

The Burden of Childhood Obesity in Alaska

State of Alaska
Department of Health and Social Services
Division of Public Health

Karol Fink MS, RD
Obesity Prevention and Control Program Manager

Presentation to Alaskans Taking on Childhood Obesity
May 30, 2013

Obesity is.....

- Associated with poor health outcomes *in adults*
- Associated with poor health outcomes *in childhood*
- Associated with poor academic performance

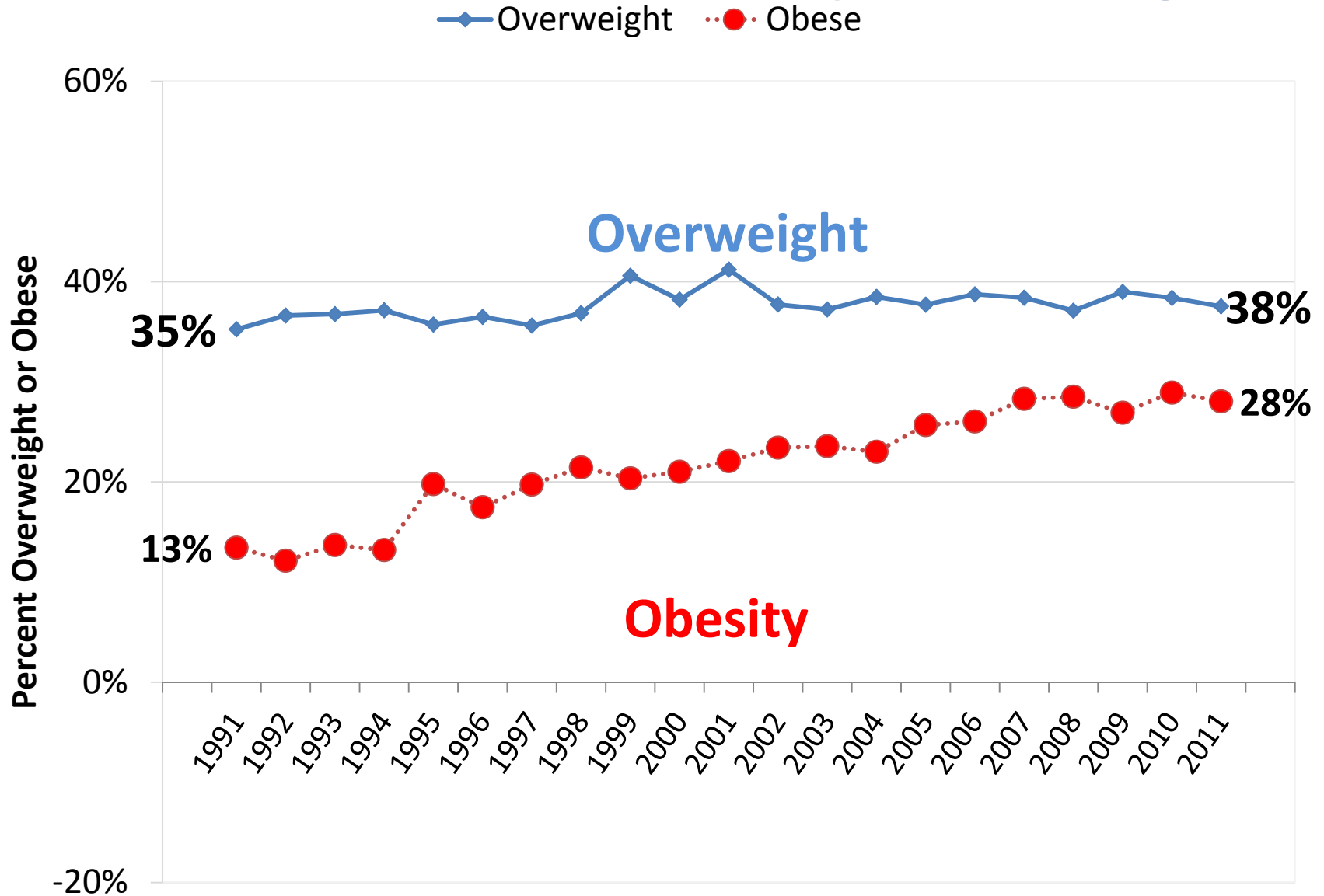


Millions Spent on a Preventable Condition



- In Alaska, \$459 million is spent annually on a mostly preventable condition

Alaska Adult Obesity is Rising



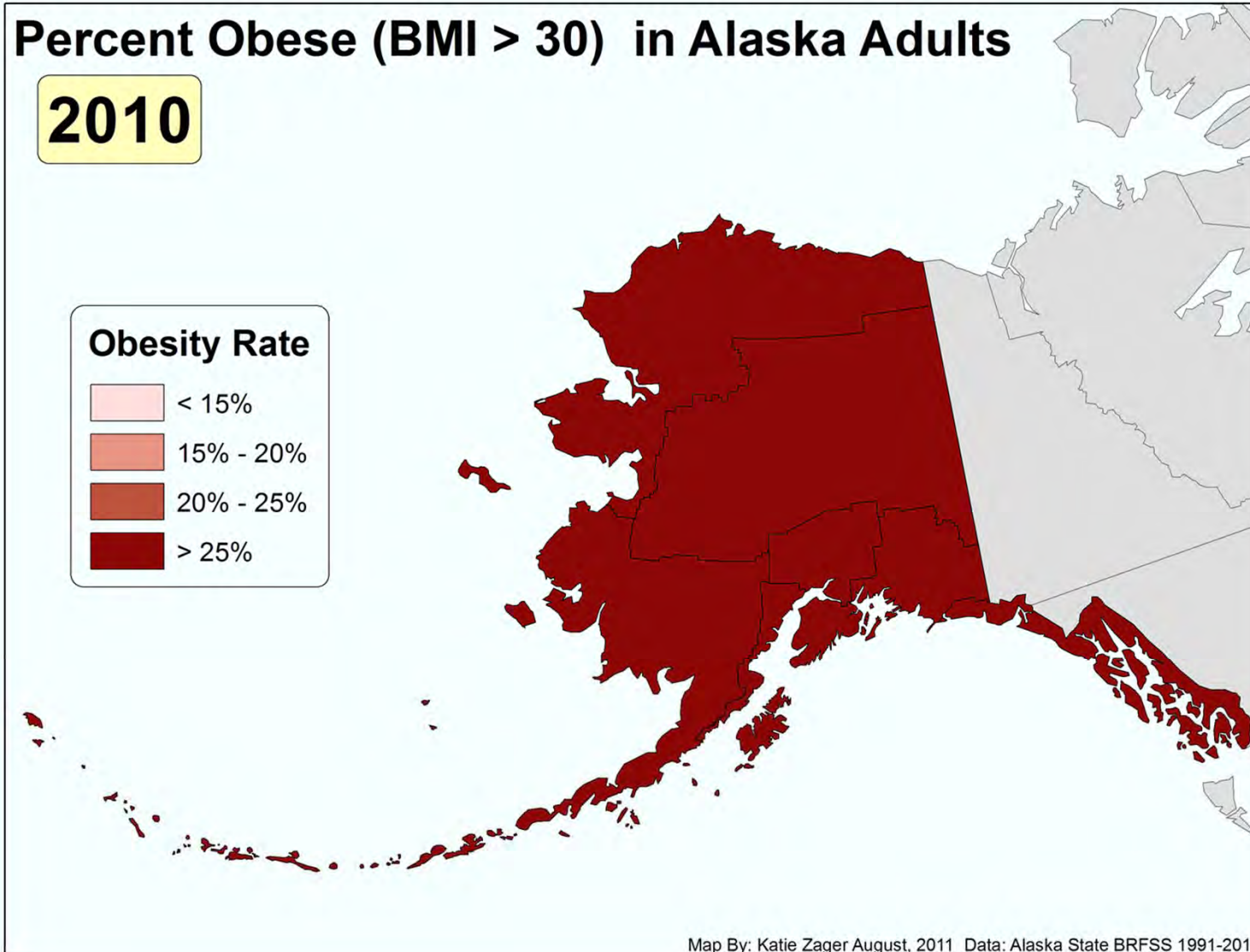
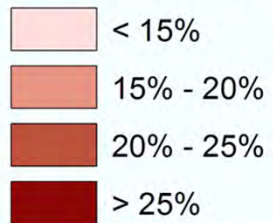
Trend in Prevalence of Overweight/Obesity, Alaska Adults, 1991-2011

