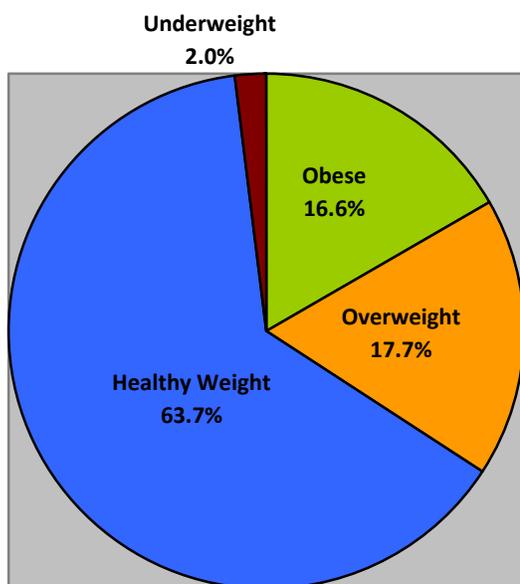


# Update on Overweight and Obesity among Ohio 3<sup>rd</sup> Graders

## New information from 2006 – 2007

Childhood obesity is a major health problem in our state and nationwide. To track this problem and help plan solutions to the problem, the Ohio Department of Health began collecting information about third-grade students in 2004-2005. Below is a summary of new findings from the 2006-2007 school year.



In 2006-2007, 16.6 percent [95 percent Confidence Interval (CI): 14.2, 19.4] of Ohio third-graders were obese. An additional 17.7 percent [95 percent CI: 15.1, 20.6] of students were overweight. Four percent of students had a BMI that was in the 99<sup>th</sup> percentile or greater (not shown in graph).

There was no statistically significant change in overweight or obesity from 2004-2005 to 2006-2007.

### Terms Used

**BMI:** Body Mass Index

**Obesity:** BMI-for-Age  $\geq 95^{\text{th}}$  percentile

**Overweight:** BMI-for-Age  $\geq 85^{\text{th}}$  percentile to  $< 95^{\text{th}}$  percentile

**95% Confidence Interval:** If the survey were repeated 100 times, 95 of the intervals found would contain the true estimate. The width of the confidence interval gives an indication of the certainty around the estimated prevalence.

The full report from 2004-2005 includes county-level data and data for demographic subgroups. The report, "A Report on Body Mass Index of Ohio's Third Graders • 2004-2005", can be found at <http://healthyohioprogram.org/ASSETS/7FBDB7A5C3FB4977A430A1EA46C642D9/bmirept.pdf>

## Television Viewing

Several studies have found an association between time spent viewing television and obesity in children. The American Academy of Pediatrics recommends that children older than 2 years of age have no more than one to two hours of screen time each day. Screen time includes television and other media such as computers and video games.

Parents were asked how long their children watched TV on an average school night. Most children watched one to two hours (73.3 percent). However, more than 20 percent, or one in five children, watched three or more hours a night.

### Television Viewing on an Average School Night among Ohio 3<sup>rd</sup> Graders, 2006-2007

Hours	Prevalence
None	4.2%
1-2	73.3%
3-4	19.9%
More than 5	1.3%
Don't Know	1.4%

Additionally, Ohio third-grade students who watched three or more hours of television on an average school night were found to be 1.4 times more likely to be overweight or obese than students who watched two hours or fewer.



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