

Childhood

Overweight in Weber School District, 2011

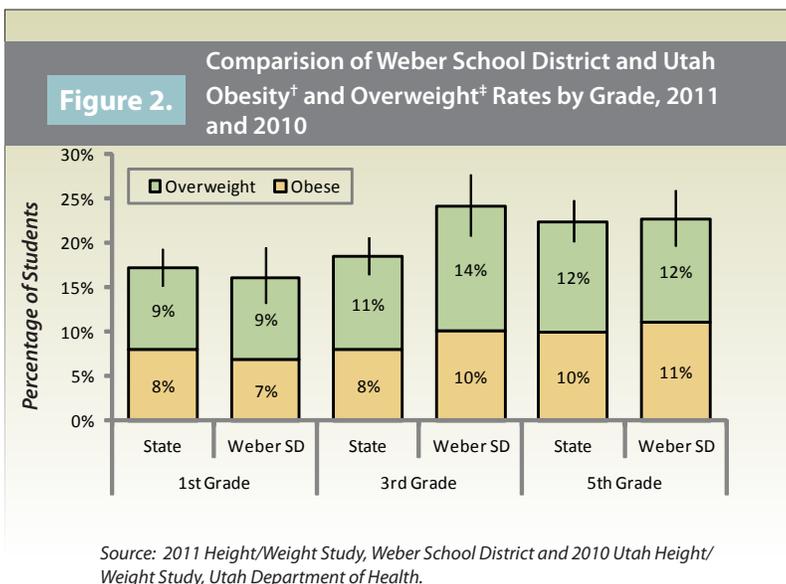
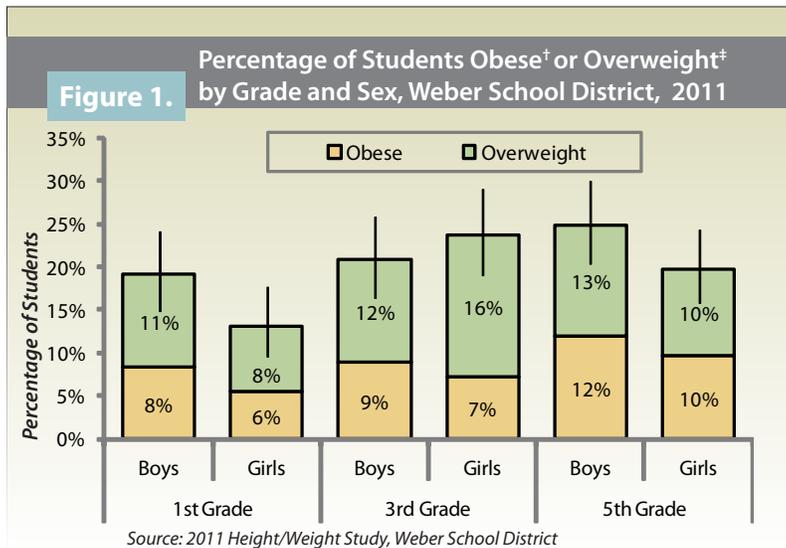
In December 2011, 1822 first, third, and fifth grade students from 28 randomly selected public elementary schools throughout Weber School District were weighed and measured by school nurses to assess the extent of childhood overweight and obesity in the school district. The data collected represent all public elementary

schools in the Weber School District.

These data were collected by the Weber School District nurses and analyzed by the Utah Department of Health.

Findings:

- 22.1% of elementary school students were at an unhealthy weight (overweight and obese combined). The rate is similar to the state rate.
- 8.6% of elementary school students were obese. The rate is similar to the state rate.
- Hispanic students were almost three times more likely to be obese compared to White students.
- There were no significant differences between elementary school obesity or overweight rates in Ben Lomond, Morgan/East Weber County, Downtown Ogden, South Ogden, or Roy/Hooper.



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 \geq 85th and $<$ 95th percentile for age and gender

†Obese | BMI \geq 95th percentile for age and gender

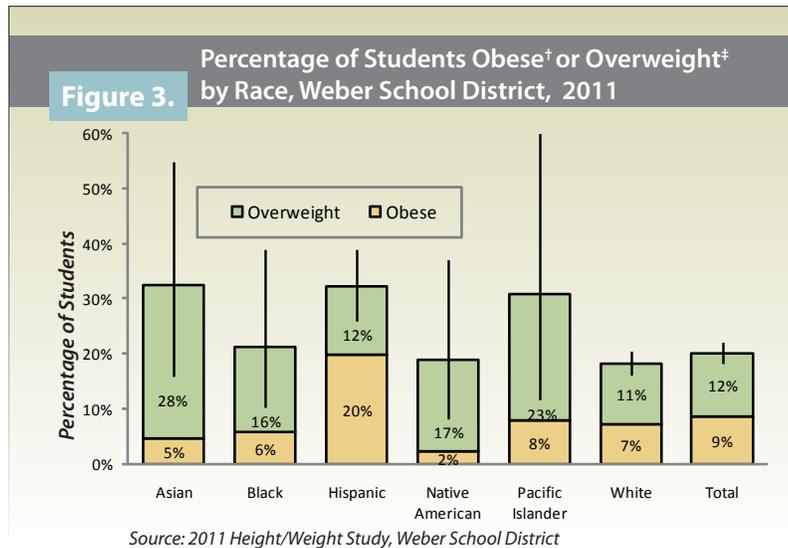
Reports prior to 2008 classified children as "at risk for overweight" with a BMI \geq 85th and $<$ 95th percentile, and "overweight" with a BMI \geq 95th.

Based on the CDC 2000 Growth Charts.



Elementary Schools

Making the Healthy Choice the Easy Choice



Findings:

- Hispanic elementary school students were three times more likely to be obese compared to White elementary school students.
- For every race/ethnic group except Hispanics, there are more elementary school students overweight than obese.
- The Asian overweight and obese rates are higher than rates seen in Asian adults statewide. For this reason, caution should be used when interpreting the overweight and obese rates for Asian elementary school students in Weber School District.
- There is no difference in elementary school student obesity or overweight rates for any one of the individual small areas compared to the total rate.

Table 1. Percentage of Students Obese[†] or Overweight[‡] by Small Area, Weber School District, 2011

Small Areas [§]	Obese	Overweight	Different [¶] from Total?
Ben Lomond	8%	12%	No
Morgan/E Weber Co.	7%	8%	No
Downtown Ogden	7%	12%	No
South Ogden	10%	13%	No
Roy/Hooper	10%	13%	No
Total	9%	12%	N/A

[§] Utah Department of Health-defined small areas
[¶] Answers the question, "Are the obesity and overweight rates for each small area different from the total rate?"
 Note: The Weber School District does not include all elementary school students living in Downtown and South Ogden.
 Source: 2011 Height/Weight Study, Weber School District

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



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