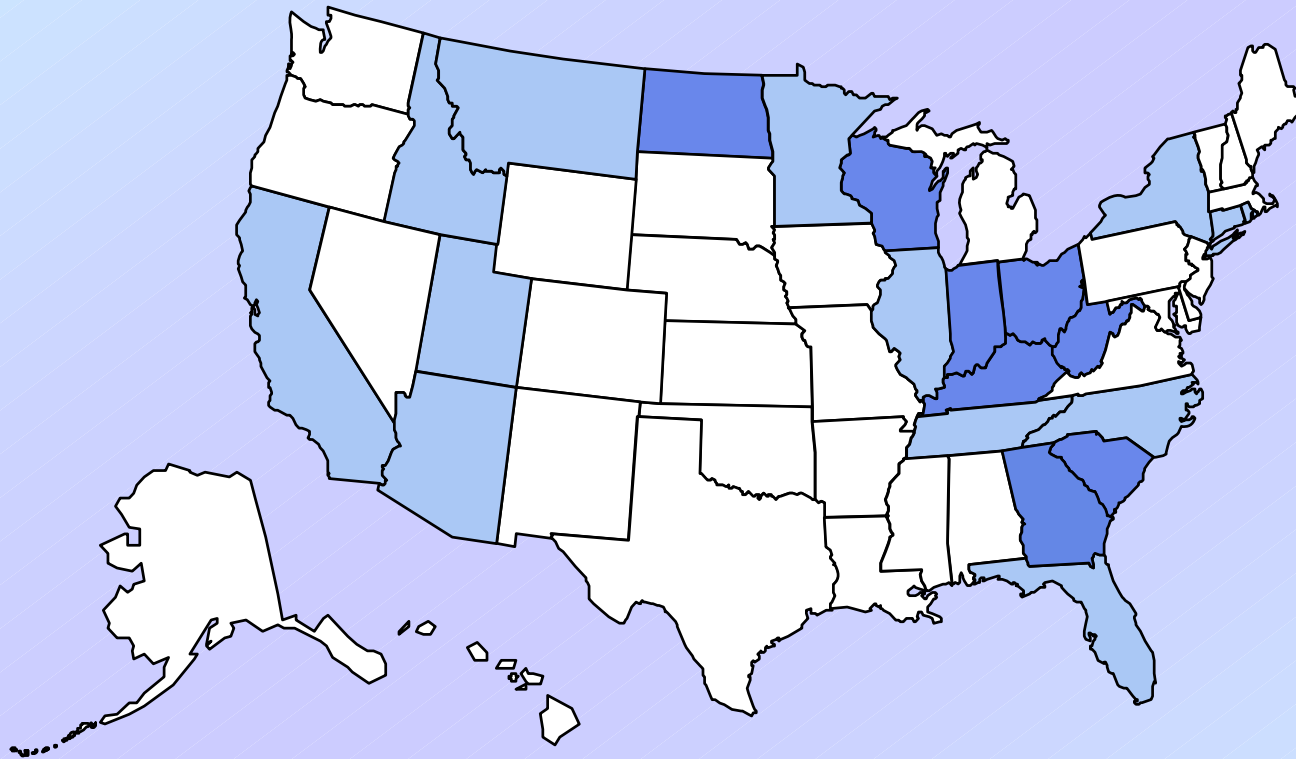
September 18, 2004

Samrina Marshall, MD, MPH

Assistant Health Officer, Yolo County Health Department

Obesity Trends Among U.S. Adults

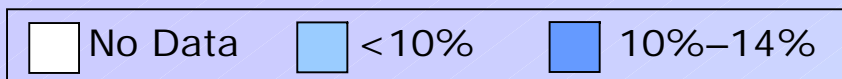
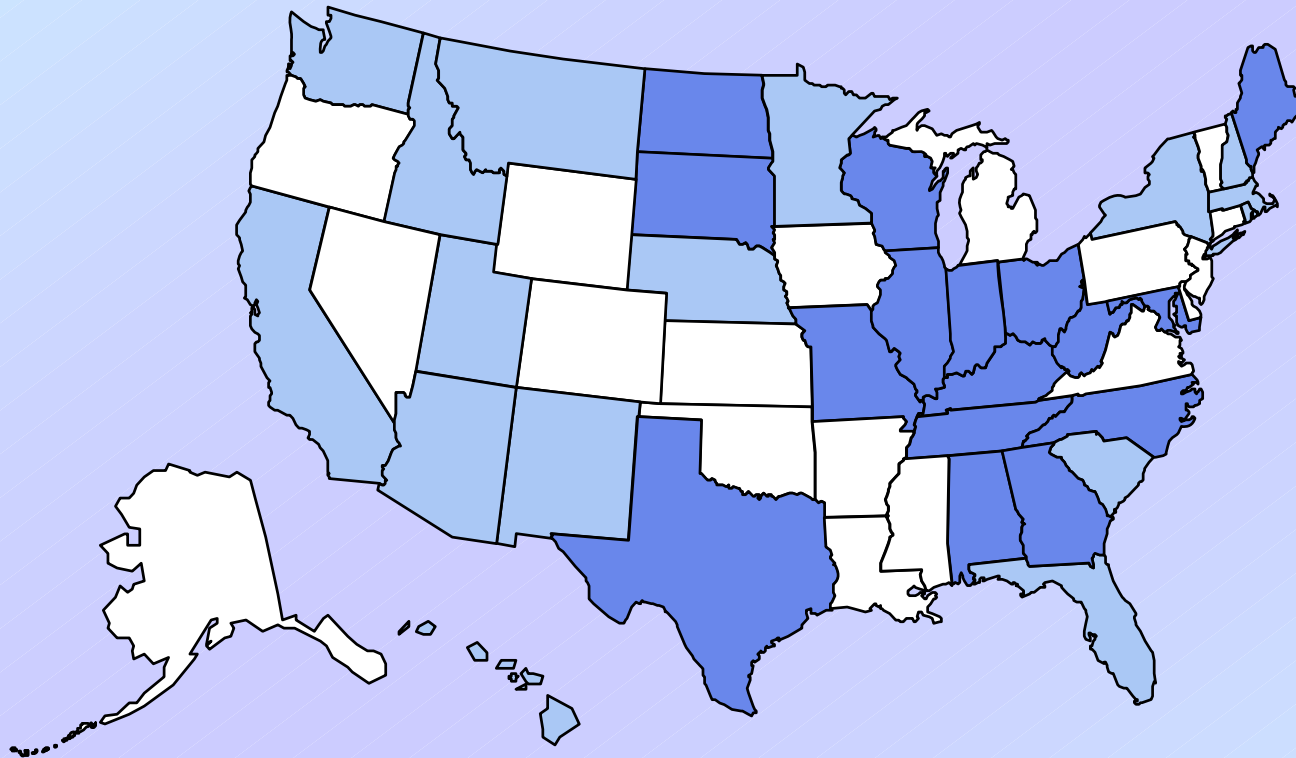
1985



Source: Behavioral Risk Factor Surveillance System, CDC

Obesity Trends Among U.S. Adults

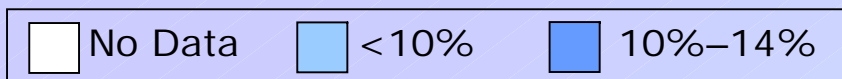
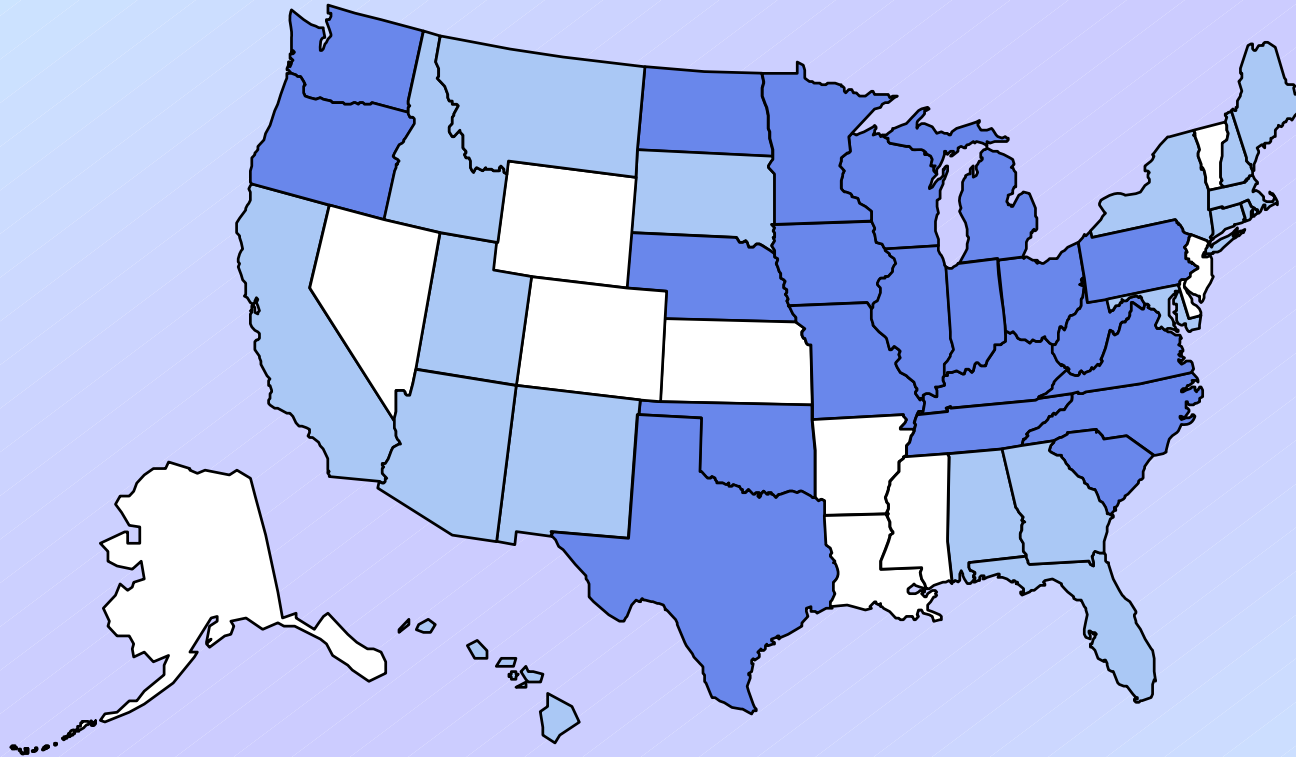
1987