Click Screen to play MOVIE

Percent Obese (BMI > 30) in Alaska Adults

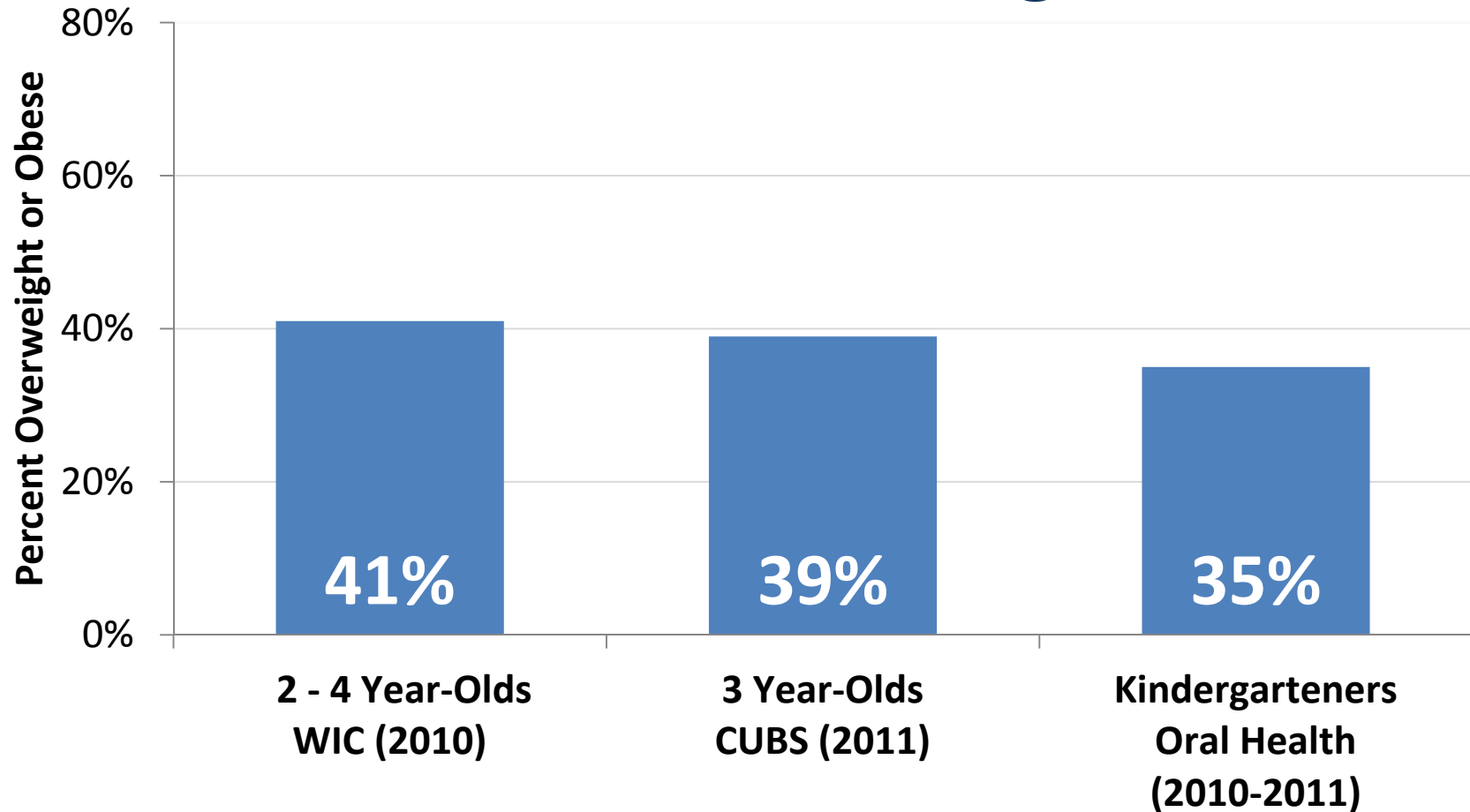
2010

Obesity Rate



Map By: Katie Zager August, 2011 Data: Alaska State BRFSS 1991-2010

3 out of 10 Children in Alaska are Overweight



Prevalence of Early Childhood Overweight/Obesity, Alaska Children, Select Programs, 2009 – 2011

