

# Child Weight and Physical Activity

*Publicly funded services to address Child Weight and Physical Activity are described in Immunization Program CHILD Profile, Nutrition Services, Early and Periodic Screening, Diagnosis and Treatment, and School-Based Health Centers.*

## **Child Weight<sup>a</sup>**

- In 2006, about 10-11 percent of Washington 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> graders were obese based on self-reported height and weight. About another 14 percent were overweight. Males were more likely than females in all grades to be obese.<sup>1</sup>
- Among 10<sup>th</sup> graders from 2004 and 2006, Native Hawaiian or Pacific Islanders, American Indians and Blacks were more likely than other groups to be obese.<sup>1</sup>
- From 2002 to 2006, there was a small increase in the percent of 12<sup>th</sup> graders reporting they were obese or overweight (from 21 to 26 percent). There were no changes in other grades.<sup>1</sup>
- Nationally, the percentage of children and adolescents who are defined as obese has more than doubled since the early 1970s. In 2005, about 14 percent of 10<sup>th</sup> graders nationally were obese, and 15 percent were overweight.<sup>2</sup>

## **Physical Activity**

- Younger students are more likely to report vigorous cardiovascular exercise. In 2006, about 80 percent of 6<sup>th</sup> and 8<sup>th</sup> graders, 68 percent of 10<sup>th</sup> graders, and 61 percent of 12<sup>th</sup> graders reported they met the recommendation for vigorous physical activity (at least 20 minutes 3 or more days a week). The Healthy People 2010 target is for 85 percent of adolescents to engage in vigorous physical activity. Nationally 71

**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). Students are considered overweight if they are in the top 15 percent but not in the top 5%.

percent of 10<sup>th</sup> graders met the recommendation in 2005.<sup>1,2,3</sup>

- In all grade, boys were more likely than girls to engage in vigorous physical activity. Among 10<sup>th</sup> graders, 75 percent of boys compared to 62 percent of girls met the recommendations for vigorous physical activity.<sup>1</sup>
- In 2005, the USDA recommended that children and adolescents exercise for at least 60 minutes every day. In 2006, 22 percent of Washington 8<sup>th</sup> graders, 19 percent of 10<sup>th</sup> graders, and 15 percent of 12<sup>th</sup> graders exercised for at least 60 minutes every day. Boys were twice as likely as girls to meet this recommendation (Data not shown).<sup>1,4</sup>
- In Washington, younger students were more likely to report that they attended a physical education class in an average week. About 74 percent of 8<sup>th</sup> graders in 2006 attended at least one physical education class a week compared to about 42 percent of 12<sup>th</sup> graders (Data not shown).<sup>1</sup>

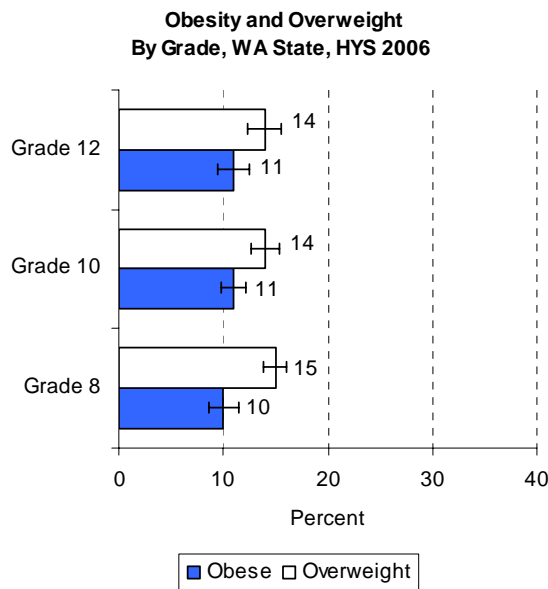
## **Nutrition and Screen Time**

- In 2006, about 11 percent of 6<sup>th</sup> graders, 15 percent of 8<sup>th</sup> graders, and about 20 percent of 10<sup>th</sup> and 12<sup>th</sup> graders reported drinking two or more sodas the previous day. (Data not shown)<sup>1</sup>
- Students who regularly eat dinner with their family are 1.4 times more likely to eat 5 or more fruits and vegetables a day, and are 2 times less likely to have had two or more sodas on the previous day (Data not shown).<sup>1</sup>
- The percent of students drinking two or more sodas a day has decreased for all ages