Source: Behavioral Risk Factor Surveillance System, CDC

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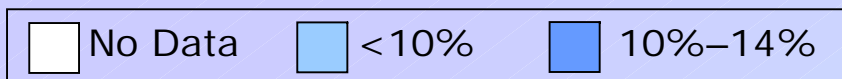
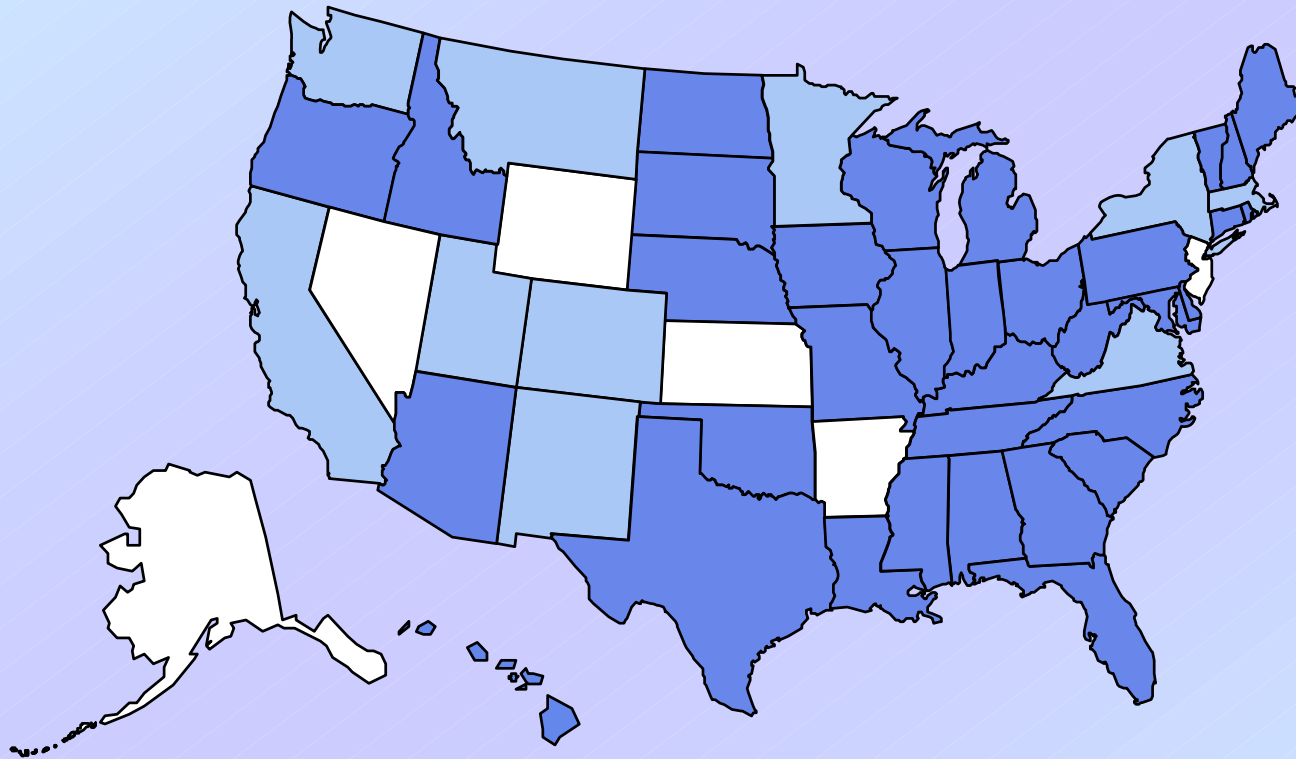
1989



Source: Behavioral Risk Factor Surveillance System, CDC

Obesity Trends Among U.S. Adults

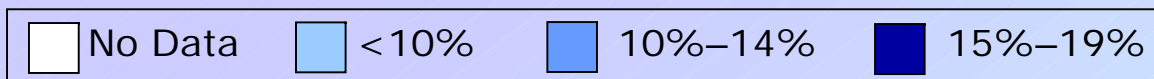
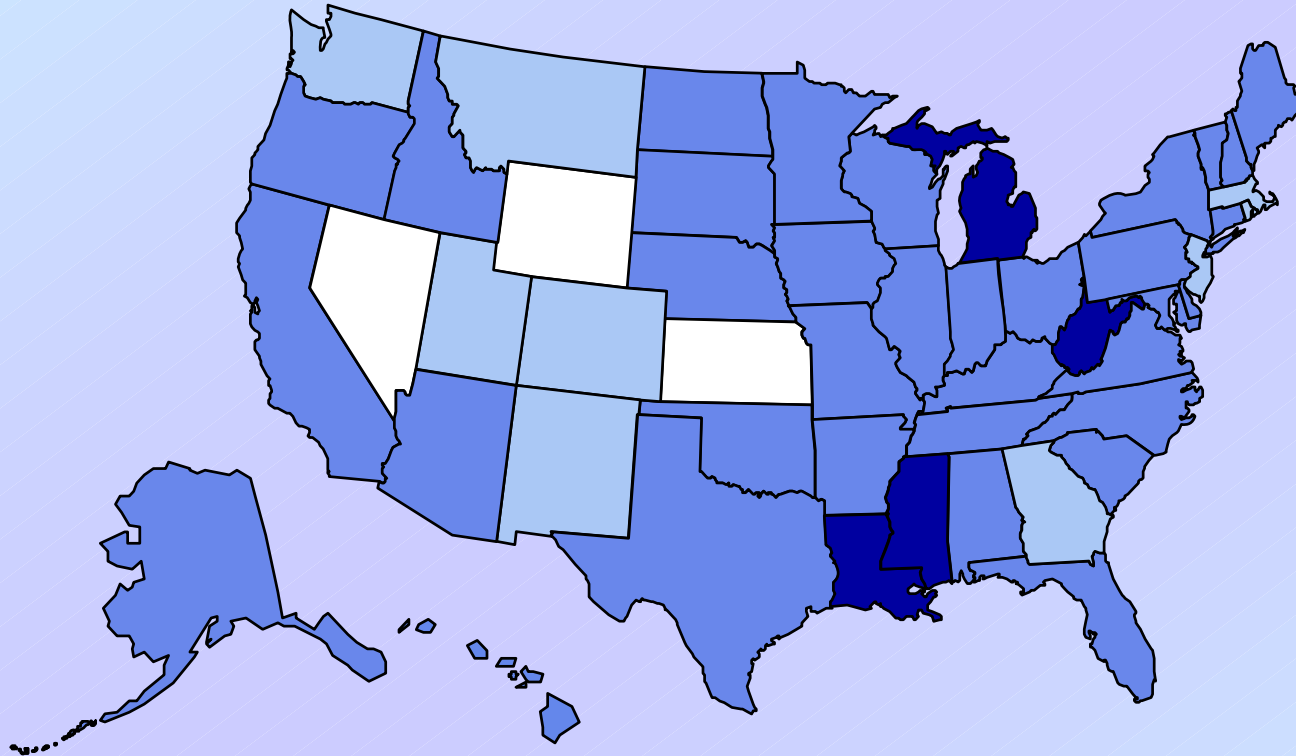
1990



