

Youth Weight Status

Key Findings

The 2008 Health Assessment identified that 14% of Auglaize County youth were obese, according to Body Mass Index (BMI) by age for males and females. When asked how they would describe their weight, 30% of Auglaize County youth reported that they were slightly or very overweight. Females (58%) were more likely to be trying to lose weight.

Youth Weight Control

- ◆ 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.
- ◆ In 2008, 14% of youth were classified as obese by Body Mass Index (BMI) calculations (2007 YRBS reported 12% for Ohio and 13% for the U.S.). 13% of youth were classified as overweight, 71% were normal weight, and 2% were underweight.
- ◆ 30% of youth described themselves as being either slightly or very overweight (2007 YRBS reported 30% for Ohio and 29% for the U.S.)
- ◆ Almost two-fifths (42%) of all Auglaize County youth were trying to lose weight (2007 YRBS reported 47% for Ohio and 45% for the U.S.) increasing to 58% of Auglaize County female youth (compared to 35% of males).
- ◆ In the past 30 days, 11% of all Auglaize County youth (2007 YRBS reported 11% for Ohio and 12% for the U.S.) and 18% of females reported going without eating for 24 hours or more. 5% of all Auglaize County youth took diet pills, powders, or liquids without a doctor's advice to lose weight. 3% vomited or took laxatives to lose weight.
- ◆ 37% of youth had drunk 100% fruit juices at least once per day in the past week, 41% had eaten vegetables such as green salad, carrots and potatoes, and 63% drank at least one glass of milk.
- ◆ 72% of youth participated in at least 20 minutes of physical activity that made them sweat or breathe hard on three or more days in the past week.
- ◆ 55% of youth participated in at least 30 minutes of physical activity that did not make them sweat or breathe hard on three or more days in the past week.
- ◆ Auglaize County youth spent an average of 2.3 hours watching TV, 0.9 hours playing video games, and 1.8 hours on the computer on an average day of the week. 43% of 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.)

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 2005, 64.1% of high school students participated in vigorous physical activity on three or more days a week; 26.5% participated in moderate physical activity on five or more days a week. (Sources: CDC, School Health Policies and Programs Study. 2000: CDC YRBS. 2005)

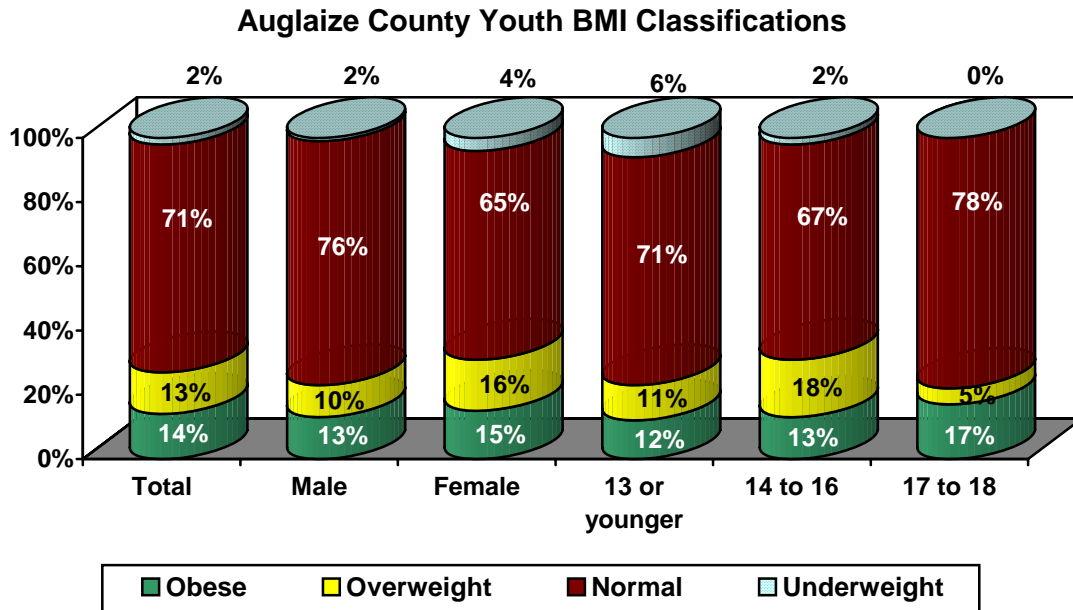
Obese Adolescents

- ❖ 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)

Youth Weight Control

The following graph shows the percentage of Auglaize 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: 71% of all Auglaize County youth were classified as normal weight, 14% were obese, 13% were overweight, and 2% were calculated to be underweight for their age and gender.



Auglaize County Youth did the following to lose weight in the past 30 days:	Percent
Went without eating for 24 hours	11%
Took diet pills, powders, or liquids without a doctor's advice	5%
Vomited or took laxatives	3%