

FACTS ABOUT CHILD OVERWEIGHT

Overweight: Body Mass Index (BMI) at or above the 95th percentile, based on growth charts for children by sex and age, Centers for Disease Control and Prevention, 2000.

BMI: It is calculated by dividing weight (in kilograms) by height (in meters) squared.

PROBLEMS ASSOCIATED WITH OVERWEIGHT CHILDREN

- 1 in 3 children born in 2000 will develop diabetes if the current trend continues.¹
- 80% of people diagnosed with type 2 diabetes are overweight.²
- Risk factors for heart disease, such as high cholesterol and high blood pressure, are occurring with increased frequency in overweight children and adolescents compared to those with a healthy weight.³
- Overweight children miss significantly more days of school than healthy weight children.^{4,5}
- Overweight children are more likely to have low scores on health-related quality-of-life questionnaires than healthy weight children.^{6,7}
- 60% of children who were overweight at any time during the preschool period, and 80% of children who were overweight at any time during the elementary period, were overweight at age 12 years.⁸
- 50%-70% of overweight 10-18 year olds will become obese as adults.⁹
- Overweight and obesity during mid-adult life are associated with an increased risk of death.¹⁰
- \$21.7 billion is the annual cost of obesity, overweight, and physical inactivity (direct and indirect medical care, workers' compensation, and lost productivity) in California in year 2000 dollars.¹¹

CAUSES OF CHILDHOOD OVERWEIGHT

Sub-optimal Diet:

- Only 2% of children meet national recommendations of the Food Guide Pyramid.¹²
- Children ages 6 to 12 consume 3.3 servings of fats and sweets but only 2.4 servings of fruits and vegetables each day.¹³
- 81% of high school students in San Diego Unified School District (SDUSD) reported that during the previous week, they ate fruits and vegetables less than the minimum recommendation of 5 times per day.¹⁴
- 48% of California teens eat fast food (often high in calories, fat, sugar, and salt) every day.¹⁵
- 66.3% of California teens drink at least one soda or other sweetened beverage each day,¹⁵ and consume 2-1/2 times more calories from those beverages than from milk.¹⁶

Physical Inactivity:

- Only 64.6% of high school students in SDUSD reported engaging in physical activity that made them sweat and breathe hard for 20 minutes or more on three or more days during the preceding week.¹⁴
- 38% of high school students in SDUSD said they do not attend physical education classes.¹⁴
- Children ages 2 to 18 use media, such as television, music, videos, and computers, for an average of 5 hours and 29 minutes per day.¹⁷

Lack of Environmental Support

- In urban areas, the percentage of teens who get no physical activity in a week is nearly twice as high among those without access to a safe park (14.1%) as among those with access to a safe park (7.8%).¹⁸
- Children living in activity-friendly environments are more likely to be physically active in their leisure time.¹⁹
- Fruit and vegetable intake increases significantly when there is close, easy access to supermarkets.²⁰
- A lack of access to nutritious foods may produce obesity.²¹

HOW COMMON IS CHILDHOOD OVERWEIGHT?

Nationally

- In the year 2003-2004, in a representative sample,
 - 18.8% of children ages 6 through 11 were overweight;²²
 - 17.4% of adolescents ages 12 through 19 were overweight.²²
- In the year 2004, among the low- and moderate-income children served by the California Child Health and Disability Prevention (CHDP) Program,
 - 14.3% of children ages 2 through 4 were overweight.²³

San Diego County

- In the year 2001/2003, in a representative sample,
 - 15.9% of adolescents ages 12 through 17 were overweight.¹⁸

- In the year 2004, among the low- and moderate-income children served by CHDP, the percentage of children who were overweight is shown in the following table.²³

Race/Ethnicity	% Overweight in 2004	
	Ages 2 - 4 Years	Ages 5 - 19 Years
Caucasian	11.6%	19.3%
African American	11.9%	25.6%
Hispanic	16.4%	22.5%
American Indian/Alaskan Native*	*	29.1%
Asian/Pacific Islander	15.5%	9.4%
All Other/Unknown	15.0%	18.5%
Total of All Races/Ethnicities	15.6%	21.7%

*Not enough data exists to calculate accurate percentages for this group.

- The following table shows the percentage of 5th, 7th and 9th grade public school students in San Diego County found to be unfit and overweight (BMI \geq 90th percentile for age/sex). The results are reported by Assembly District.²⁴

Assembly District	2001 % Unfit	2001 % Overweight	2004 % Overweight
Assembly District 66: <i>Representative:</i> Ray Hanes (Part of San Diego County, including Julian, Vista, Pala, Escondido, Fallbrook, and Valley Center) <i>Also includes part of Riverside County</i>	38.9%	23.7%	26.1%
Assembly District 73: <i>Representative:</i> Mmi Walters (Part of San Diego County, including Oceanside and Vista) <i>Also includes part of Orange County</i>	36.8%	20.6%	20.4%
Assembly District 74: <i>Representative:</i> Mark Wyland (Part of San Diego County, including Carlsbad, Encinitas, San Marcos, Vista, and part of Escondido)	28.8%	22.4%	23.0%
Assembly District 75: <i>Representative:</i> George Plescia (Part of San Diego County, including Poway and parts of Escondido and San Diego)	23.8%	17.3%	18.2%
Assembly District 76: <i>Representative:</i> Lori Saldana (Includes the City of San Diego, including the neighborhoods of Balboa Park, Clairemont Mesa, Kearny Mesa, Mission Valley, Pacific Beach Uptown, and parts of Centre City)	47.8%	27.2%	27.9%
Assembly District 77: <i>Representative:</i> Jay LaSuer (Includes eastern San Diego County as well as El Cajon, La Mesa, Miramar Naval Academy, Santee, and parts of San Diego)	35.2%	23.4%	24.3%
Assembly District 78: <i>Representative:</i> Shirley Horton (Consists of part of San Diego County, including La Presa, Lemon Grove, Spring Valley, and parts of Chula Vista and San Diego)	43.8%	30.2%	28.0%
Assembly District 79: <i>Representative:</i> Juan Vargas (Consists of part of San Diego, including Coronado, Imperial Beach, National City, and the western portion of Chula Vista and southern San Diego)	42.6%	36.0%	33.4%

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