Source: Behavioral Risk Factor Surveillance System, CDC

Obesity Trends Among U.S. Adults

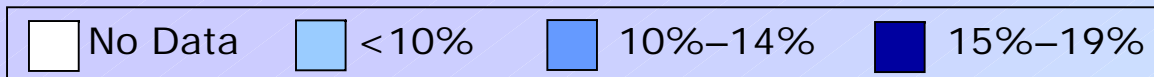
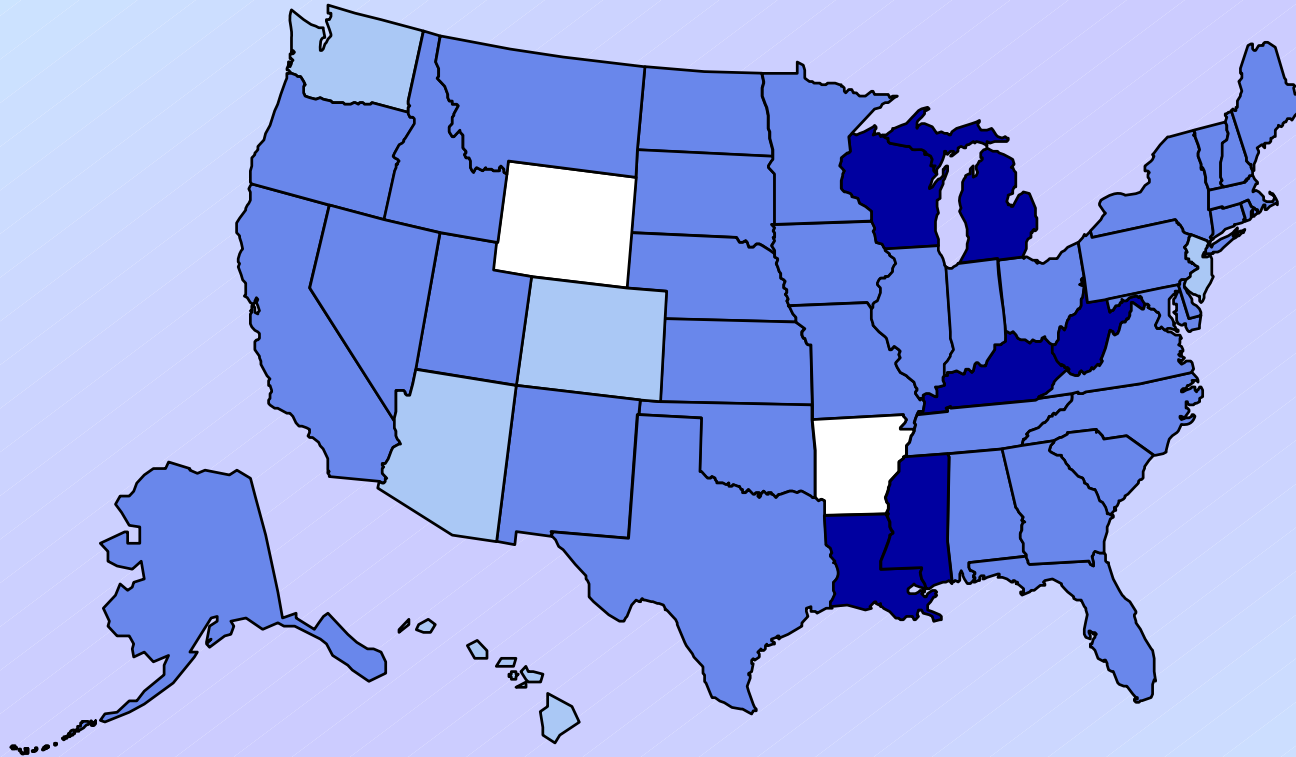
1991



Source: Behavioral Risk Factor Surveillance System, CDC

Obesity Trends Among U.S. Adults

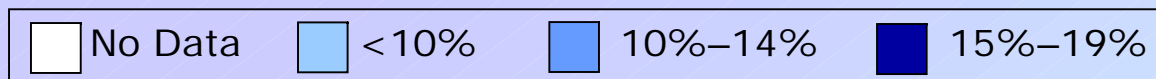
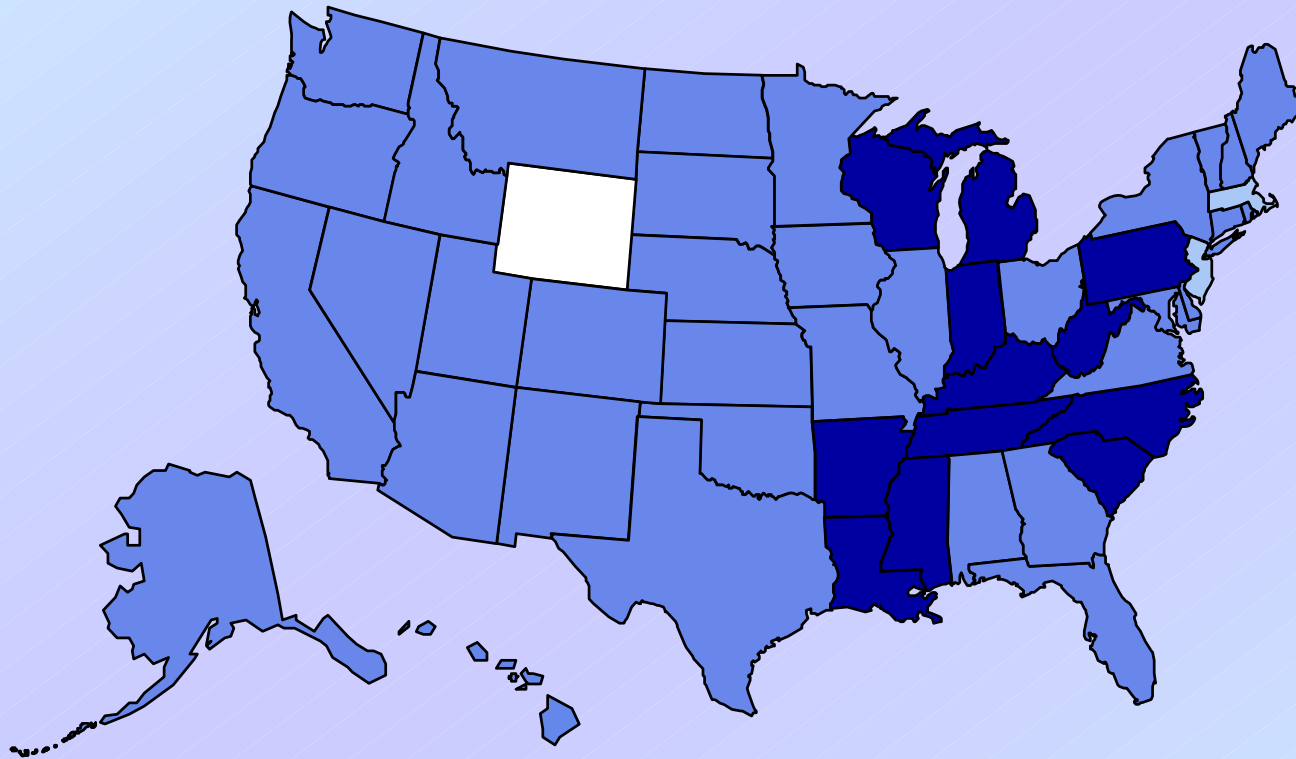
1992



Source: Behavioral Risk Factor Surveillance System, CDC

Obesity Trends Among U.S. Adults

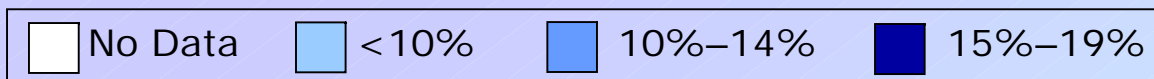
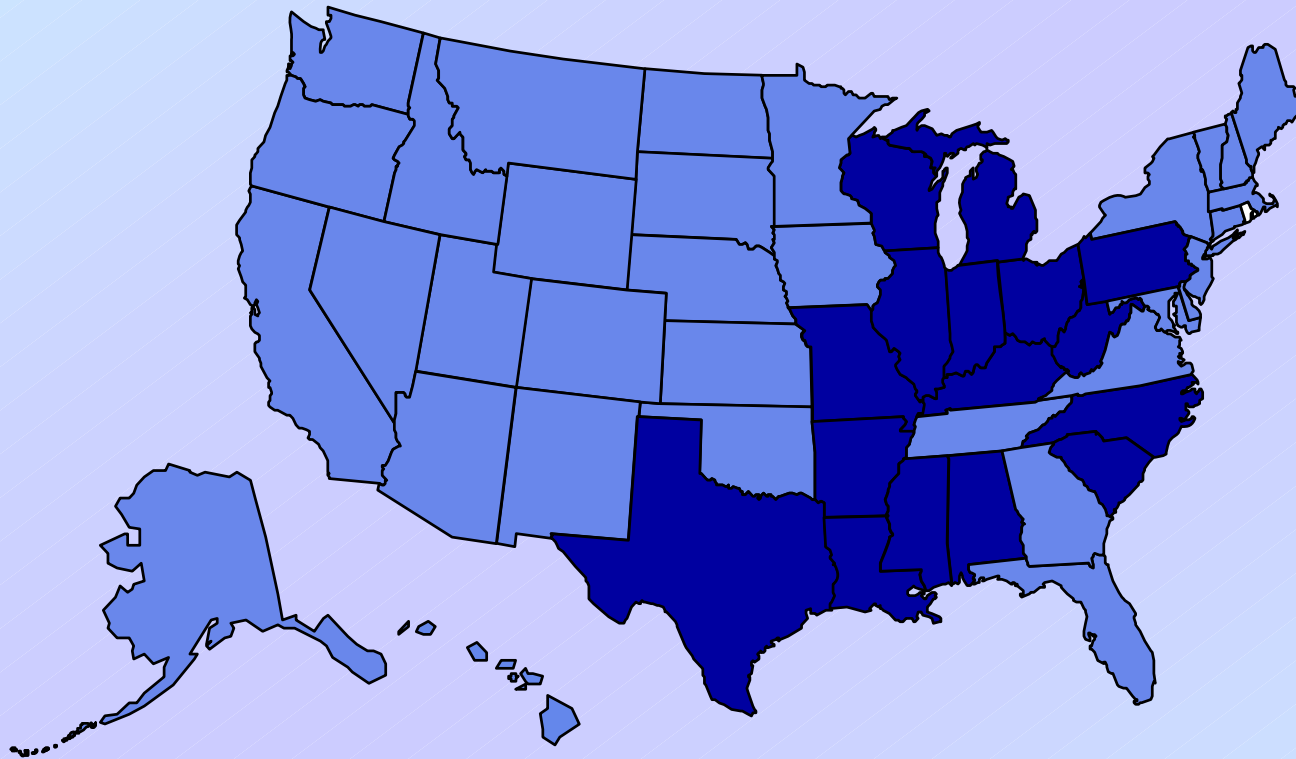
1993



