

CHILDHOOD OBESITY IN DUPAGE COUNTY

Having Obesity
During Childhood
Increases Health Risks

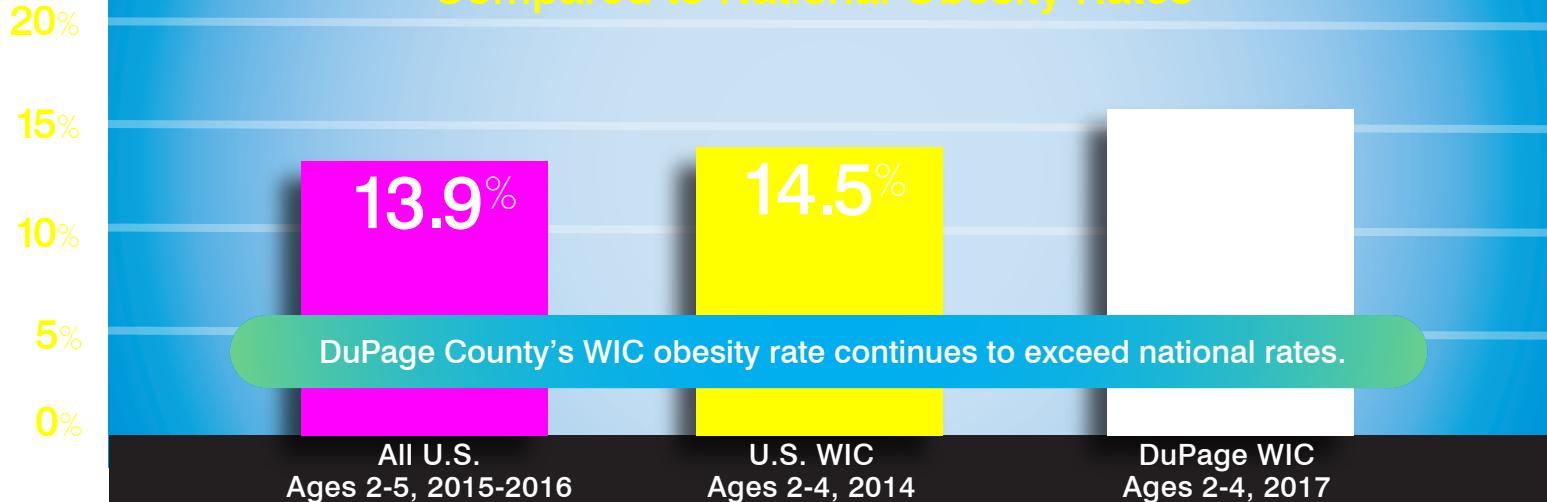
Healthy Students
Are Better Learners



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EARLY CHILDHOOD

Obesity in DuPage County Children Aged 2 to 4 Years Enrolled in WIC* Compared to National Obesity Rates[†]



