

# Childhood

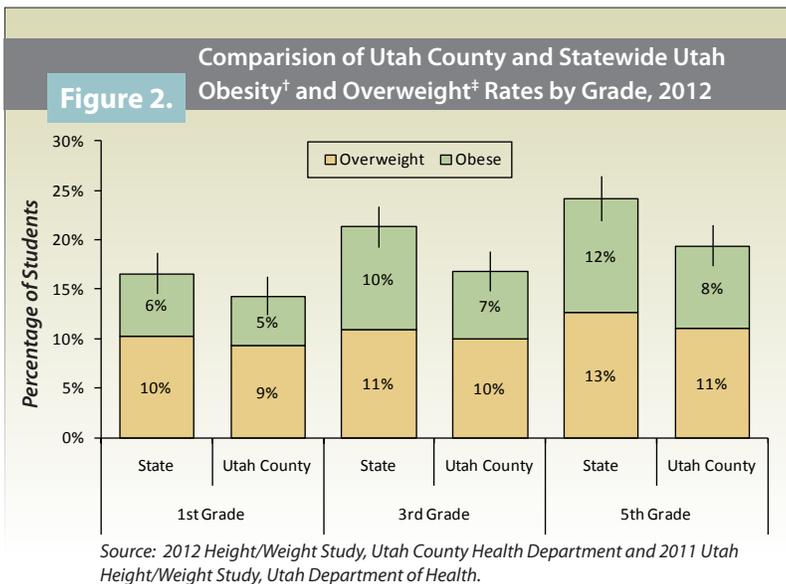
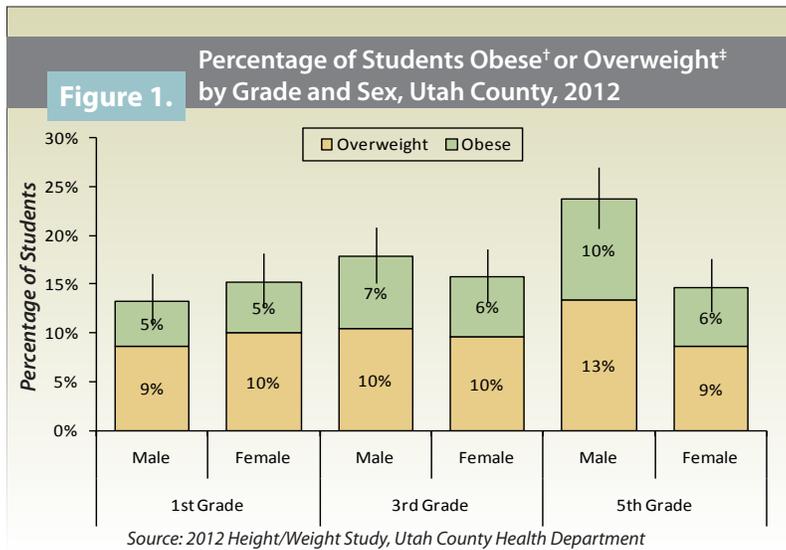
## Overweight in Utah County, 2012

In Spring 2012, 4498 first, third, and fifth grade students from 65 randomly selected public elementary schools in Utah County were weighed and measured by school nurses to assess the extent of childhood overweight and obesity within the county. The data collected represent all public elementary schools in the

Alpine, Nebo, and Provo City School Districts. These data were collected by the Utah County Health Department nurses and analyzed by the Utah Department of Health.

### Findings:

- 16.7% of Utah County elementary school students were at an unhealthy weight (overweight and obese combined). This is lower than the state rate of 20.8%.
- 6.6% of Utah County elementary school students were obese. This is lower than the state rate of 9.4%.
- While the rates of unhealthy weight are similar among first grade boys and girls, significantly more boys have an unhealthy weight by fifth grade.
- For Utah county as a whole, 16.7% of elementary school students were at an unhealthy weight. By school district, 14.8% of elementary school students in Alpine, 18.3% of in Nebo, and 22.7% in Provo City were at an unhealthy weight.



