

WOOD DALE JUNIOR HIGH SCHOOL District 7



2016-2017 BODY MASS INDEX SURVEILLANCE REPORT

DECEMBER 2017

Obesity and Elevated Blood Pressure among Sixth Graders

After a decline in recent years, the obesity rate holds steady among school-aged youth in DuPage County. In 2016-2017, more than 1 in 7 (14.8%) DuPage kindergarten, sixth grade, and ninth grade public school students had obesity. Additionally, more than 40% of students with obesity had an elevated blood pressure reading.

Childhood obesity has both immediate and long-term effects on health and well-being. **Healthy students are better learners.** Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of developing obesity and related diseases. The dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, and **schools play a particularly critical role** by establishing a safe and supportive environment with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.

We all can play a part in reducing these rates; see the reverse side for ideas on what schools can do!

FINDINGS

The percent of sixth graders with obesity at Wood Dale Junior High was **33.0%** (sixth grade rates among participating public schools ranged from 2.7% to 33.0%).

Out of the 71 participating public schools with sixth grade classes in DuPage County, **70 had lower obesity rates than Wood Dale Junior High.**

School, County, and National Obesity Comparisons

% Obese (BMI ≥95th percentile)

Wood Dale Jr. H.S.
Sixth Graders
(n=109), 2016-2017

33.0%

DuPage County
Public School
Sixth Graders
(n=10,449), 2016-2017

16.9%

United States
6-11 year olds
2015-2016

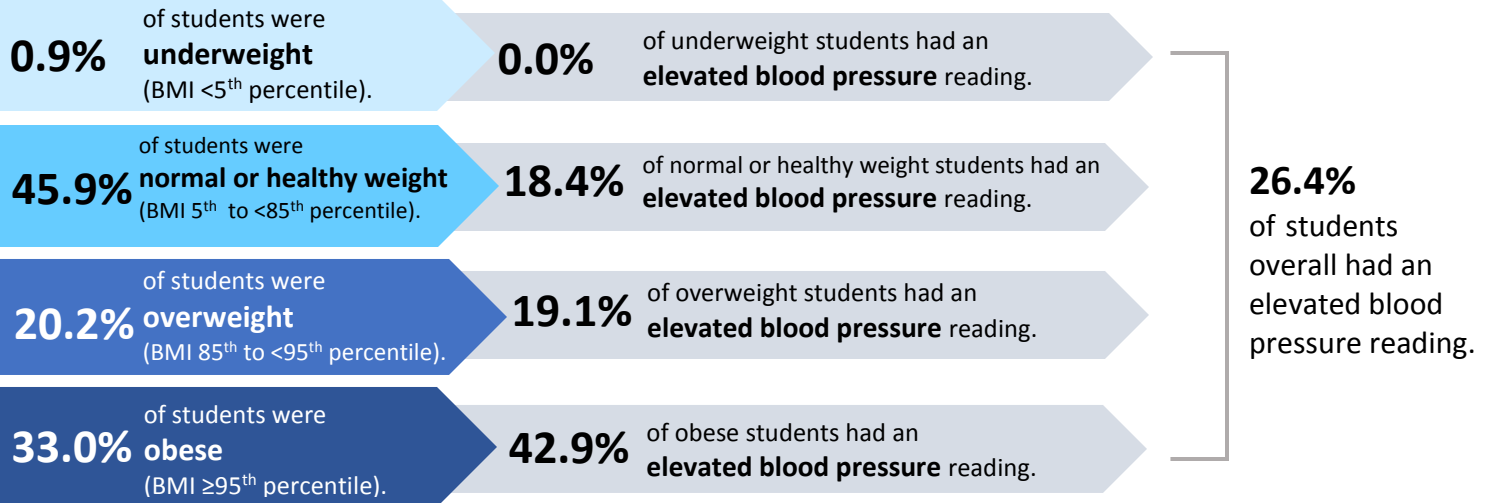
18.4%



**DUPAGE COUNTY
HEALTH DEPARTMENT**

Everyone, Everywhere, Everyday

Weight Status and Elevated Blood Pressure* among Sixth Graders at Wood Dale Junior High



Total number of valid body mass index (BMI) records: 109 Total number of valid blood pressure (BP) records: 106

* A single elevated BP reading does not imply a diagnosis of hypertension; further evaluation is recommended.
 N/A indicates no BP data were submitted. Only classes that submitted valid BMI records for ≥75% of the reported Illinois State Board of Education (ISBE) class enrollment and valid BP records for ≥75% of the valid BMI records submitted are included in the county-wide analyses.

Prevalence of Overweight and Obesity** among Sixth Graders at Wood Dale Junior High

| Year | Overweight (BMI 85 th to <95 th percentile) | + | Obese (BMI ≥95 th percentile) | = | Overweight or Obese (BMI ≥85 th percentile) |
|-------------------|---|---|--|---|--|
| 2012-2013 (n=142) | 16.9% | | 21.1% | | 38.0% |
| 2013-2014 (n=109) | 17.4% | | 22.9% | | 40.3% |
| 2014-2015 (n=123) | 23.6% | | 22.0% | | 45.6% |
| 2015-2016 (n=112) | 21.4% | | 21.4% | | 42.8% |
| 2016-2017 (n=109) | 20.2% | | 33.0% | | 53.2% |

**N/A indicates a year of non-participation

This report was generated by DuPage County Health Department to provide Wood Dale Junior High with personalized information for initiating and/or continuing school wellness initiatives.



RECOMMENDATIONS

Now is the time to make being active and eating healthy an easy, everyday part of life to improve the health of children and their families. Schools are encouraged to use this report as a catalyst for change:

- Share this report widely within your school community including administrators, teachers, parents, and students.
- Assess your district's wellness policy and incorporate improvements.
- Pursue a healthy schools program recognition.
- Conduct the School Health Index (SHI) assessment at www.cdc.gov/healthyschools/shi/index.htm and implement an action plan.
- Adopt the 5-4-3-2-1 Go!^{®†} message in your school:
 - Eat more fruits and vegetables. Get at least 5 servings a day.
 - Drink more water. Get at least 4 servings daily. Limit sugar-sweetened beverage consumption.
 - Eat calcium-rich foods. Try for 3 servings of low-fat dairy daily.
 - Walk away from the screen. Limit screen time to no more than 2 hours a day.
 - Move more. Aim for at least 1 hour of physical activity daily.
 - Learn more at <http://www.dupagehealth.org/54321go>.



[†]The 5-4-3-2-1 Go![®] message was created by the Consortium to Lower Obesity in Chicago Children (CLOCC). 5-4-3-2-1 Go![®] is a registered trademark and Copyright © 2004 Ann & Robert H. Lurie Children's Hospital of Chicago. All rights reserved. www.clocc.net

Want to know more about resources, methods, statistics, and references?

www.dupagehealth.org/dupagebmi

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