

## 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

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## Obesity, Chronic Conditions, and Complications

Obesity is just the tip of the iceberg!

<b>Obesity</b>	
<b>Chronic Conditions</b>	
Hypertension	
Hypercholesterolemia	
Diabetes	
<b>Complications</b>	
Heart Failure	Blindness
Heart Attack	Kidney Failure
Stroke	Amputations

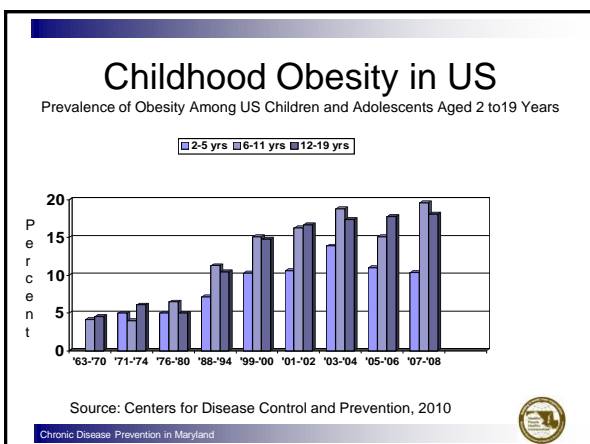
Source: Maryland Student Fitness Task Force Report, 2008

## 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

Centers for Disease Control and Prevention (CDC), 2010

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## 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

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## Cecil County Data

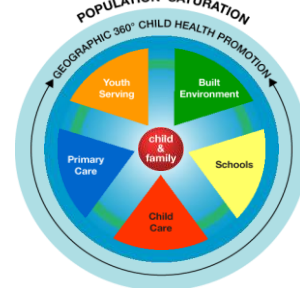
- 69% of adults are overweight and obese
- 35% of children ages 2-5 enrolled in WIC are overweight and obese

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

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## 360° of Child Health Promotion



Source: [http://www.healthaffairs.org/issue\\_briefings/2010\\_03\\_02\\_childhood\\_obesity/media/slides.pdf](http://www.healthaffairs.org/issue_briefings/2010_03_02_childhood_obesity/media/slides.pdf)

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## 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



Nemours (<http://www.nemours.org/service/preventive/nhps/521an.html>)

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## 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



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## 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

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## 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

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## Let's Move



- 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



## Let's Move



- 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



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## QUESTIONS?

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