Source: Behavioral Risk Factor Surveillance System, CDC

Obesity Trends Among U.S. Adults

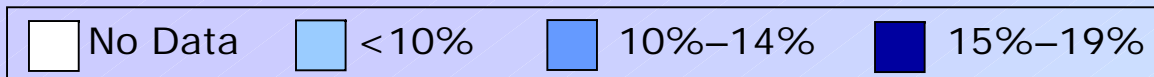
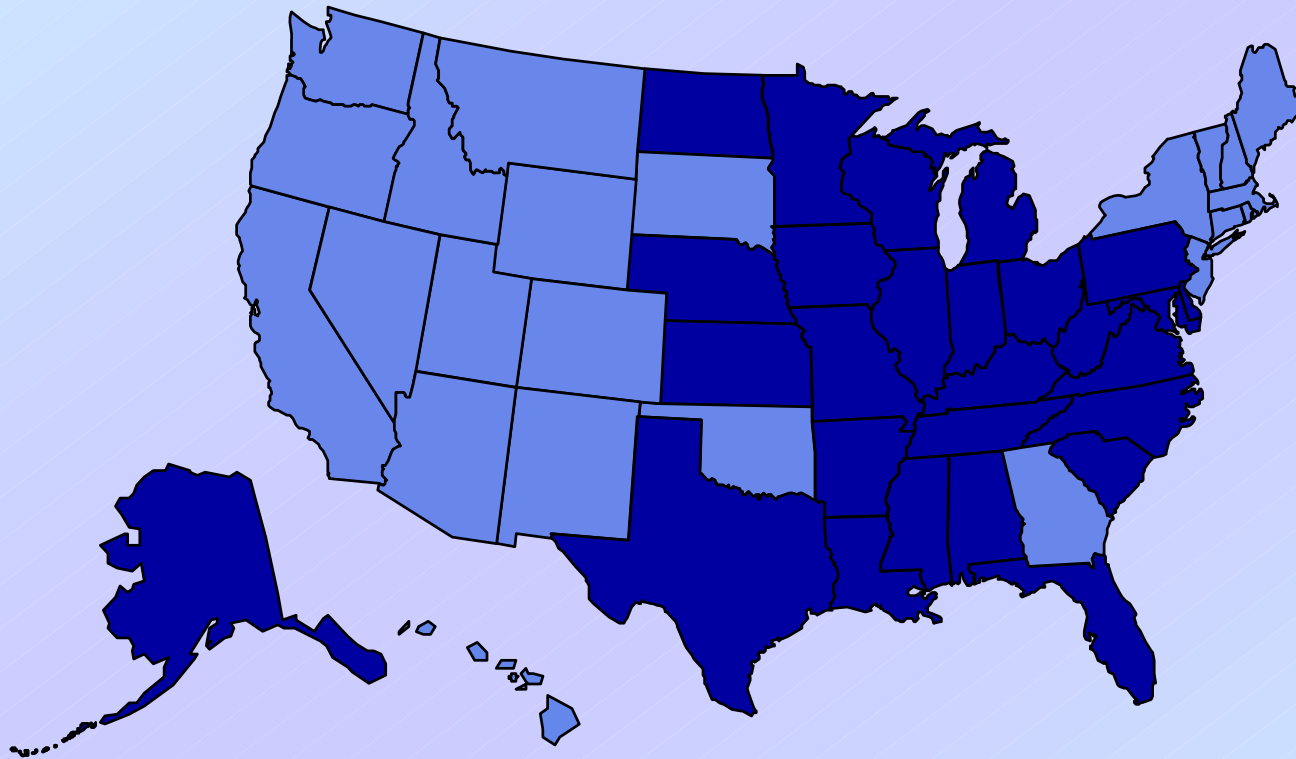
1994



Source: Behavioral Risk Factor Surveillance System, CDC

Obesity Trends Among U.S. Adults

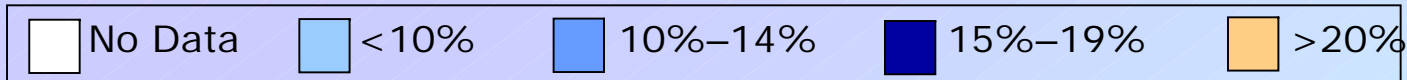
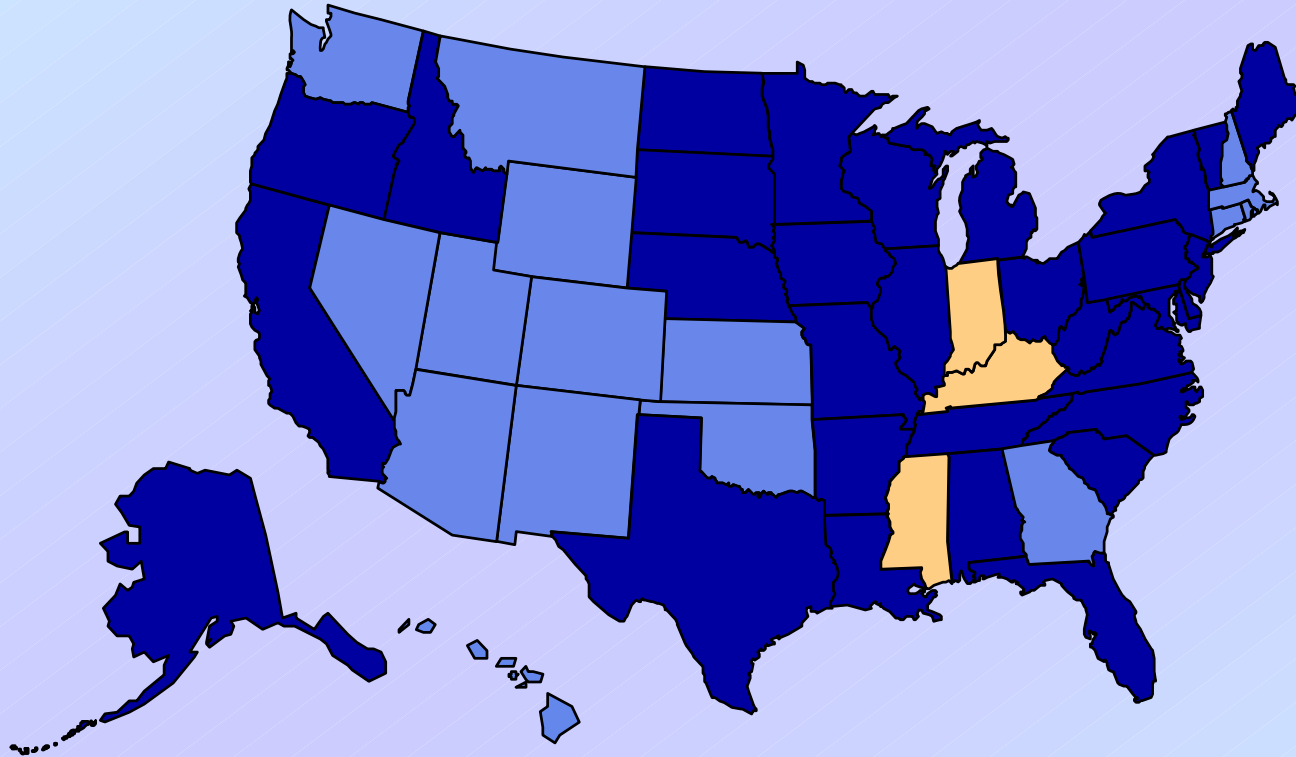
1995



