

Youth Weight Status

Key Findings

The 2005 Health Assessment identified that 11% of Sandusky County youth were overweight according to body mass index (BMI) by age for males and females. When asked how they would describe their weight, 27% of Sandusky County youth reported that they were slightly or very overweight. Females (62%) were more likely than males to try to lose weight. In 2001, the Office of the Surgeon General reported that an increase in sedentary lifestyles and intake of high-calorie foods was contributing to the increase in overweight or obese children and adults in the U.S.

Youth Weight Control

- ◆ In 2005, 11% of Sandusky County youth were classified as overweight by body mass index (BMI) calculations. Conversely, 27% of youth described themselves as being either slightly or very overweight.
- ◆ 59% of youth described their weight as about the right weight, 22% as slightly overweight, and 5% as very overweight.
- ◆ Just under half (48%) of all Sandusky County youth were trying to lose weight (2003 YRBS reported 45% for the U.S.) increasing to 62% of Sandusky County female youth (compared to 29% of males).
- ◆ In the past 30 days, half (50%) of high school youth ate less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight. 16% reported going without eating for 24 hours or more. Also, 6% of all youth admitted to vomiting or taking laxatives to lose or keep from gaining weight increasing to 8% with females. An additional 7% of high school youth took diet pills, powders, or liquids without a doctor's advice to lose weight.
- ◆ In 2005, 32% of youth had eaten fruit at least once per day in the past week, 11% had eaten green salad, 13% had eaten potatoes, 12% had eaten carrots, 28% had eaten other vegetables, and 56% reported drinking at least one glass of milk.
- ◆ Over four-fifths (84%) of youth participated in at least 20 minutes of physical activity that made them sweat or breathe hard for three or more days in the past week (2003 YRBS reported 63% for U.S.).
- ◆ Under one-third (32%) of youth participated in physical education (PE) classes on 5 days of the week. Conversely, 55% of youth did not participate in any PE classes in an average week.
- ◆ Over one-third (34%) of Sandusky County youth spent three or more hours watching television on an average school day. Youth, ages 14-16, watched less TV (29% spent three or more hours on an average school day) than the other age groups (41% of ages 11-13 and 34% of ages 17-18).
- ◆ In 2001, national guidelines recommended that middle school and high students receive 225 minutes of physical activity per week. (Source: National Association for Sports and Physical Education)

U.S. School Physical Activity Facts:

- ❖ In 2000, only 6-8% of senior, middle, and elementary schools provided daily physical education for the entire school year for students in all grades.
- ❖ Only 49% of all schools offered intramural activities or physical activity clubs for students.
- ❖ In 2003, 62.6% of high school students participated in vigorous physical activity on three or more days a week; 24.7% participated in moderate physical activity on five or more days a week.

(Sources: CDC, School Health Policies and Programs Study, 2000; CDC YRBS, 2003)

