



Childhood Obesity in DuPage County

2018-2019 Annual Report

▶ Healthy Students
Learn Better

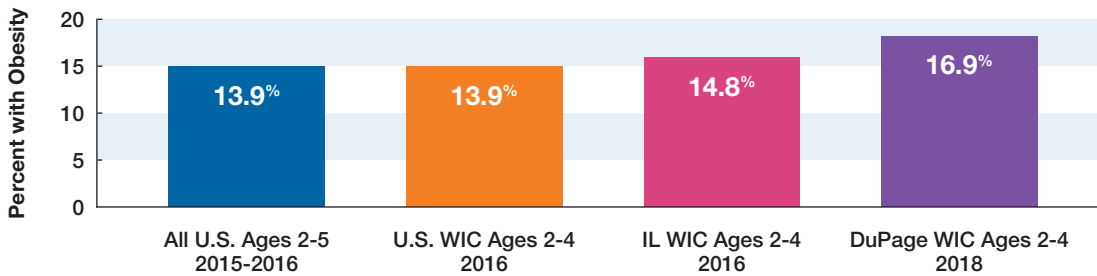
▶ DuPage WIC Obesity Rate
Exceeds U.S. and IL WIC Rates

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Early Childhood

Obesity in DuPage County Children Aged 2 to 4 Years Enrolled in WIC* Compared to National and State Obesity Rates†

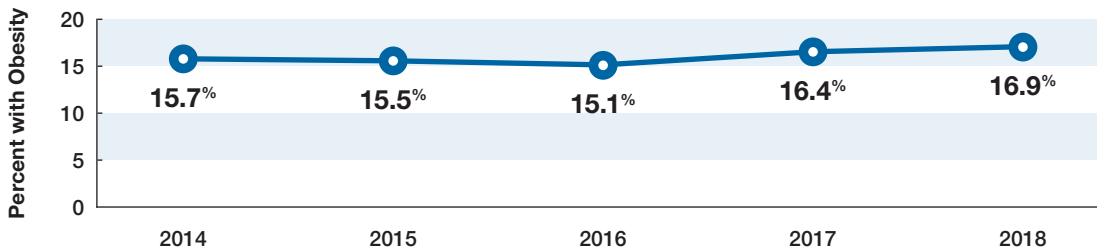


* USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
 † Most recent U.S. and IL data available

WHAT DOES THIS MEAN?

- DuPage County's early childhood obesity rate continues to exceed national and state rates.

Obesity in DuPage County Children Aged 2 to 4 Years Enrolled in WIC*, 2014-2018

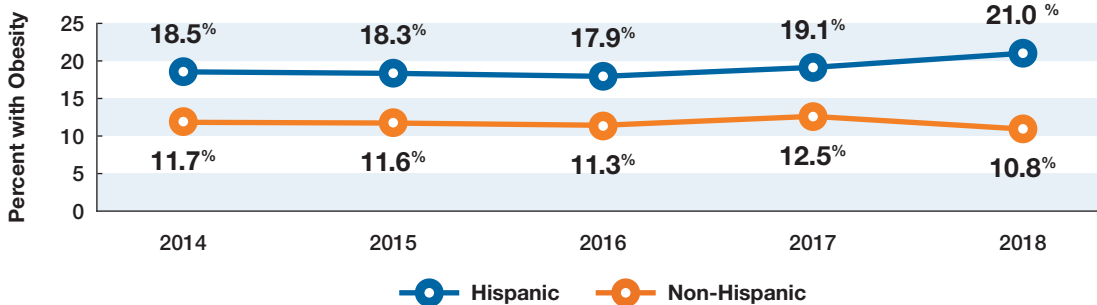


* USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

WHAT DOES THIS MEAN?

- The early childhood obesity rate continues to hold steady in DuPage County.

Obesity in DuPage County Children Aged 2 to 4 Years Enrolled in WIC* by Ethnicity, 2014-2018



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

WHAT DOES THIS MEAN?

- Hispanic children enrolled in WIC experience obesity at higher rates compared to non-Hispanic children in DuPage County.

WHY IS THIS IMPORTANT?

- Having obesity during childhood increases immediate and future health risks.
- Obesity affects some groups more than others and can be associated with age, income, disability, education, gender, race and ethnicity, and geographic region.

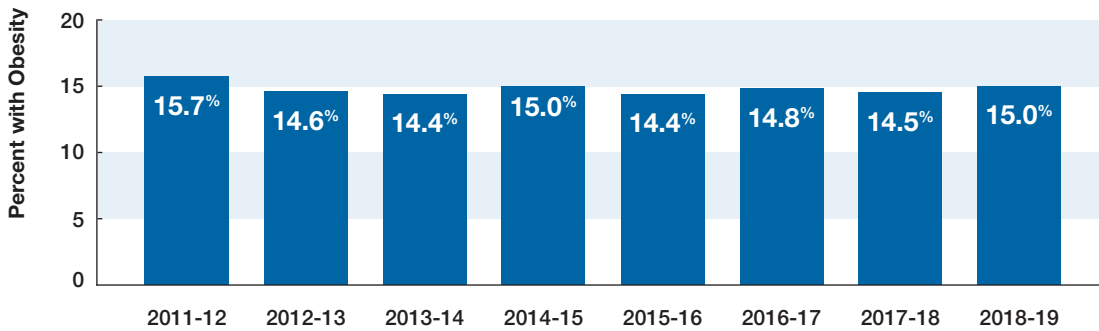


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School-Aged Children

Obesity in DuPage County, Kindergarten, 6th, and 9th Grade Public School Students, 2011-2019[§]



▶ WHAT DOES THIS MEAN?