Source: Behavioral Risk Factor Surveillance System, CDC

Obesity Trends Among U.S. Adults

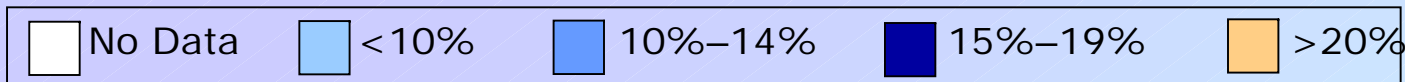
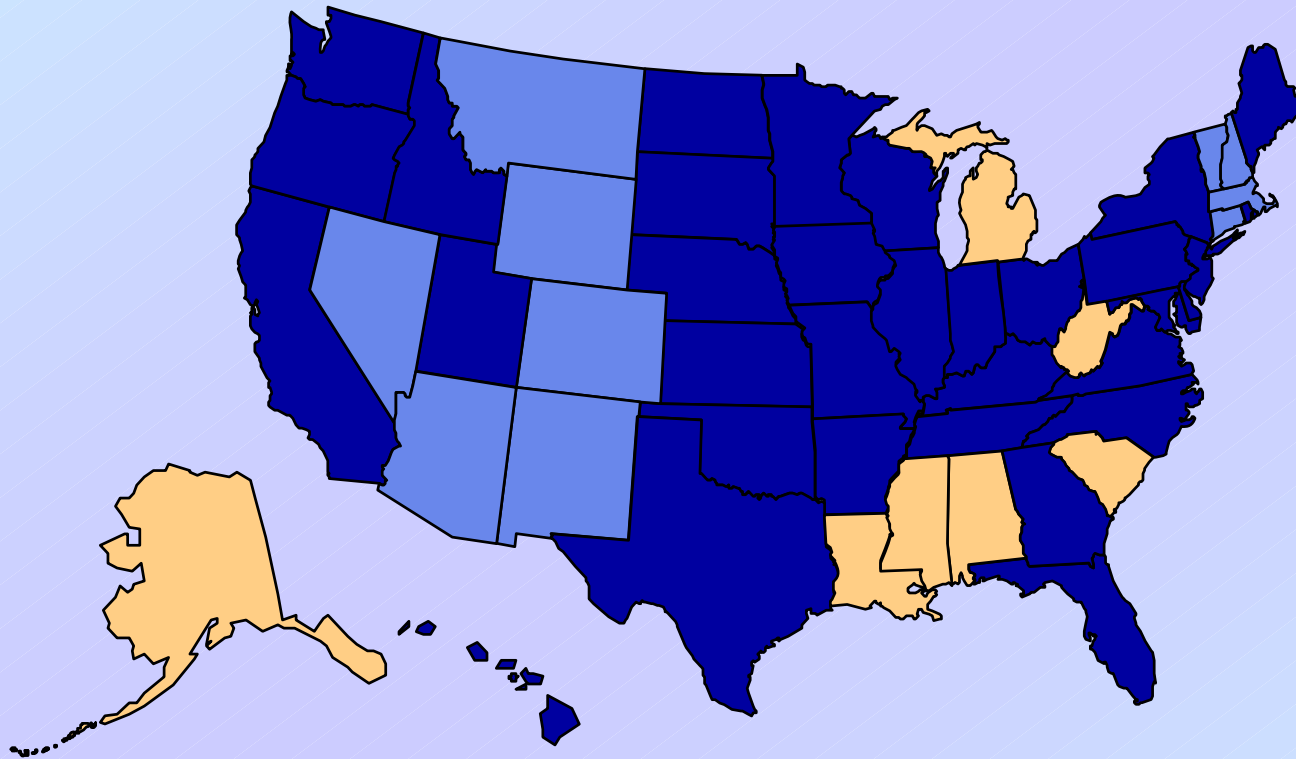
1997



Source: Behavioral Risk Factor Surveillance System, CDC

Obesity Trends Among U.S. Adults

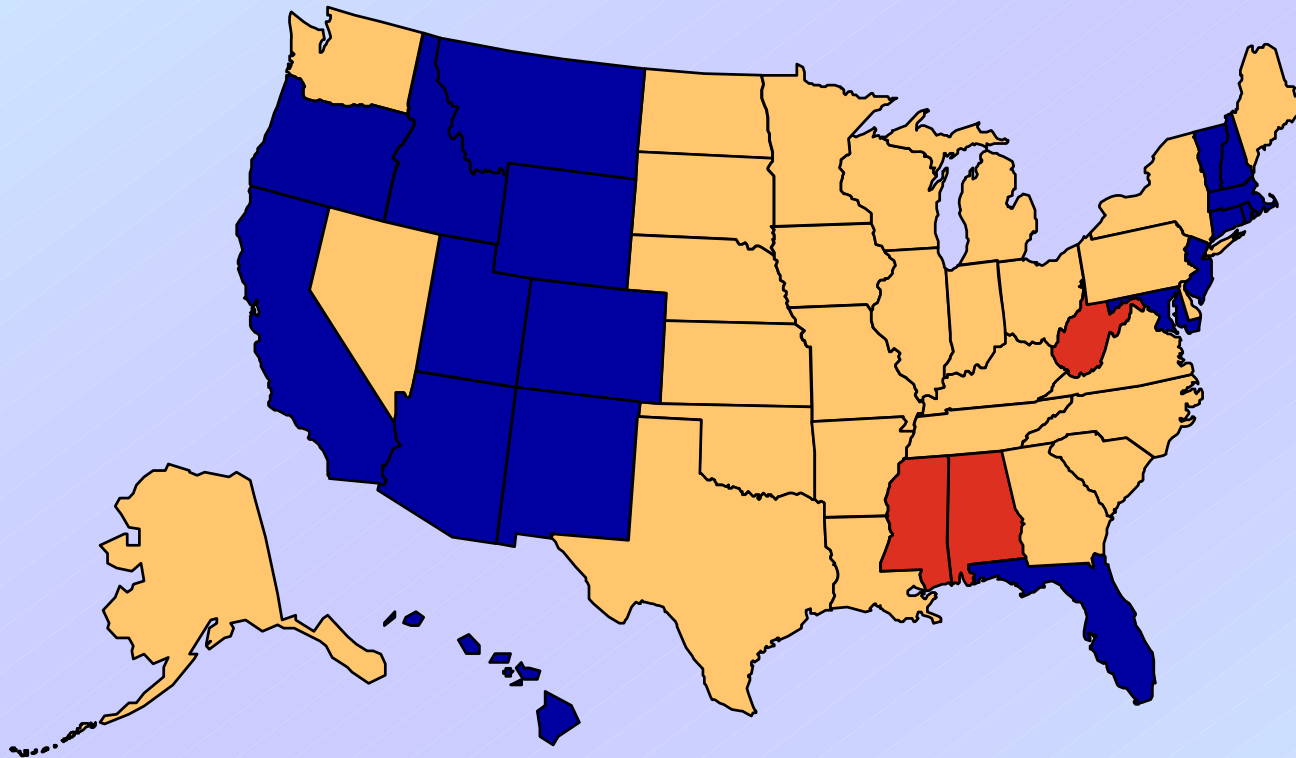
1998



Source: Behavioral Risk Factor Surveillance System, CDC

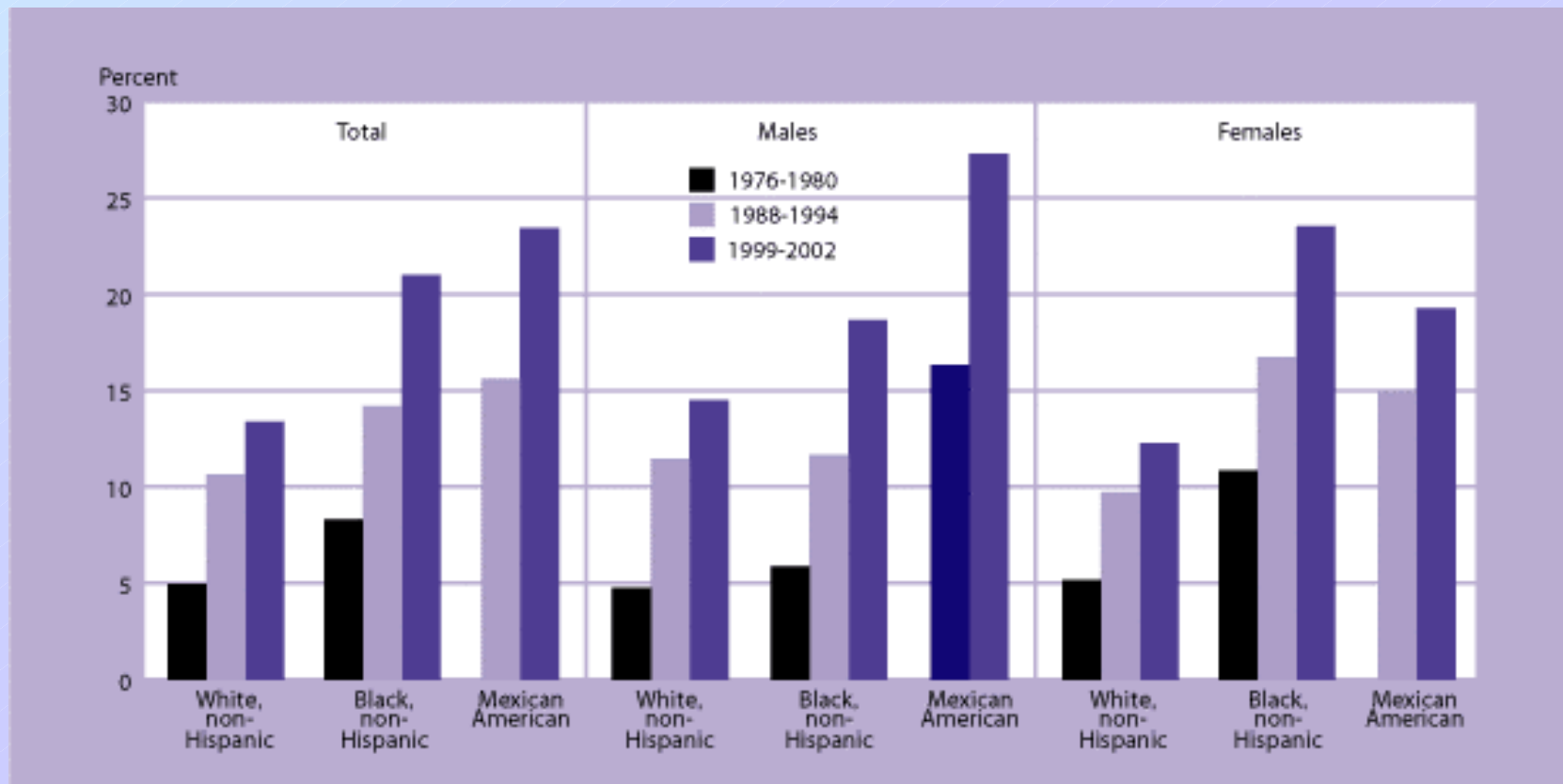
Obesity Trends Among U.S. Adults

2002



No Data  <10%  10%–14%  15%–19%  20%–24%  >25%

Percentage of children ages 6 to 18 who are overweight by gender, race, and Hispanic origin, 1976-1980, 1988-1994, and 1999-2002