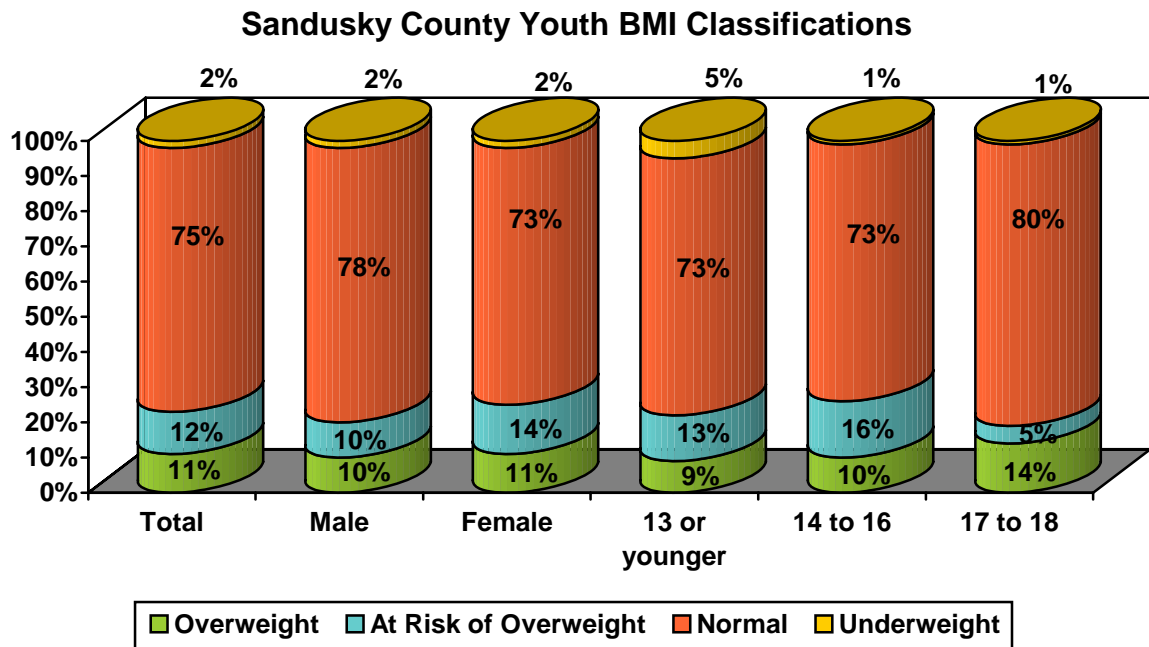
Overweight Adolescents

- ❖ According to the 1999-2000 National Health and Nutrition Examination Survey, 16% of adolescents ages 12-19 were overweight in the U.S.
- ❖ The Healthy People 2010 national goal is to reduce the number of overweight children to 5%.
- ❖ U.S. teenagers are more likely to be overweight than are teens from 14 other industrialized nations.
- ❖ Overweight adolescents have an increased likelihood of being overweight during adulthood.

(Source: NIH/National Institute of Child Health and Human Development 2005-01-09)

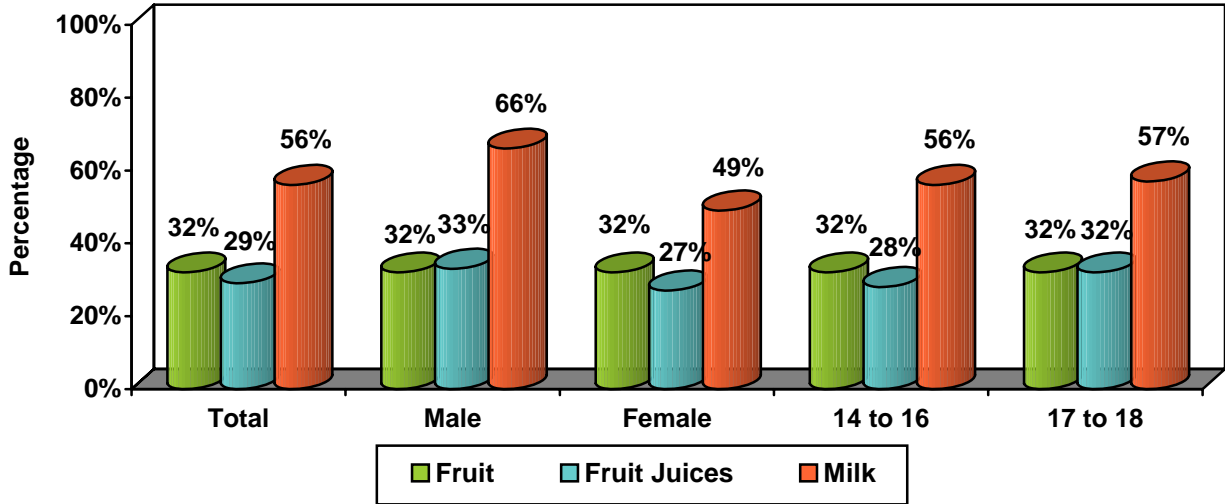
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The following graphs show the percentage of Sandusky County youth who were classified as overweight, at risk for overweight, normal, or underweight by body mass index (BMI), and the percentage who were eating fruits or vegetables and drinking milk at least once a day. Examples of how to interpret the information in the first graph include: 75% of all Sandusky County youth were classified as normal weight, 11% were overweight, 12% were at risk for being overweight, and 2% were calculated to be underweight for their age and gender.



Youth Weight Control

Percent of Sandusky County High School Youth Eating Fruits and Drinking Milk At Least Once Per Day



Percent of Sandusky County High School Youth Eating Green Salad, Carrots, Potatoes, and Other Vegetables At Least Once Per Day

