

Childhood

Overweight in Wasatch County, 2012

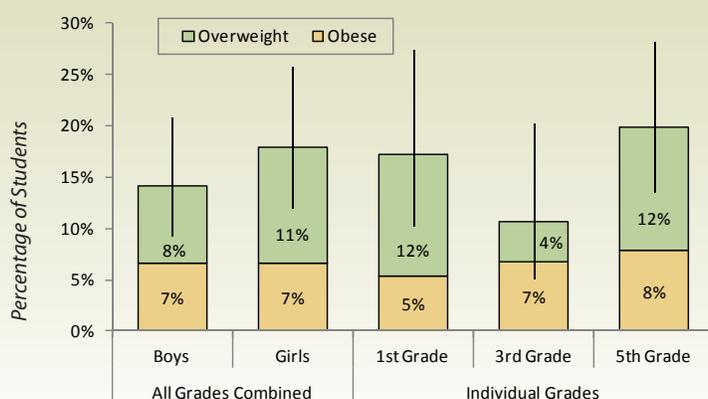
In January 2012, 268 first- and third-grade students from all public elementary schools, and fifth-grade students from the public intermediate school in Wasatch County, were weighed and measured to assess the extent of childhood overweight and obesity in the county. The data collected represent all public school students in

first- through fifth-grades in Wasatch County. These data were collected by the Wasatch County Health Department and analyzed by the Utah Department of Health.

Findings:

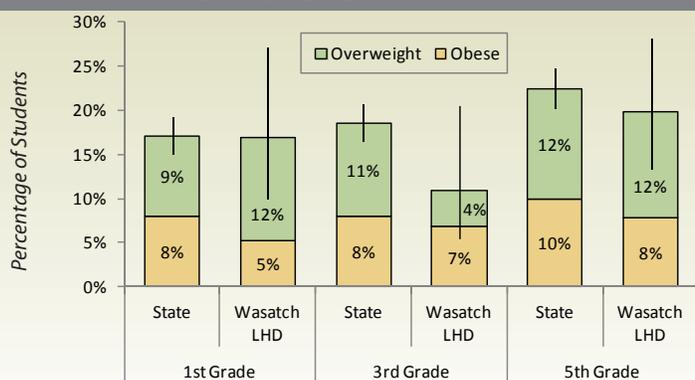
- 15.9% of elementary school students were at an unhealthy weight (overweight or obese combined). The rate was similar to the state rate.
- 6.6% of elementary school students were obese. The rate is similar to the state rate.
- There was no significant difference between boys' and girls' overweight or obesity rates.
- There was no significant difference across grades for overweight or obesity rates.
- Significantly more Hispanic students were obese compared to White students.
- Significantly more students eligible for the Federal Free and Reduced School Meals program were obese compared to the students not eligible for the program.

Figure 1. Percentage of Students Obese[†] or Overweight[‡] by Sex and by Grade, Wasatch County, 2012



Source: 2012 Height/Weight Study, Wasatch County Health Department

Figure 2. Comparison of Wasatch County and Utah Obesity[†] and Overweight[‡] Rates by Grade, 2010 and 2012



Source: 2012 Height/Weight Study, Wasatch County Health Department and 2010 Utah Height/Weight Study, Utah Department of Health

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.

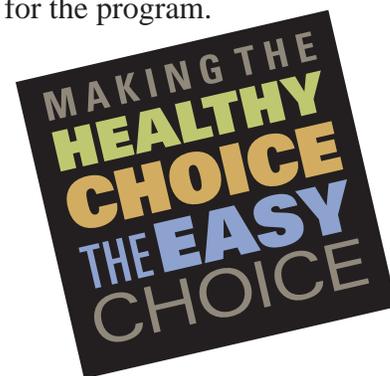
Classification of Unhealthy Weight

‡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 CDC 2000 Growth Charts.

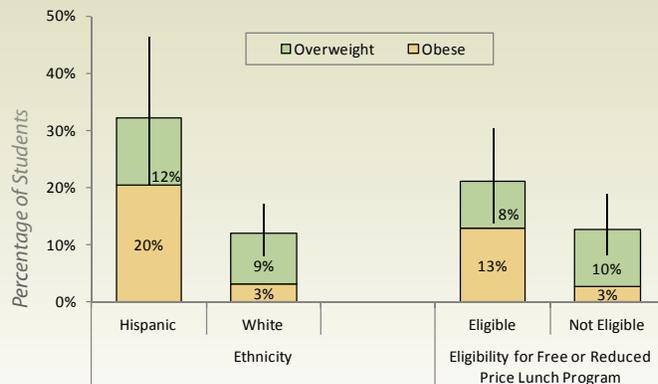


Elementary Schools

Making the Healthy Choice the Easy Choice

Figure 3.

Percentage of Students Obese[†] or Overweight[‡] by Race and by Eligibility for the Federal Free or Reduced Price School Meals Program in Wasatch County, 2012



Source: 2012 Height/Weight Study, Wasatch County Health Department

Table 1.

Percentage of Students Obese[†] or Overweight[‡] by School Identification Number, Wasatch County, 2012

| School Number | Unhealthy Weight (Overweight or Obese) | Different from Total? [§] |
|---------------|--|------------------------------------|
| 1 | 22% | No |
| 2 | 12% | No |
| 3 | 13% | No |
| 4 | 8% [¶] | No |
| 5 | 22% | No |
| Total | 16% | No |

[§] Answers the question, "Are the obesity and overweight rates for each school different from the total rate?"

[¶] Use caution interpreting this rate because the estimate is unstable due to a small sample size.

2012 Height/Weight Study, Wasatch County Health Department

Findings:

- Significantly more Hispanic students are obese compared to White students. There were not enough Black students in the study to estimate overweight or obesity rates.
- Significantly more students eligible for the Federal Free or Reduced Price School Meals program were obese compared to students not eligible for the program.
- The study sample of students eligible for the Federal Free or Reduced Price School Meals program comprised 39% Hispanic students and 61% White students.
- There is no difference in elementary school student unhealthy weight rates for any one of the individual schools compared to the state rate.
- Overweight and obese rates were estimated for fifth graders: 11% overweight and 11% obese. These rates are similar to the statewide fifth grade rates. All fifth grade students attend School Number 5.

This study was conducted collaboratively by the Wasatch County Health Department and the Utah Department of Health. For information about Wasatch County Health Department, including ongoing and future public health interventions, contact the Wasatch County Health Department. For information about study methodology, contact the Utah Department of Health.



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