

# WOOD DALE SCHOOL DISTRICT 7



## 2015-2016 BODY MASS INDEX SURVEILLANCE REPORT

DECEMBER 2016

### Obesity and Elevated Blood Pressure among Kindergarteners and Sixth Graders

In DuPage County, the rate of obesity in public school students declined from 15.7% in 2011-2012 to 14.4% in 2015-2016. In 2015-2016, more than 1 in 7 DuPage kindergarten, sixth grade, and ninth grade students were obese. Additionally, more than 40% of obese students had an elevated blood pressure reading.

Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing 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 obese students in District 7 was 19.9%.

The percent of obese students in DuPage County public schools was 14.4%.

## District, County, and National Obesity Comparisons

% Obese (BMI  $\geq$ 95th percentile)

District 7  
K and 6  
(n=211), 2015-2016

19.9%

DuPage County  
Public Schools  
K, 6, and 9  
(n=31,020), 2015-2016

14.4%

United States  
2-19 year olds  
2011-2014

17.0%

The following schools in District 7 participated in 2015-2016:  
Oakbrook Elementary and Wood Dale Junior High



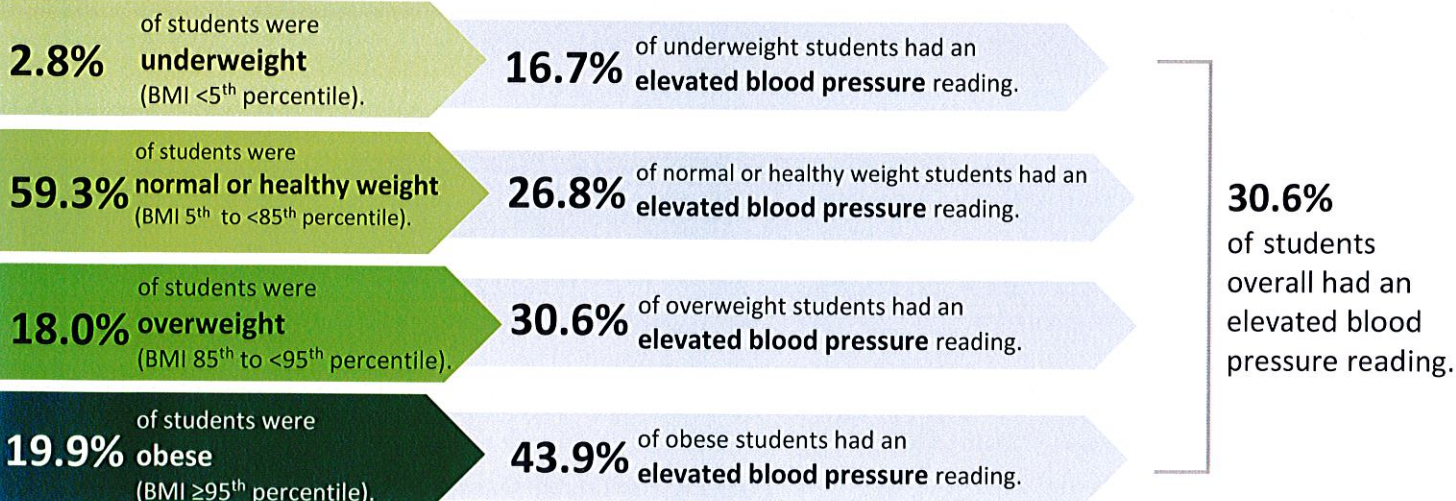
**DUPAGE COUNTY  
HEALTH DEPARTMENT**

*Everyone, Everywhere, Everyday*





# Weight Status and Elevated Blood Pressure\* among Kindergarteners and Sixth Graders in District 7



Total number of valid body mass index (BMI) records: 211      Total number of valid blood pressure (BP) records: 206

\* 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 countywide analyses.

## Prevalence of Overweight and Obesity\*\* in District 7

	Overweight (BMI 85 <sup>th</sup> to <95 <sup>th</sup> percentile)		Obese (BMI ≥95 <sup>th</sup> percentile)		Overweight or Obese (BMI ≥85 <sup>th</sup> percentile)
2011-2012 (n=227)	19.0%	+	24.0%	=	43.0%
2012-2013 (n=243)	15.6%	+	21.4%	=	37.0%
2013-2014 (n=207)	18.8%	+	23.2%	=	42.0%
2014-2015 (n=229)	21.8%	+	18.8%	=	40.6%
2015-2016 (n=211)	18.0%	+	19.9%	=	37.9%

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

This report was generated by the DuPage County Health Department and FORWARD to provide District 7 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 with school administrators, teachers, parents, and students.
- 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.
  - Resources at [www.dupagehealth.org/54321go](http://www.dupagehealth.org/54321go).
- Evaluate and strengthen your district's wellness policy using the WellSAT 2.0 tool at [www.wellsat.org](http://www.wellsat.org).
- Complete the School Health Index assessment for your school at [www.cdc.gov/healthyschools/shi/index.htm](http://www.cdc.gov/healthyschools/shi/index.htm).
- Follow the Let's Move! Schools Action Plan at [www.letsmove.gov/schools](http://www.letsmove.gov/schools):
  - Create a School Health Advisory Council.
  - Join the HealthierUS Schools Challenge.
  - Set a good example; make your school a healthy worksite.
  - Incorporate nutrition education and physical education into the school day.
  - Plant a school garden.



†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](http://www.clocc.net)

Want to know more about our methods, statistics, and resources? [www.dupagehealth.org/dupagebmi](http://www.dupagehealth.org/dupagebmi)

For help getting started or for more details on next steps, contact us:  
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