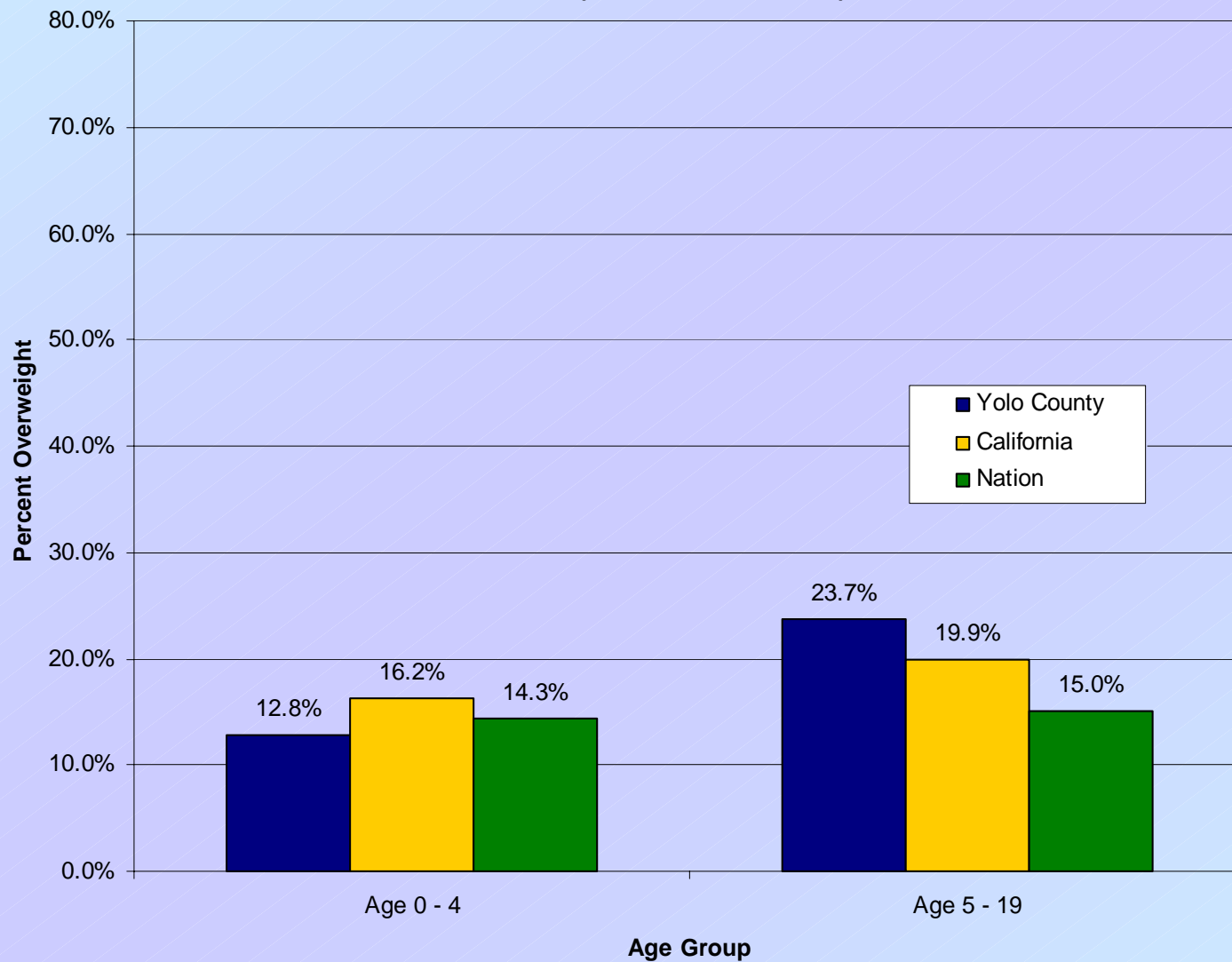


SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, www.childstats.gov

Pediatric Nutrition Surveillance Survey (PedNSS)

- Annual CDC report monitoring key indicators of nutritional status among low income, high-risk children age 0-19 screened by the Child Health and Disability Prevention (CHDP) Program
- www.cdc.gov/nccdphp/dnpa/PedNSS.htm

**Overweight Children by Age Group
Yolo County, California & US
(Source: CDC/CHDP)**

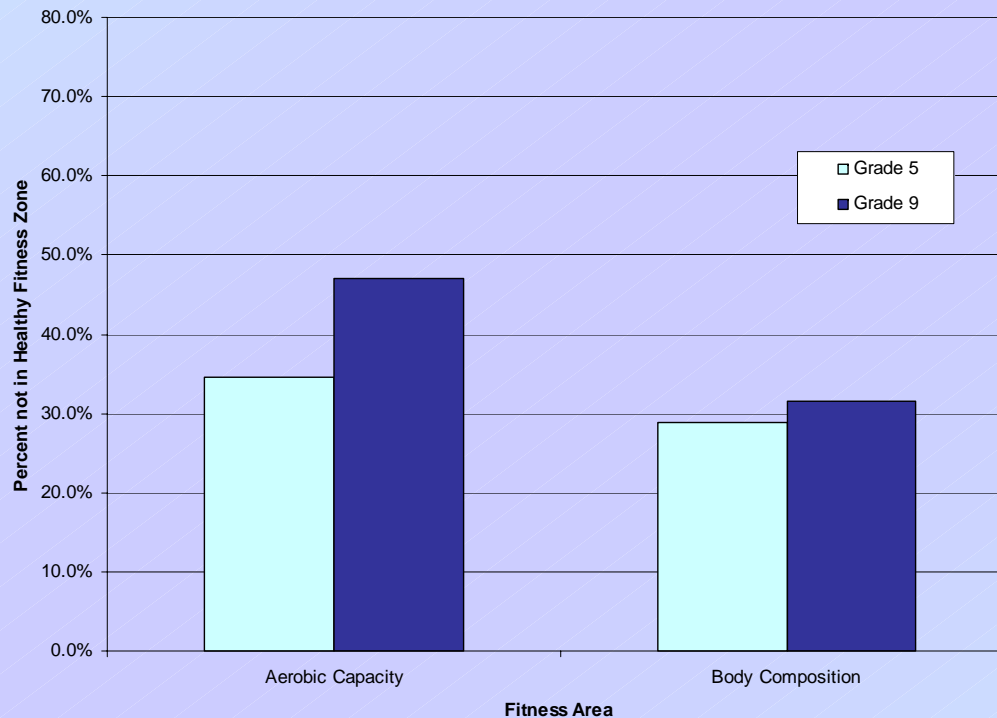


California Physical Fitness Test

- State mandated physical fitness test administered annually to students in grades 5, 7 and 9 compiled by the California Department of Education (CDE)
- A 2002 study by CDE found that:
 - Higher academic achievement was associated with higher levels of fitness at each of the three grade levels measured
 - Students who met minimum fitness levels in three or more physical fitness areas showed the greatest gains in academic achievement at all three grade levels.
- <http://data1.cde.ca.gov/dataquest>

