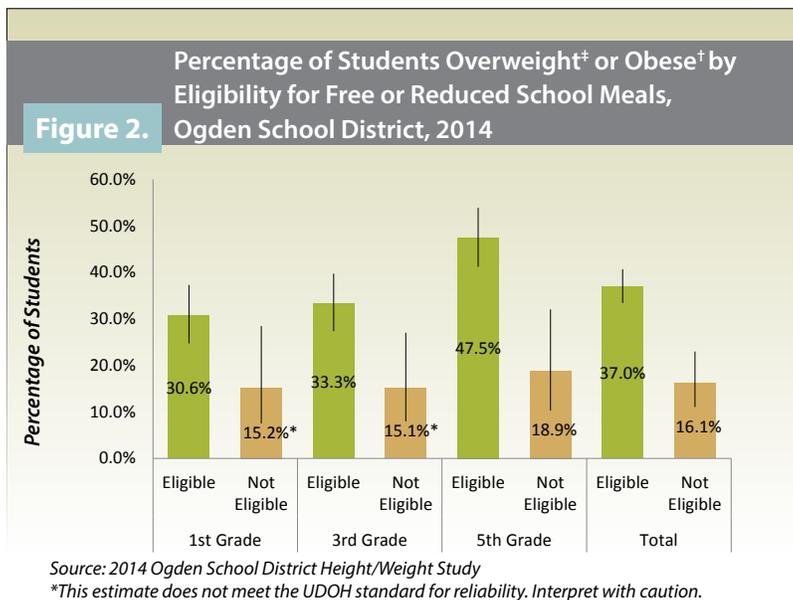
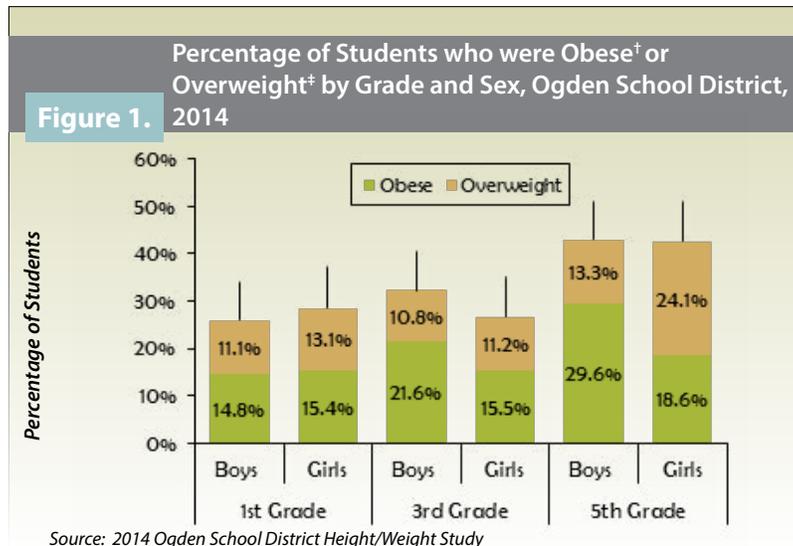


# Childhood

## Overweight in Ogden School District, 2014

In 2014, 882 first, third, and fifth grade students in public elementary students were weighed and measured in Ogden School District, and 4,269 students were weighed and measured in a statewide sample. In 2011, 1,822 first, third and fifth grade students in public elementary schools in Weber School District (WSD) were weighed and measured. These students' height and weight measurements were used to assess the extent of childhood

overweight and obesity in these school districts, representing all elementary schools in Weber County. The data were collected by the school districts' nurses and Weber-Morgan Health Department staff and analyzed by the Utah Department of Health. Findings from the study are as follows:



### Ogden School District (OSD, 2014) data:

- 32.8% of elementary school students in OSD were at an unhealthy weight (overweight or obese). This rate was significantly higher than the state rate of 20.9%.
- 19.2% of OSD elementary school students were obese, which was significantly higher than the state rate of 8.9%, and 13.6% of students were overweight, which was similar to the state rate of 11.9%.
- The percentage of unhealthy weight increased significantly in boys (25.9 – 42.9%) from 1st grade to 5th grade (Figure 1).
- 37% of OSD elementary students who were eligible to receive free or reduced price school meals were at an unhealthy weight compared to the 16.1% of students who were not eligible to receive free or reduced price school meals (Figure 2).
- The obesity rate was three times higher for Hispanic elementary students (23.6%) than for white, non-Hispanic students (8.1%).



