

Child Weight and Physical Activity

Child Weight

- In 2012, about 10 percent of Washington 8th, 10th and 12th graders were obese based on self-reported height and weight; another 13-14 percent were overweight. Males were more likely than females in all secondary school grades to be overweight or obese.^{1,a}
- Among 10th graders, American Indian/Alaska Natives, Blacks, Hispanics, and Pacific Islanders were more likely than Whites to be overweight or obese.^{1,a}
- Among 10th graders, rates of obesity and overweight were higher in Clallam, Cowlitz, Grant, Grays Harbor, Lewis, Mason, Skagit and Yakima counties compared to the state. Rates were lower in King County.^{1,a}
- Nationally, the percentage of children and adolescents who are defined as overweight has more than doubled since the early 1970s. In 2011, about 13 percent of 9th to 12th graders nationally were obese, and 15 percent were overweight.²
- In 2012, about 42 percent of 8th, 10th and 12th graders reported that they were trying to lose weight. Females were more likely than males to report trying to lose weight.^{1,a,b}
- While WA has no direct data on the entire child/adolescent population ages 2-19 years, the data WA does have for subsets of this population indicate that WA is close to or is already meeting the Healthy People 2020 of reducing the proportion of children and adolescents ages 2 to 19 years who are obese to 14.6 percent.³

Definition: Children are considered obese if they are in the top 5 percent for Body Mass Index (BMI) by age and gender based on growth charts developed by the Centers for Disease Control and Prevention (2004). Children are considered overweight if they are in the top 15 percent but not in the top 5percent.

Physical Activity

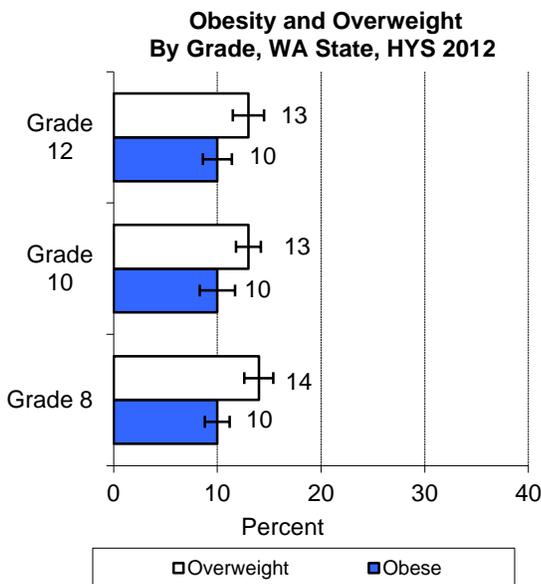
- In 2005, the USDA recommended that children and adolescents exercise for at least 60 minutes every day. The Washington State Department of Health measures this as exercising 60 minutes daily at least 5 days in the past week. In 2012, 58 percent of Washington 6th graders, 56 percent of 8th graders, 51 percent of 10th graders and 47 percent of 12th graders met this recommendation. Boys were more likely than girls to meet this recommendation.^{1,4,c}
- In Washington in 2012, about 72 percent of 8th graders attended at least one physical education class a week, as did 42 percent of 10th graders and 37 percent of 12th graders.^{1,d}