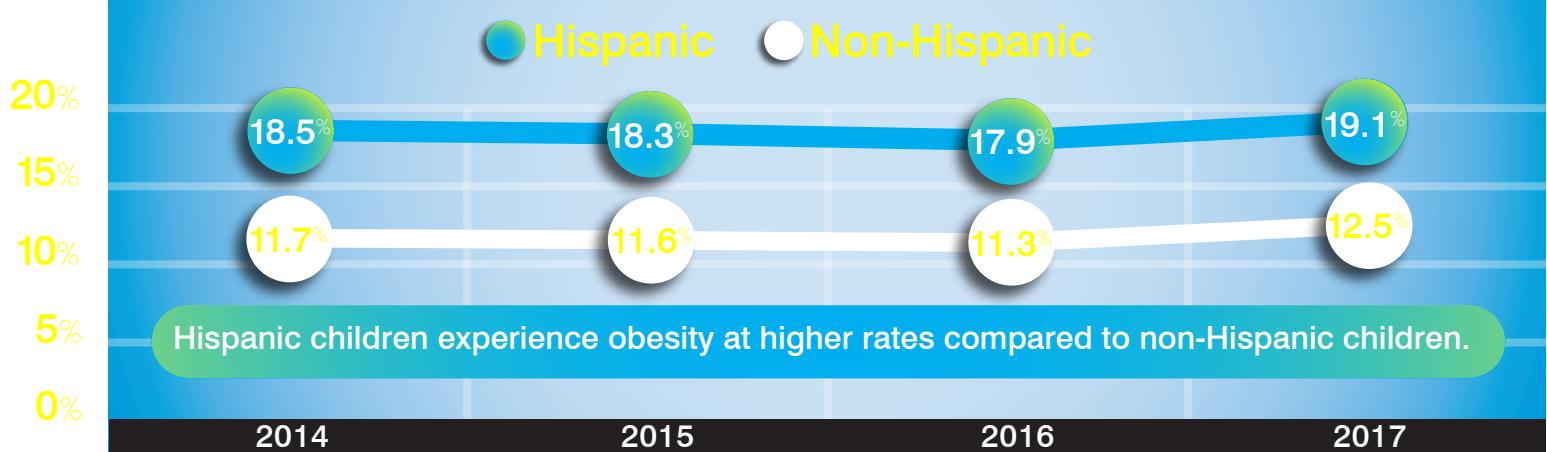
*USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) [†]Most recent U.S. data available

Obesity in DuPage County Children Aged 2 to 4 Years Enrolled in WIC*, 2014 - 2017



*USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

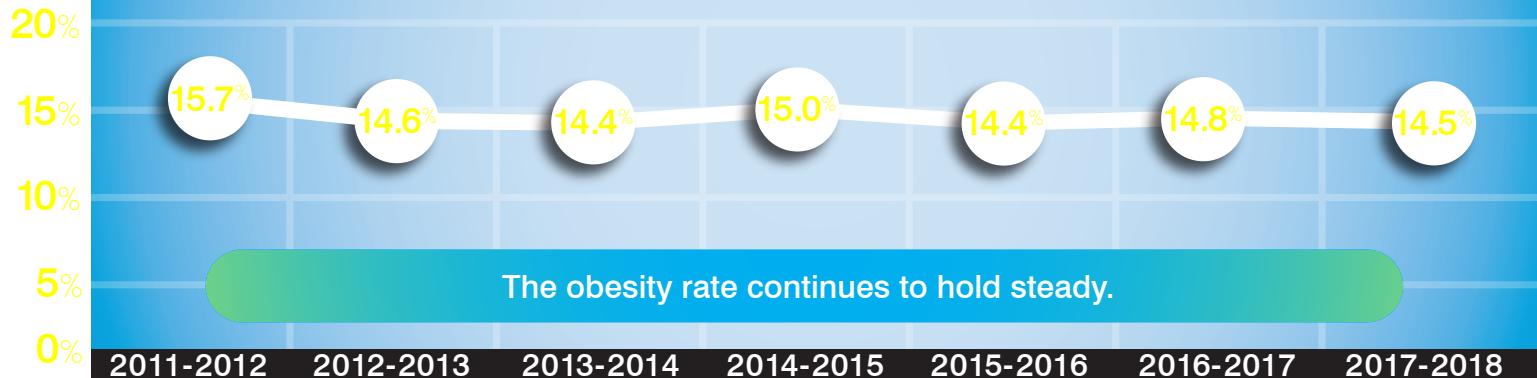
Obesity in DuPage County Children Aged 2 to 4 Years Enrolled in WIC* by Ethnicity, 2014 - 2017



*USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

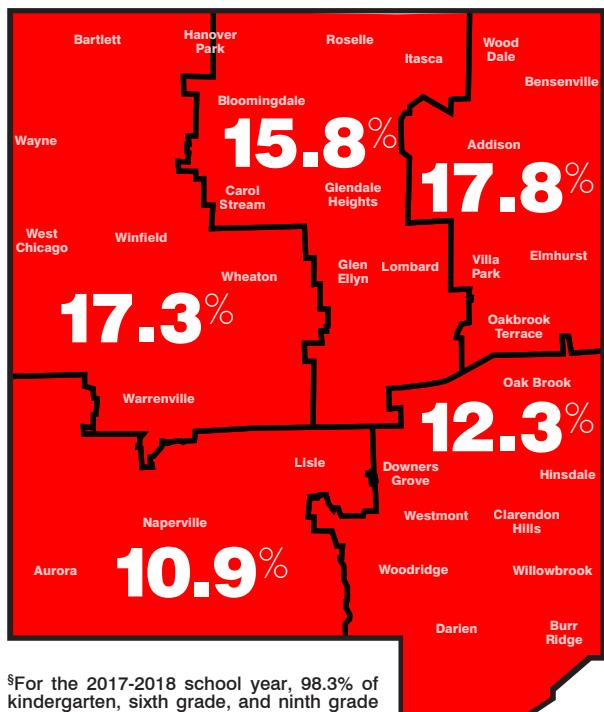
SCHOOL-AGED CHILDREN

Obesity in DuPage County, Kindergarten, 6th, and 9th Grade Public School Students, 2011 - 2018[§]



DURING THE 2017-2018 SCHOOL YEAR[§]:

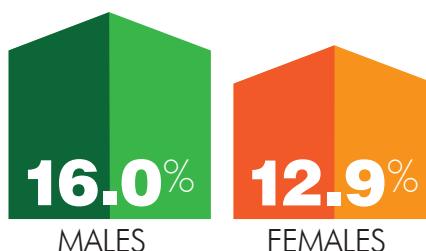
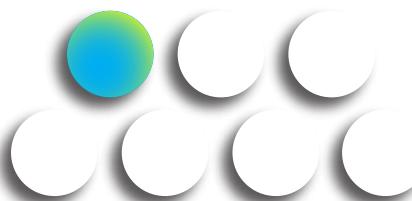
OBESITY RATES BY REGION



[§]For the 2017-2018 school year, 98.3% of kindergarten, sixth grade, and ninth grade public school classes in DuPage County participated in data collection and submitted data for 30,833 total students. One school district in the Northeast region and one school in the Southwest region opted not to participate this year and are not represented in these data.

[∞]One elevated blood pressure reading is not a diagnosis of hypertension and should be discussed with the child's doctor.

42.5%
of students
with obesity
had elevated
blood pressure.[∞]



The male
obesity rate was
higher than the
female rate.

Childhood obesity tracks into adolescence and adulthood.

Compared to children with healthy weight, kids who are overweight in kindergarten are 4 times more likely to have obesity by 8th grade.

Obesity affects some groups more than others and can be associated with age, income, disability, education, gender, race and ethnicity, and geographic region.

**WHY IS THIS
IMPORTANT?**

HAVING OBESITY DURING CHILDHOOD INCREASES IMMEDIATE AND FUTURE HEALTH RISKS

13 types of cancer

Adult obesity

Bullying, stigma

Lower self-reported quality of life

Problems with joints and muscles



WHAT CAN EARLY CHILDHOOD CARE CENTERS DO?

- Provide nutritional education to parents.
- Provide a variety of nutritious foods, limiting junk food and sugary drinks at snack time.
- Provide dedicated time for physical activity.
- Complete the Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC) and implement an action plan: <https://gonapsacc.org>

WHAT CAN SCHOOLS DO?

- Conduct the School Health Index (SHI) assessment and implement an action plan.
- Assess the district's wellness policy and incorporate improvements.
- Pursue a healthy schools program recognition.

WHAT CAN PARENTS DO?

- Prepare and eat meals together as a family.
- Offer healthy snacks including lots of fruits, vegetables, and whole-grain foods.
- Serve reasonably-sized portions.
- Drink lots of water and cut down on drinks with sugar.
- Don't use food as a reward.
- Be physically active daily as a family.
- Limit screen time to 2 hours per day.
- Be a role model for your child.

Learn more about resources, methods, statistics, and references at:

www.dupagehealth.org/dupagebmi
(630) 682-7400

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 **DUPAGE COUNTY
HEALTH DEPARTMENT**

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