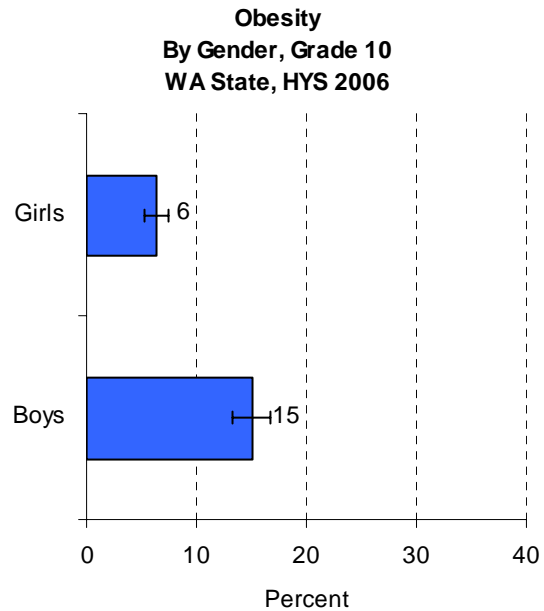
since 2002 while the percent eating five or more fruits and vegetables a day has shown no significant change.<sup>1</sup>

- In 2006, about 70 percent of 8<sup>th</sup> and 10<sup>th</sup> graders and 74 percent of 12<sup>th</sup> graders reported watching television less than three hours on an average school day. The Healthy People 2010 objective is to increase the proportion of adolescents who view television less than 3 hours on a school day to 75 percent.<sup>1,3</sup>
- In 2006, about 53 percent of students in 8<sup>th</sup> and 10<sup>th</sup> graders and 46 percent of 12<sup>th</sup> 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). Boys in 10<sup>th</sup> and 12<sup>th</sup> grade were twice as likely to report three or more hours a day of screen time than girls.<sup>1</sup>
- Students in Grades 10 and 12 with three or more hours of screen time a day during school days were about twice as likely to be obese as students with less than three hours of screen time a day.<sup>1</sup>

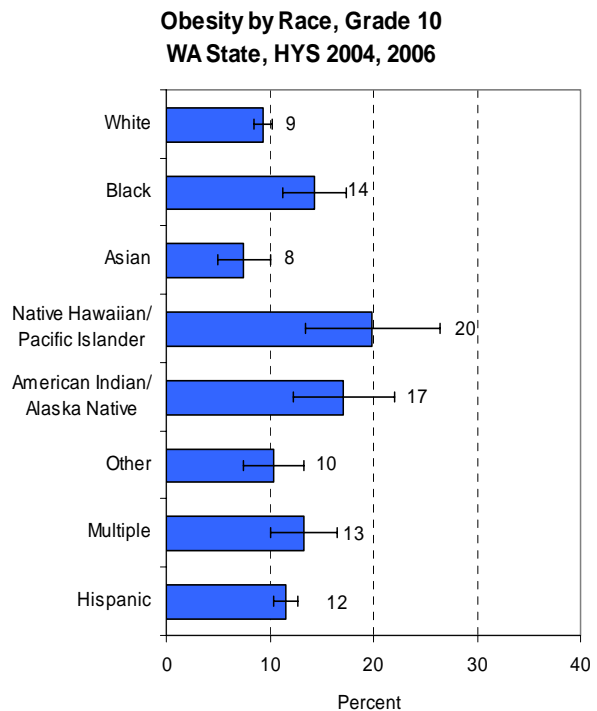
### Grade<sup>1</sup>



### Gender<sup>1</sup>



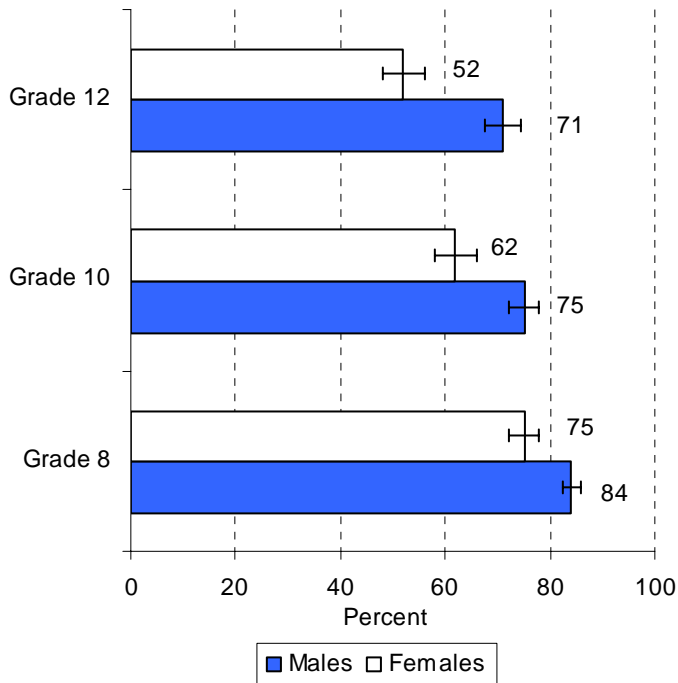
### Race and Ethnicity<sup>1</sup>



\*In the Healthy Youth survey, Hispanic ethnicity is asked in the same question as race. Students are asked to choose one or more races, including Hispanic ethnicity, as appropriate.