Obesity Risk Factors

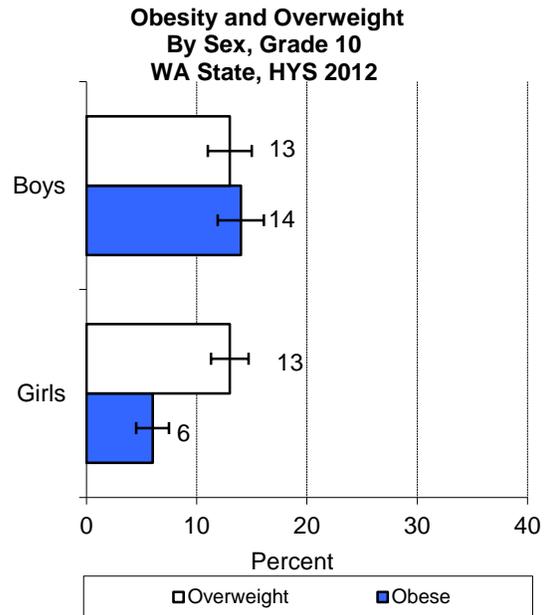
- In 2012, 7 percent of 6th graders, 9 percent of 8th graders, 11 percent of 10th graders and 12 percent of 12th graders reported drinking two or more sodas on the previous day. Males in all grades were more likely than females to drink two or more sodas on the previous day.^{1,e}
- The percentage of students who reported eating dinner with their family decreased with age. Seventy-seven percent of 6th graders reported eating dinner with their family most of the time or always, compared to 68 percent of 8th graders, 60 percent of 10th graders, and 53 percent of 12th graders.^{1,f}
- 8th and 10th graders who reported eating dinner with their family most of the time or always were less likely to be overweight or obese.^{1,a,f}

- In all grades, students who reported that their families had to skip or reduce the size of meals due to cost were more likely to be overweight or obese than students who did not report experiencing food insecurity. ^{1,a,g}
- In 2012, about 73 percent of 8th graders, 75 percent of 10th graders and 75 percent of 12th graders reported watching television less than three hours on an average school day. The Healthy People 2020 objective is to increase the proportion of adolescents who view television less than 3 hours on a school day to 75 percent. ^{1,3,h}
- In 2012, 51 percent of 8th graders reported three or more hours of screen time on an average school day (either watching television or playing video games or using a computer for fun), as did 50 percent of 10th graders and 48 percent of 12th graders. Boys in all grades were more likely than girls to report three or more hours of daily screen time. ^{1,h,i}
- In all grades, students with three or more hours of screen time daily were more likely than students with less screen time to be overweight or obese. ^{1,a,g,i}