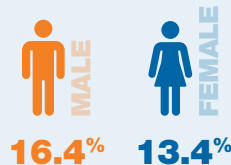
- The obesity rate continues to hold steady in DuPage County school-aged children.
- The 2015-2016 U.S. obesity rate for 2-19-year-olds was 18.5%.

During the 2018-2019 School Year[§]

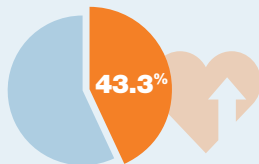
▶ More than **1 in 7** DuPage County school-aged children had obesity.



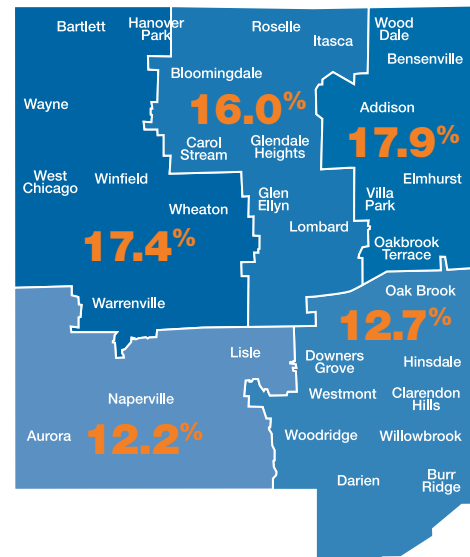
▶ The **MALE** obesity rate was higher than the female rate.



▶ **43.3%** of DuPage County school-aged children with obesity had elevated blood pressure.[¶]



Obesity Rates by Region, 2018-2019



[§] For the 2018-2019 school year, 98.3% of kindergarten, sixth grade, and ninth grade public school classes in DuPage County participated in data collection and submitted data for 30,657 total students. One school district in the Northeast region and one school in the Northwest region opted not to participate this year and are not represented in these data.

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

▶ WHY IS THIS IMPORTANT?

- Childhood obesity tracks into adolescence and adulthood.
- Compared to children with healthy weight, kids who are overweight in kindergarten are 4 times more likely to have obesity by 8th grade.



Preventing Obesity Can Lead to Better Lives for Children, Adolescents, and Adults

- Improved school readiness
- Higher academic achievement
- Higher worker productivity
- Lower risk for adult obesity and many chronic diseases
- Better mental health

Strategies to Prevent Obesity

There is no single or simple solution to the obesity epidemic. It's a complex problem and there has to be a multifaceted approach. Policy makers, state and local organizations, business and community leaders, parents, school, childcare, and healthcare professionals, and individuals must work together to create an environment that supports a healthy lifestyle.

What can early childhood centers do?

- Provide nutritional education to parents.
- Provide a variety of nutritious foods, limiting junk food and sugary drinks at snack time.
- Provide dedicated time for physical activity.
- Complete the Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC) and implement an action plan: <https://gonapsacc.org/>
- Explore and implement culturally appropriate programs and resources with equity and access, to reduce racial and ethnic health disparities.

What can schools do?

- Conduct the School Health Index (SHI) assessment and implement an action plan.
- Assess the district's wellness policy and incorporate improvements.
- Pursue a healthy schools program recognition.

What can parents do?

- Prepare and eat meals together as a family.
- Offer healthy snacks including lots of fruits, vegetables, and whole-grain foods.
- Serve reasonably-sized portions.
- Drink lots of water and cut down on drinks with sugar.
- Don't use food as a reward.
- Be physically active daily as a family.
- Limit screen time to 2 hours per day.
- Be a role model for your child.

What can healthcare providers do?

- Healthcare providers and health systems can address unhealthy weight gain before it causes serious health problems. The US Preventive Services Task Force (USPSTF) recommends that **children and adolescents aged 6 years and older be screened for obesity, and those with obesity be offered or referred to high-quality weight management programs.**
- Additional information and resources are available at:
 - o www.cdc.gov/obesity/downloads/data/DNPAO-HealthCare-Infographic-201902-508.pdf
 - o www.cdc.gov/obesity/strategies/healthcare/index.html
 - o www.cdc.gov/nccdphp/dnpao/proven-strategies.html

LEARN MORE ABOUT RESOURCES, METHODS, STATISTICS, AND REFERENCES AT:

www.dupagehealth.org/239/Childhood-Obesity



Supporting the FORWARD Initiative

Childhood Obesity in DuPage County. Wheaton (IL): DuPage County Health Department. July 2021.