### Body Weight Terminology:

Body Mass Index (BMI) is a standardized measurement based on height and weight that is used to estimate the amount of body fat for an individual.

#### Classification of Unhealthy Weight

‡Overweight	BMI ≥85th and <95th percentile for age and gender
†Obese	BMI ≥95th percentile for age and gender

Reports prior to 2008 classified children as "at risk for overweight" with a BMI ≥ 85th and <95th percentile, and "overweight" with a BMI ≥95th.

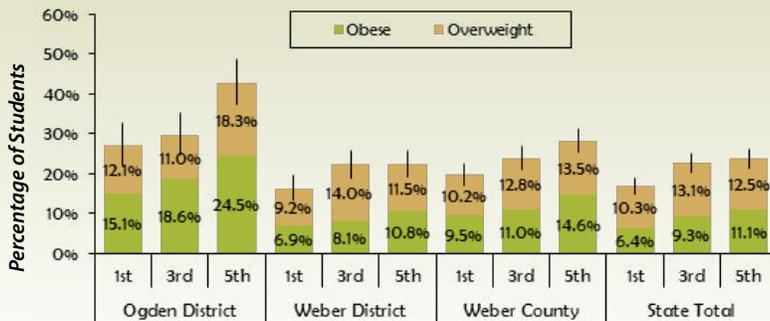
Based on the CDC 2000 Growth Charts.

# Elementary Schools

## Making the Healthy Choice the Easy Choice

**Figure 3.**

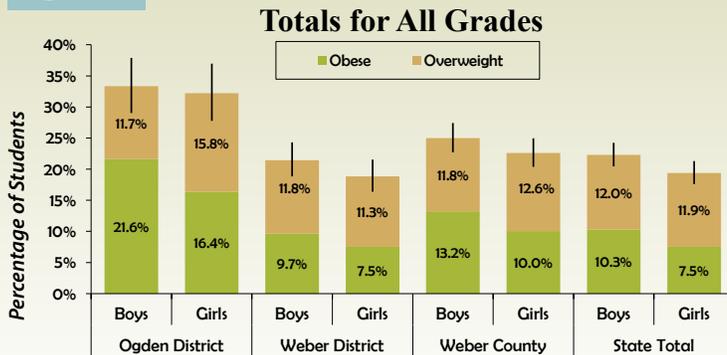
Percentage of Students Overweight<sup>‡</sup> and Obese<sup>†</sup> by Grade, Ogden School District, Weber School District, Weber County, and Utah, 2011 & 2014



Source: 2011 Weber School District and 2014 Ogden School District and Utah Height/Weight Study, Utah Department of Health

**Figure 4.**

Percentage of Students Obese<sup>†</sup> or Overweight<sup>‡</sup> by Sex, Ogden School District, Weber School District, Weber County, and Utah, 2011 & 2014



Source: 2011 Weber School District and 2014 Ogden School District and Utah Height/Weight Study, Utah Department of Health

### Overall Comparisons:

- First graders in the OSD had a significantly higher rate of obesity (15.1%) than those statewide (6.4%) (Figure 3).
- Third (18.6%) and fifth (24.5%) graders in the OSD had significantly higher rates of obesity than those in WSD, Weber County, and when compared to the state rate.
- Boys (33.3%) and girls (32.2%) in the OSD had significantly higher rates of overweight and obesity than boys and girls in the WSD, Weber County and when compared to the state rate (Figure 4).

This study was conducted collaboratively by the Weber-Morgan Health Department and the Utah Department of Health. For information about the Weber and Ogden School Districts, including local public health interventions, contact the Weber-Morgan Health Department. For information about study methodology, contact the Utah Department of Health.



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