Obesity and Overweight by Grade ^{1,a}

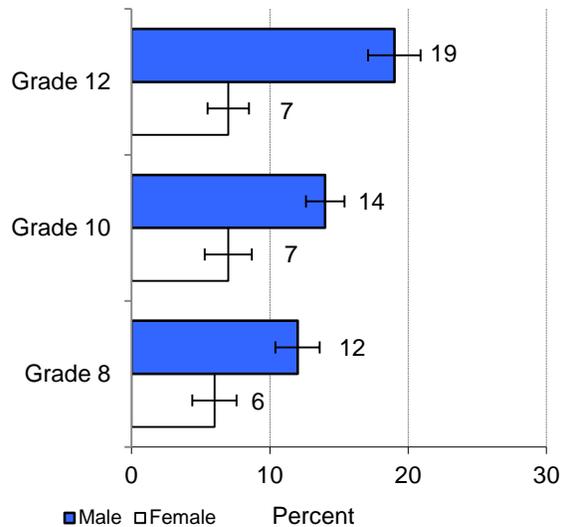


Sex ^{1,a}

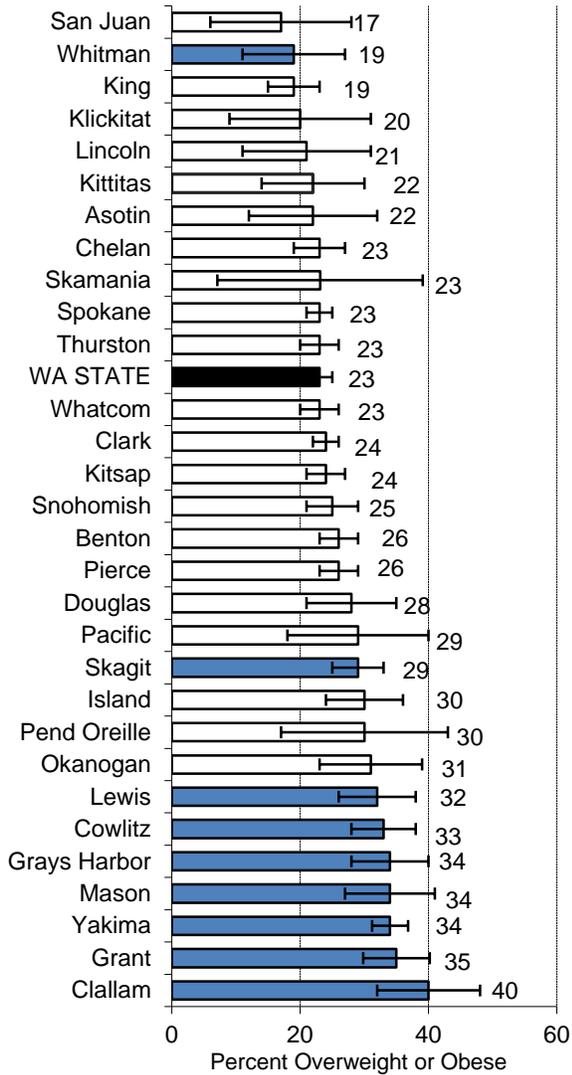


Two or More Sodas/Day by Grade and Sex ^{1,e}

Percent of Students who Drank Two or More Sodas/Day, by Grade and Sex, WA HYS 2012



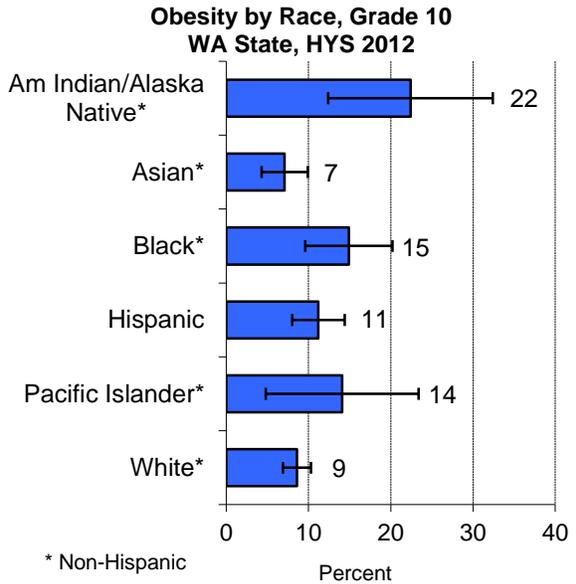
**Percent Obese or Overweight
by County, HYS 2012**



County rate not reported for Columbia, Ferry, Garfield, Jefferson and Wahkiakum counties because they had a relative standard error $\geq 30\%$. County rate not reported for Adams and Franklin counties because only one district participated. County rate not reported for Stevens and Walla Walla counties because participation was below 40%.

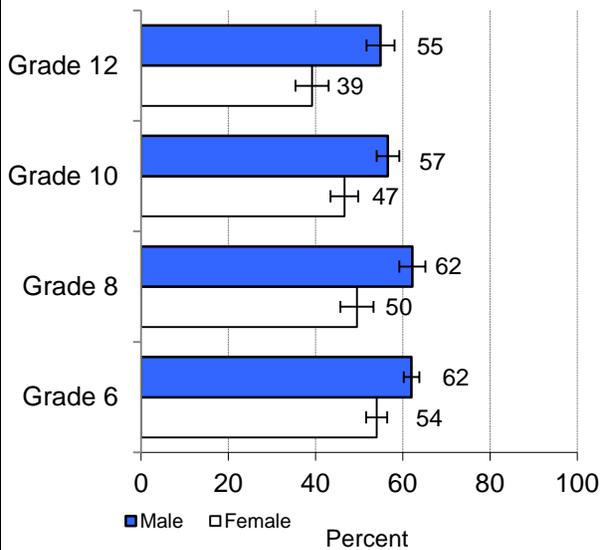
 Significantly different from state based on significance testing