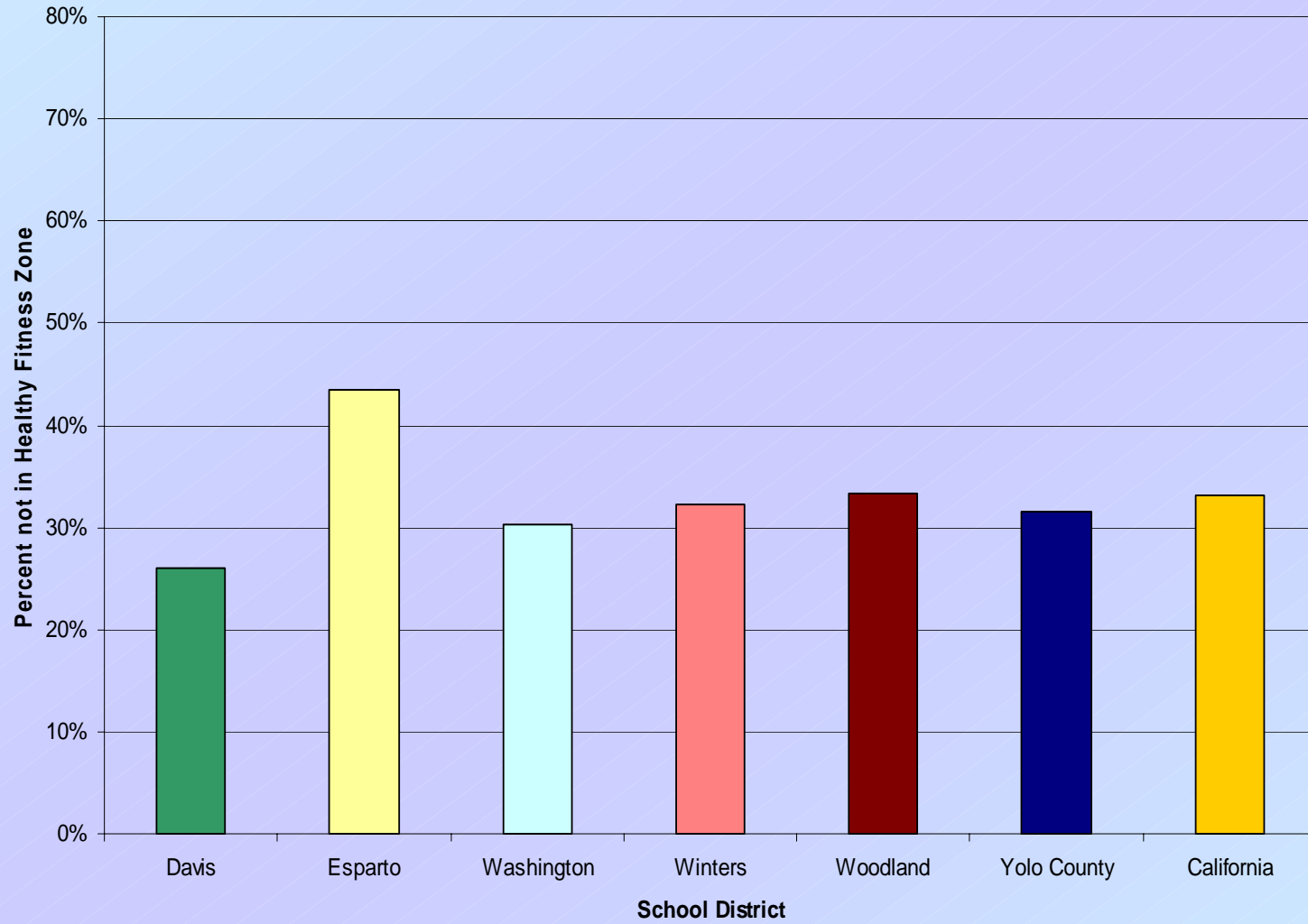
California Physical Fitness Test

Children Not in Healthy Fitness Zone, Body Composition and Aerobic Capacity, Yolo County, 2003 (Source: CDE)

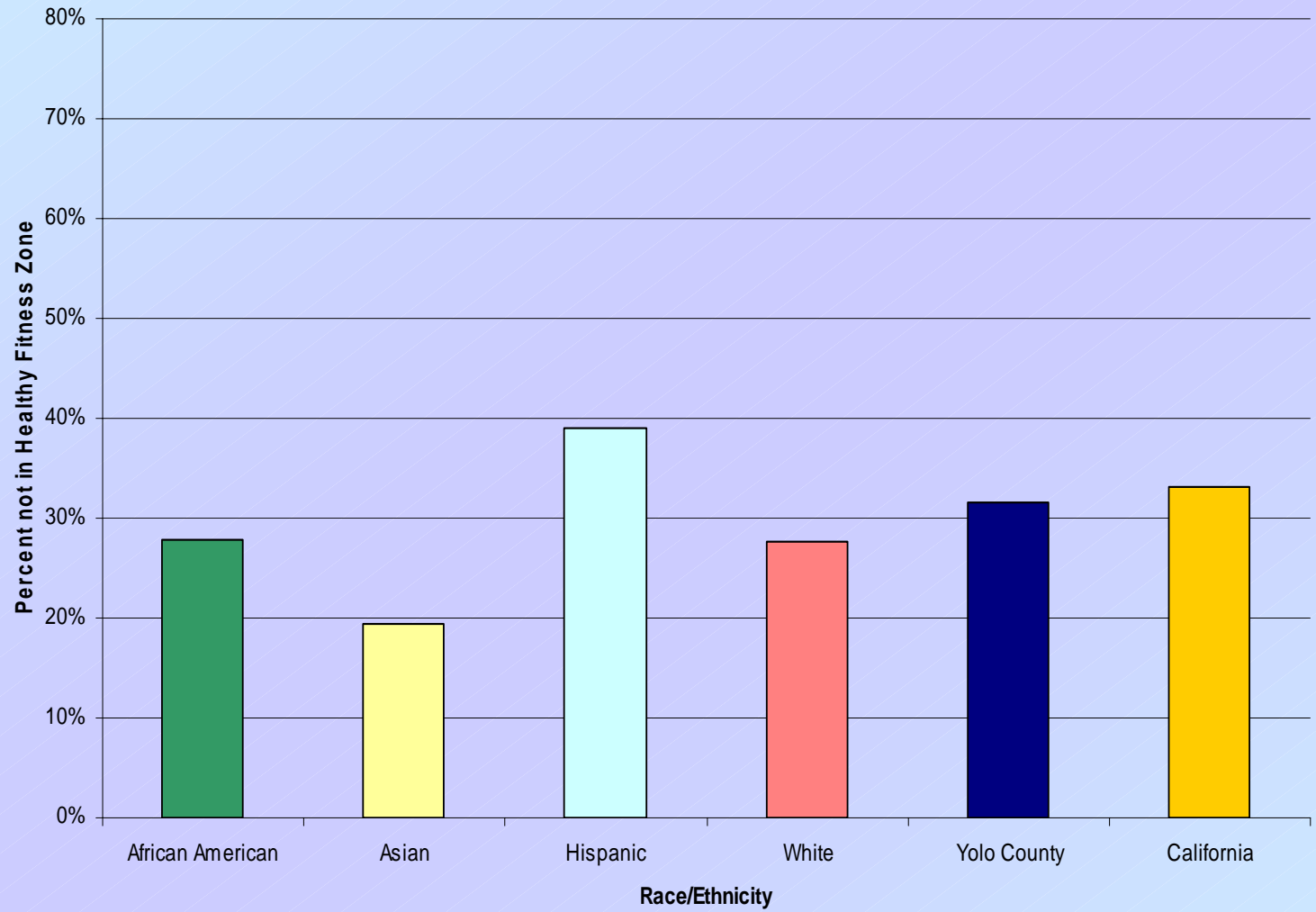


- Aerobic Capacity
 - Assesses cardiorespiratory endurance through measurement of run/walk tests
- Body Composition
 - Estimate of percent weight that is fat in contrast to the "fat-free" body mass; based on BMI (height, weight measurements) and percent body fat (skinfold measurements)

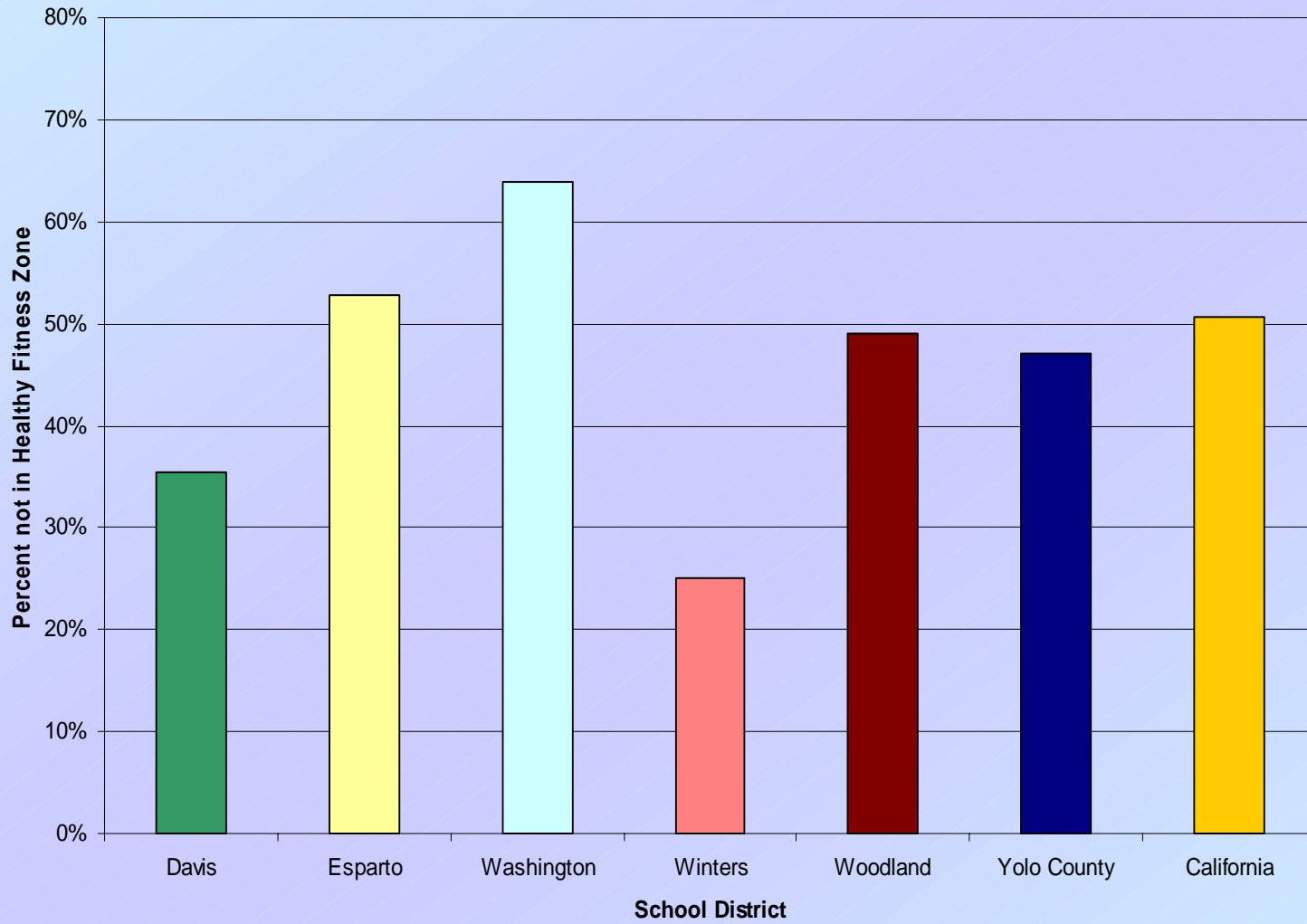
BODY COMPOSITION
Children (Grade 9) not in Healthy Fitness Zone by School District
Yolo County, 2003 (Source: CA Dept. of Education)