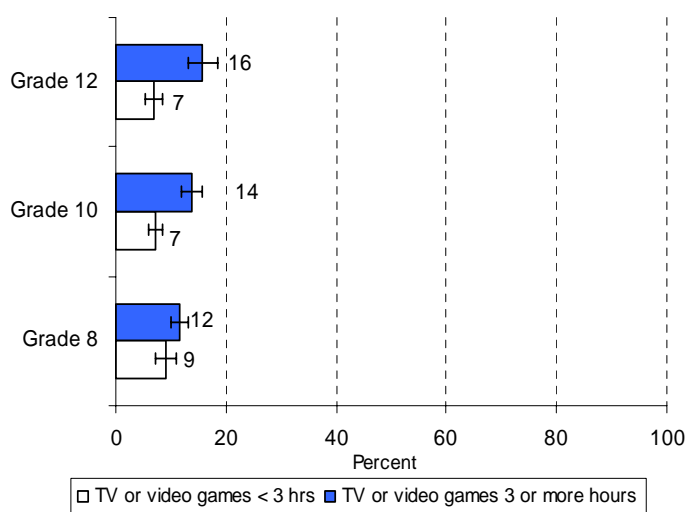
## Vigorous Physical Activity<sup>1</sup>

**Percent Youth Reporting Vigorous Physical Activity During Past Week by Gender and Grade, WA HYS 2006**



## Screen time\* by Obesity<sup>1</sup>

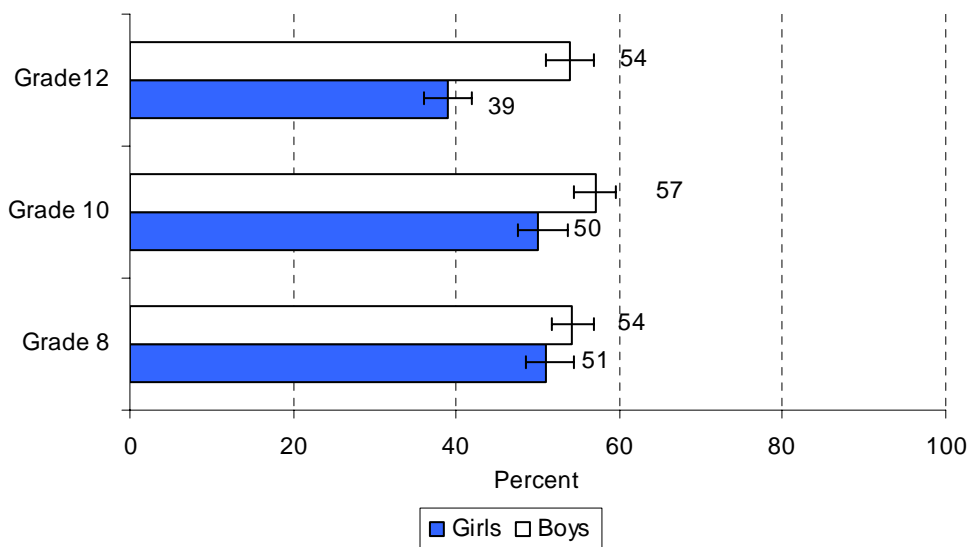
**Percent of Students That Were Obese By Screentime\* on Average School Day by Grade, WA, HYS 2006**



\*Total Hours of Television Watched, Video Games Played or Computer Used for fun on Average School Day

## Screen time by Grade and Gender<sup>1</sup>

**Percent of Students with Three or More Hours Screentime\* on Average School Day by Grade and Gender, WA HYS 2006**



\* Total Hours of Television Watched, Video Games Played or Computer Use for fun on Average School Day

### Data Sources

1. Washington State Healthy Youth Survey Analytic Reports 2002 and 2004 and 2006. Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Department of Community, Trade, and Economic Development and RMC Research Corporation. Online website: <https://fortress.wa.gov/doh/hys/>
2. Department of Health and Human Services, Center for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Youth Risk Behavior Surveillance System (YRBSS). Website: <http://www.cdc.gov/mmwr/PDF/SS/SS5505.pdf>

3. Department of Health and Human Services (US). Healthy People 2010: Understanding and Improving Health. 2<sup>nd</sup> edition. Washington, DC: US Government Printing Office; November 2000.
4. Dietary Guidelines for Americans 2005. Accessed at: <http://www.health.gov/dietaryguidelines/dga2005/document/default.htm>

Endnotes

- a. Significance from the Healthy Youth Survey is based on chi-square testing with significance at  $p < 0.05$ .