### 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

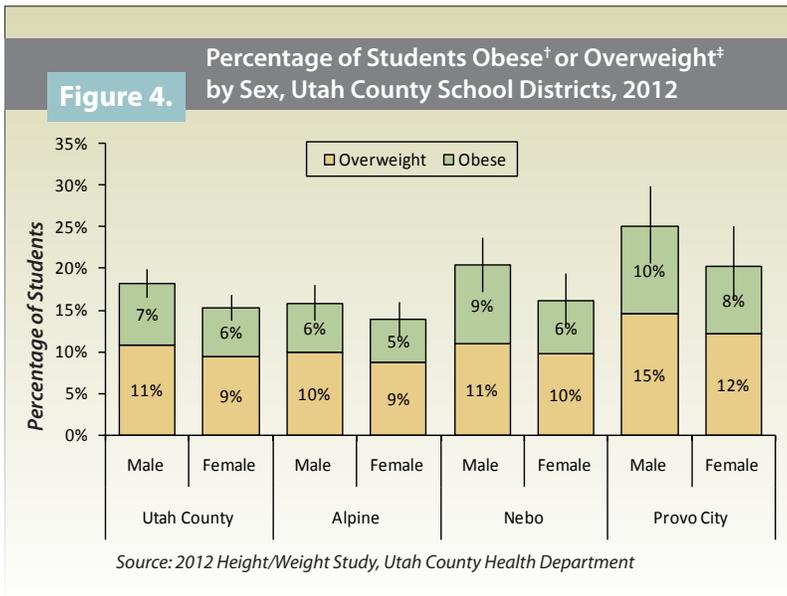
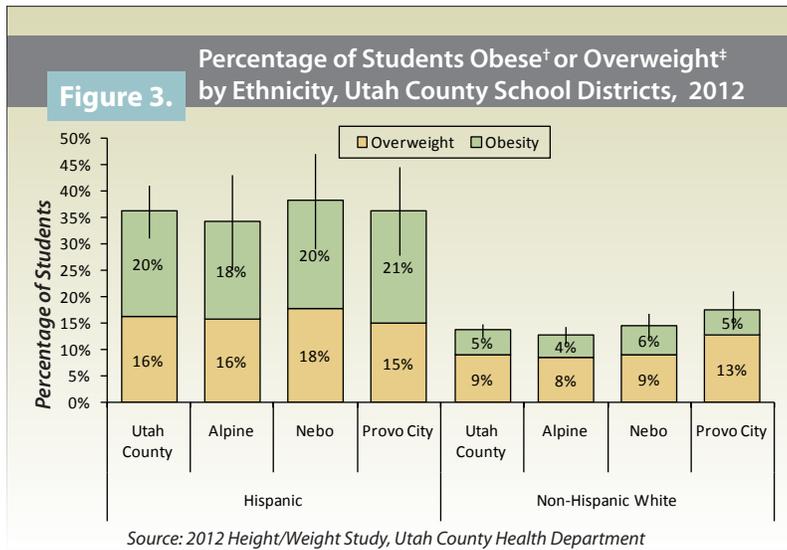
Reports prior to 2008 classified children as "at risk for overweight" with a BMI ≥ 85th and <95th percentile, and "overweight" with a BMI ≥95th.

Based on the CDC 2000 Growth Charts.



# Elementary Schools

## Making the Healthy Choice the Easy Choice



### Findings:

- Hispanic elementary school students had an obesity rate four times higher than Non-Hispanic White elementary school students.
- Among Hispanics, there are more obese elementary school students than overweight. The opposite is true for Non-Hispanic White students.
- For both sexes, Provo City School District has higher rates of overweight and obesity than the rest of Utah County.
- For boys, Alpine School District has lower rates of overweight and obesity than the rest of Utah County.
- In Utah County as a whole, and in the individual school districts, the rates of obesity and overweight were higher for elementary school boys than girls.

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This study was conducted collaboratively by the Utah County Health Department, the Brigham Young University College of Nursing, and the Utah Department of Health. For information about public health in Utah County, contact the Utah County Health Department. For information about study methodology contact the Utah Department of Health.

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