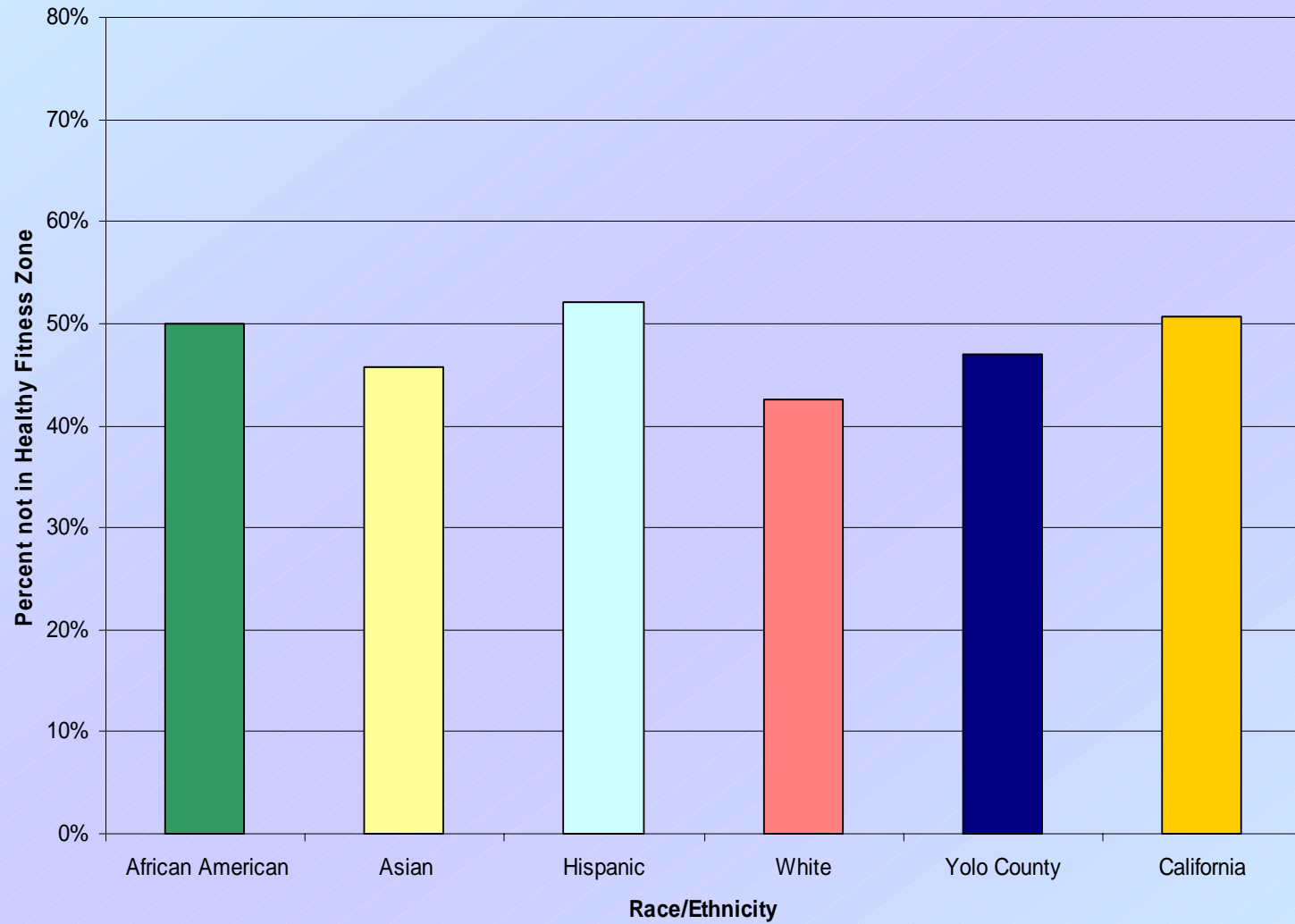
BODY COMPOSITION
Children (Grade 9) not in Healthy Fitness Zone by Race/Ethnicity
Yolo County, 2003 (Source: CA Dept. of Education)



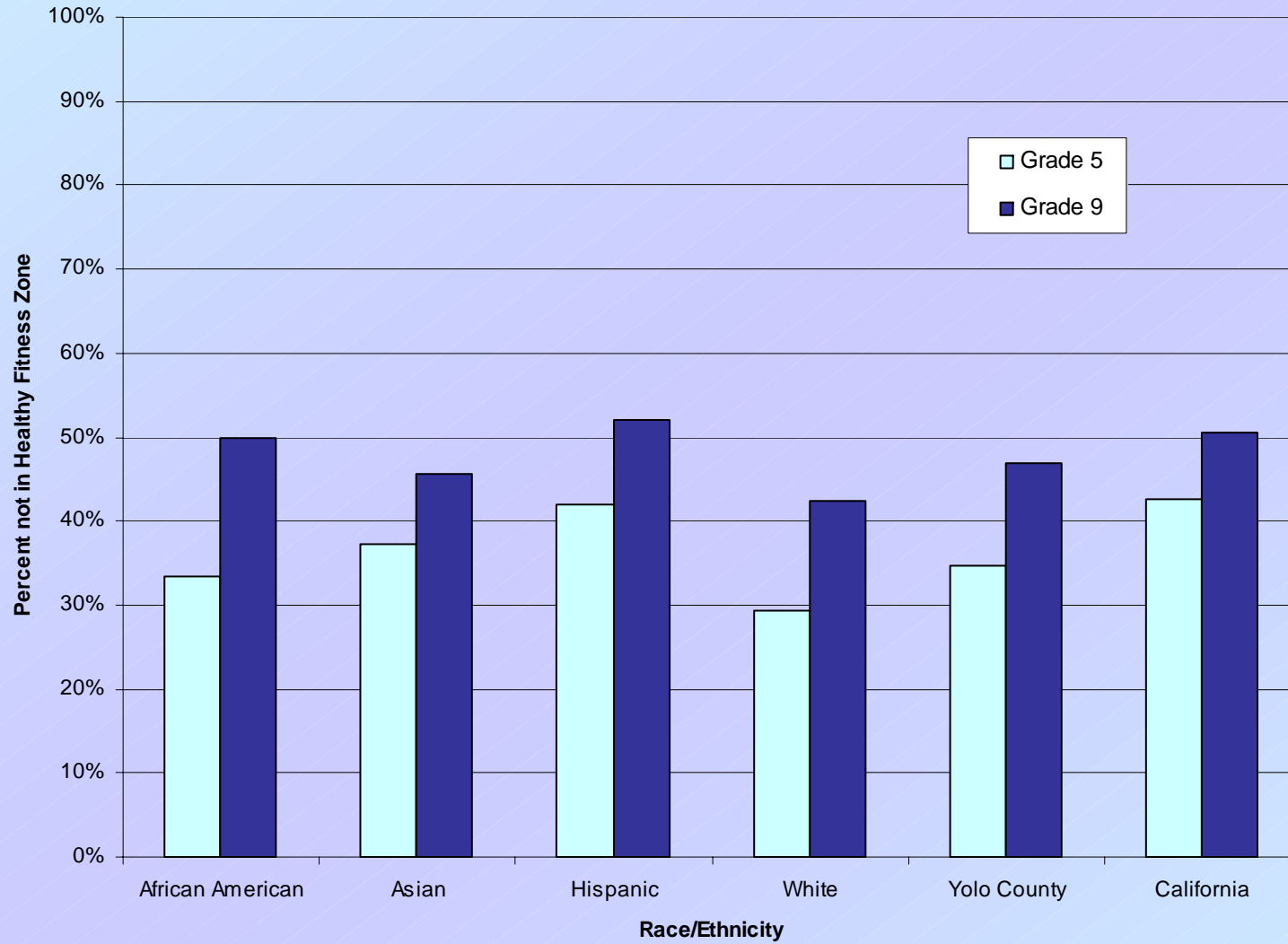
AEROBIC CAPACITY
Children (Grade 9) not in Healthy Fitness Zone by School District
Yolo County, 2003 (Source: CA Dept. of Education)



AEROBIC CAPACITY
Children (Grade 9) not in Healthy Fitness Zone by Race/Ethnicity
Yolo County, 2003 (Source: CA Dept. of Education)



AEROBIC CAPACITY
Children not in Healthy Fitness Zone by Race/Ethnicity
Yolo County, 2003 (Source: CA Dept. of Education)



Summary

- Increasing prevalence of obesity over time for both males and females and across all race/ethnic groups
- Greater obesity prevalence among minority populations
- More obese low-income children age 5-19 in Yolo County than California or US

Questions?