Obesity by Race^{1,a}



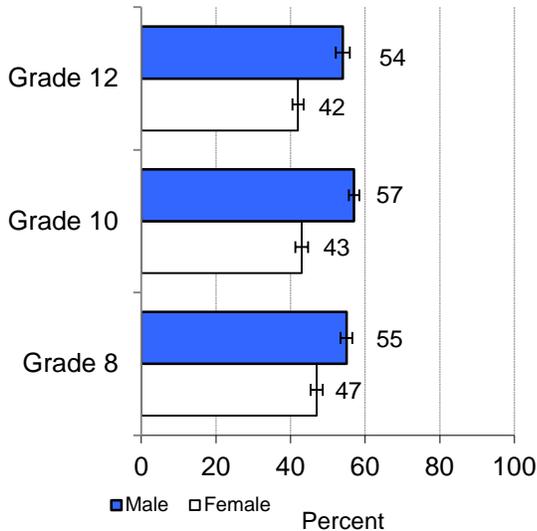
60 Minutes Physical Activity^{1,c}

**Percent of Students with 60 Minutes or More
Physical Activity 5 or More Days a Week
by Grade and Sex, WA HYS 2012**



Screen time by Grade and Sex^{1,h,i}

Percent of Students with 3 or More Hours Screenshot on Average School Day by Grade and Sex, WA HYS 20102



Data Sources

1. Washington State Healthy Youth Survey (2012). Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, Liquor Control Board and Commerce. Website: <http://www.askhys.net>
2. Centers for Disease Control and Prevention, Youth Risk Behavioral Survey Online data query accessed at: <http://apps.nccd.cdc.gov/youthonline/App/Default.aspx>
3. U.S. Department of Health and Human Services. Healthy People 2020. Washington, DC: U.S. Government Printing Office. Retrieved December 2012, from <http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=24#6378>
4. U.S. Department of Health and Human Services. (2005, January). *Dietary Guidelines for Americans, 2005*. 6th edition. Washington, DC: U.S. Government Printing Office. Accessed online at <http://www.health.gov/dietaryguidelines/dga2005/document/default.htm>

End notes

- a. Based on questions: “What is your height?” and “What is your weight?”
- b. Based on question: “Which of the following are you trying to do about your weight? [I am not trying to do anything about my weight; Lose weight; Gain weight; Stay the same weight.]”
- c. Based on question: “In the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? [0 days; 1 day; 2 days; 3 days; 4 days; 5 days; 6 days; 7 days.]”
- d. Based on question: “In an average week when you are in school, on how many days do you go to Physical Education (PE) class? [0 days; 1 day; 2 days; 3 days; 4 days; 5 days.]”
- e. Based on question: “How many sodas or pops did you drink yesterday? (Do not count diet soda.) [0; 1; 2; 3; 4 or more.]”
- f. Based on question: “How often do you eat dinner with your family? [Never; Rarely; Sometimes; Most of the time; Always.]”
- g. Based on question: “How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn’t enough money for food? [Almost every month; Some months but not every month; Only 1-2 months; Did not have to skip or cut the size of meals.]”
- h. Based on question: “On an average school day, how many hours do you watch TV, including videos and DVD? [I do not watch TV on an average school day; Less than 1 hour per day; 1 hour per day; 2 hours per day; 3 hours per day; 4 hours per day; 5 or more hours per day.]”
- i. Based on question: “On an average school day, how many hours do you play video games or use a computer for fun? [Less than 1 hour per day; 2 hours per day; 3 hours per day; 4 hours per day; 5 or more hours per day.]”
- j. Hispanic is treated as a separate racial category. American Indian/Alaska native, Asian, Black, NHOPI and White are all non-Hispanic.

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