

III. Overweight and Obesity

Report Title:	Data Source:	Publish Date:	Contact:
Kidsdata.org	Compiled data from state, county, and local data sources including: SCC & SMC Children's Reports, SMC Healthy People 2010 Report, SCC Healthy Kids Report, Calif. Health Interview Survey, etc. Data accessible through www.kidsdata.org	Updated regularly	Andy Krackov, Senior Dir. of Public Info. Lucile Packard Foundation for Children's Health (650) 736-0677

Major Findings

Overweight Children 2004

<u>San Mateo County</u>	<u>East Palo Alto</u>
25.2%	27.7%

Definition: Percentage of public school students in grades five, seven, and nine who are overweight.

Footnote: The percentage of overweight children is measured using the body composition component of the California Physical Fitness Test, which is administered to public school students in grades five, seven, and nine. Students who score above the "Healthy Fitness Zone" are considered to be overweight.

Data Source: California Center for Public Health Advocacy, The Growing Epidemic, 2005. Data retrieved February 13, 2007. www.publichealthadvocacy.org/policy_briefs/changes.pdf

What it is: On kidsdata.org, indicators of weight and physical fitness include the percentage of children meeting California's fitness standards, percentages of overweight and unfit children, parent concern about their child's weight, and parent perceptions of their child's weight. Children's weight and physical activity are measured through the California Physical Fitness Test, which is administered annually to public school children in grades five, seven, and nine. Six areas of fitness are measured: upper body strength, flexibility, aerobic capacity, body composition, abdominal strength, and trunk strength. Students must meet minimum fitness levels in all six areas to pass this state test.

Why is this topic important?

According to the Surgeon General, there are nine million overweight children nationwide, representing an alarming increase over the past three decades. Children who are overweight or obese are at risk of developing high blood pressure, high cholesterol, asthma, and Type 2 diabetes, among other serious physical problems. Type 2 diabetes is a particular concern, as it now is being found in children at increasing rates. Overweight and obese children also are more likely to have weight problems in adulthood.