

Youth Weight Status

Key Findings

The 2009 assessment identified that 15% of Allen County youth were obese, according to Body Mass Index (BMI) by age for males and females. When asked how they would describe their weight, 29% of Allen County youth reported that they were slightly or very overweight. Females (59%) were more likely to be trying to lose weight.

BMI-for-age

❖ BMI is used differently in children than with adults. The CDC uses BMI-for-age, which is gender and age specific as children’s body fatness changes over the years as they grow. In children and teens, body mass index is used to assess underweight, normal, overweight, and obese. (Source: CDC)

Youth Weight Control

- ◆ In 2009, 15% of all youth were classified as obese by Body Mass Index (BMI) calculations. 14% of Allen County high school youth were obese (2007 YRBS reported 12% for Ohio and 13% for the U.S.). 17% of youth were classified as overweight, 66% were normal weight, and 2% were underweight.
- ◆ 29% of all youth described themselves as being either slightly or very overweight. 28% of high school youth described themselves the same (2007 YRBS reported 30% for Ohio and 29% for the U.S.).
- ◆ Over two-fifths (43%) of all Allen County youth were trying to lose weight increasing to 59% of Allen County female youth (compared to 29% of males). 39% of Allen County high school youth were trying to lose weight (2007 YRBS reported 47% for Ohio and 45% for the U.S.)
- ◆ In the past 30 days, 14% of all Allen County youth reported going without eating for 24 hours or more. 12% of Allen County high school youth went without eating for 24 hours or more (2007 YRBS reported 11% for Ohio and 12% for the U.S.). 4% of all Allen County youth took diet pills, powders, or liquids without a doctor’s advice to lose weight. 4% vomited or took laxatives to lose weight.

Physical Activity

- ◆ 71% of youth participated in at least 60 minutes of physical activity three or more days in the past week. Half (50%) participated in at least 60 minutes of physical activity five or more days in the past week and 31% participated in 60 minutes of physical activity every day in the past week.
- ◆ Allen County youth spent an average of 2.6 hours watching TV, 1.3 hours playing video games, and 1.9 hours on the computer on an average day of the week. 43% of all youth spent 3 or more hours watching TV on an average day of the week (2007 YRBS reported 32% for Ohio and 35% for the U.S.)

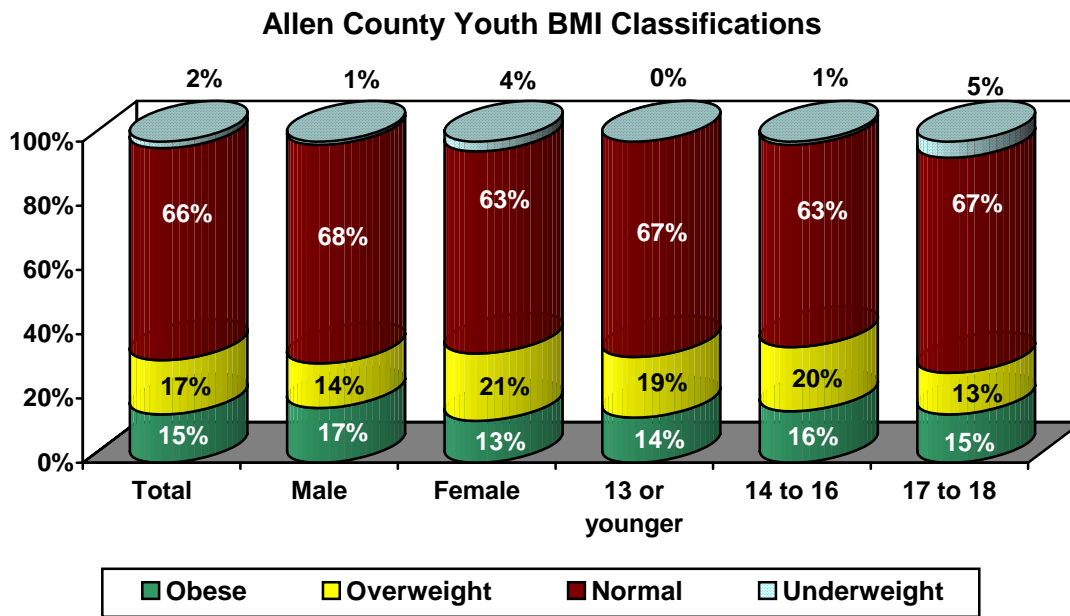
Nutrition

- ◆ 33% of youth ate fruit or drank 100% fruit juices at least once per day in the past week, 37% had eaten vegetables such as green salad, carrots and potatoes, and 53% drank at least one glass of milk.
- ◆ Allen County youth ate out in a restaurant or ate take-out food an average of 2.8 times in the past week.

| Youth Comparisons | Allen County 2009 (6 th -12 th) | Allen County 2009 (6 th - 8 th) | Allen County 2009 (9 th -12 th) | Ohio 2007 (9 th -12 th) | U.S. 2007 (9 th -12 th) |
|---|--|--|--|--|--|
| Obese | 15% | 17% | 14% | 12% | 13% |
| Went without eating for 24 hours or more | 14% | 18% | 12% | 11% | 12% |
| Trying to lose weight | 43% | 53% | 39% | 47% | 45% |
| Spent 3 or more hours watching TV | 43% | 48% | 40% | 32% | 35% |
| Described themselves as slightly or very overweight | 29% | 32% | 28% | 30% | 29% |

Youth Weight Control

The following graph shows the percentage of Allen County youth who were classified as obese, overweight, normal, or underweight by Body Mass Index (BMI). The table shows the unhealthy ways youth lost weight. Examples of how to interpret the information in the first graph include: 15% of Allen County youth were classified as obese, 17% were overweight, 66% were normal weight, and 2% were calculated to be underweight for their age and gender.



Source: 2009 Allen County Health Risk and Community Needs Assessment

| Allen County Youth did the following to lose weight in the past 30 days: | Percent |
|--|---------|
| Went without eating for 24 hours | 14% |
| Took diet pills, powders, or liquids without a doctor's advice | 4% |
| Vomited or took laxatives | 4% |

Source: 2009 Allen County Health Risk and Community Needs Assessment

Obese Adolescents

- ❖ Obese adolescents have a 70% chance of being overweight or obese as adults. If the parents are overweight as well, the risk increases to 80%.
- ❖ Poor self-esteem and depression are additional consequences of childhood obesity.
- ❖ Sedentary activities, such as television, computer and video games, contribute to the children's inactive lifestyles.
- ❖ Youth who are obese have an increased frequency for heart disease, diabetes, and other health problems than those children who have a healthy weight.

(Source: Surgeon General's Call to Action To Prevent and Decrease Overweight and Obesity 2001 and 2007 YRBS)