Childhood Obesity and the Impact on Child Health
Cecil County Community Health Advisory Committee
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Office of Chronic Disease Prevention
Family Health Administration
Maryland Department of Health and Mental Hygiene

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Today's children may become the first generation in the history of mankind to have a life expectancy projected to be less than that of their parents.

-Dr. David Katz

Obesity, Chronic Conditions, and Complications

Obesity is just the tip of the iceberg!

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Source: Maryland Student Fitness Task Force Report, 2008

What is overweight and obesity?

- Labels for ranges of weight that are greater than what is considered healthy for a given height and have been shown to increase the likelihood of certain diseases and other health problems
- Body Mass Index (BMI) is calculated differently for adults and children
- For adults, BMI between 25 and 29.9 is considered overweight and a BMI of 30 or higher is considered obese
- Childhood overweight is a BMI relative to a child’s age that is at or above the 85th percentile but lower than 95th percentile
- Childhood obesity is a BMI relative to a child’s age that is at or above the 95th percentile

Source: Centers for Disease Control and Prevention (CDC), 2010

Childhood Obesity in US

Prevalence of Obesity Among US Children and Adolescents Aged 2 to 19 Years

Source: Centers for Disease Control and Prevention, 2010

Childhood Obesity in MD

- Maryland Youth Tobacco Survey, Ages 13 to 18, Children in public schools: 11% obese, 15% overweight
- Maryland Pediatric Nutrition Surveillance Survey, Ages 2 to <5, Children in WIC: 15.8% obese, 17.1% overweight
- Maryland lacks data for children ages 5 to 12

Sources: Maryland Youth Tobacco Survey, 2006; Maryland Pediatric Nutrition Surveillance Survey, 2009
Cecil County Data

- 69% of adults are overweight and obese
- 35% of children ages 2-5 enrolled in WIC are overweight and obese

Sources: Maryland BRFSS, 2009; Maryland Pediatric Nutrition Surveillance Survey, 2009

360° of Child Health Promotion

Individual-level Prevention

- 5-2-1-Almost None
  - Eating at least five servings of fruits and vegetables a day
  - Watching no more than two hours of screen time a day
  - Getting one or more hours of physical activity a day
  - Drinking almost no sugary beverages

Parents: What you can do!

- You are the most important role model
- Talk to professionals involved in your child's life
  - Physicians
  - Teachers, school nurses
- Focus on family togetherness
  - Family meal time
  - Family activities that get you moving
- Utilize community resources
  - County health department, parks & recreation, youth-based organizations
- Identify what works
  - Talk with your family, friends
  - Share your successes

Committee on Childhood Obesity

- HB 1176 established the Committee in 2008
- Submitted a report of recommendations to Governor and General Assembly in December 2009
- Recommendations focus on:
  - Policy and Environmental Change
  - Health Care
  - Public Awareness
  - Infrastructure

Office of Chronic Disease Prevention Initiatives

- Evidence based demonstration projects
  - We Can!
  - Health department-School system collaboration
- Healthiest Maryland Communities
  - PlanMaryland
  - Maryland Healthy Stores
  - University of Maryland, Baltimore-DHMH collaboration
Let’s Move—America’s Move to Raise a Healthier Generation of Kids
http://www.letsmove.gov/

Offers a variety of resources targeted towards children, parents, elected officials, community leaders, schools, chefs

White House Task Force on Childhood Obesity Report to the President
- Early Childhood
- Empowering Parents & Caregivers
- Healthy Food in Schools
- Access to Healthy, Affordable Food
- Increasing Physical Activity

QUESTIONS?

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