CDC Six Target Areas

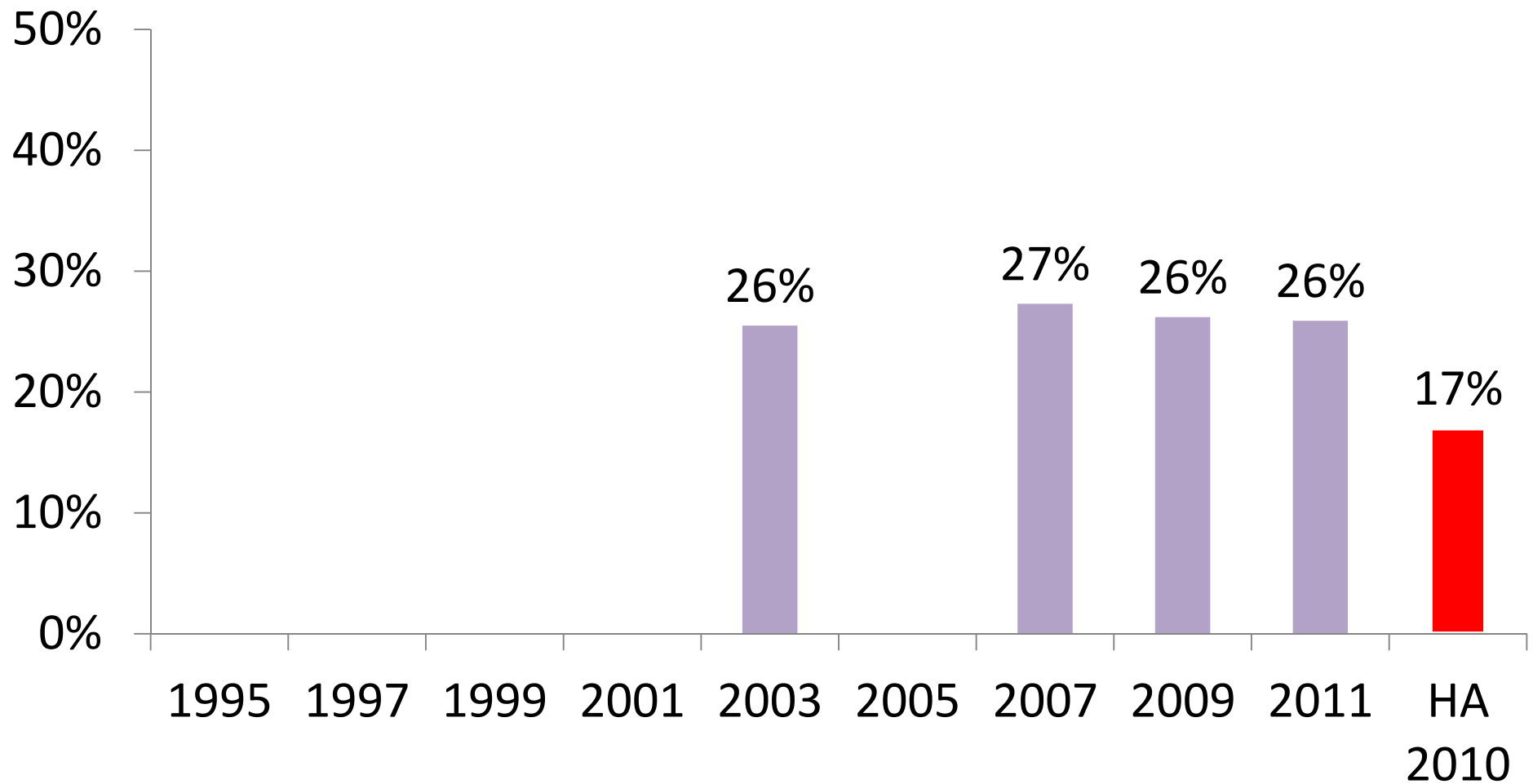
Increase

- Physical Activity
- Fruit & Veggie intake
- Breastfeeding

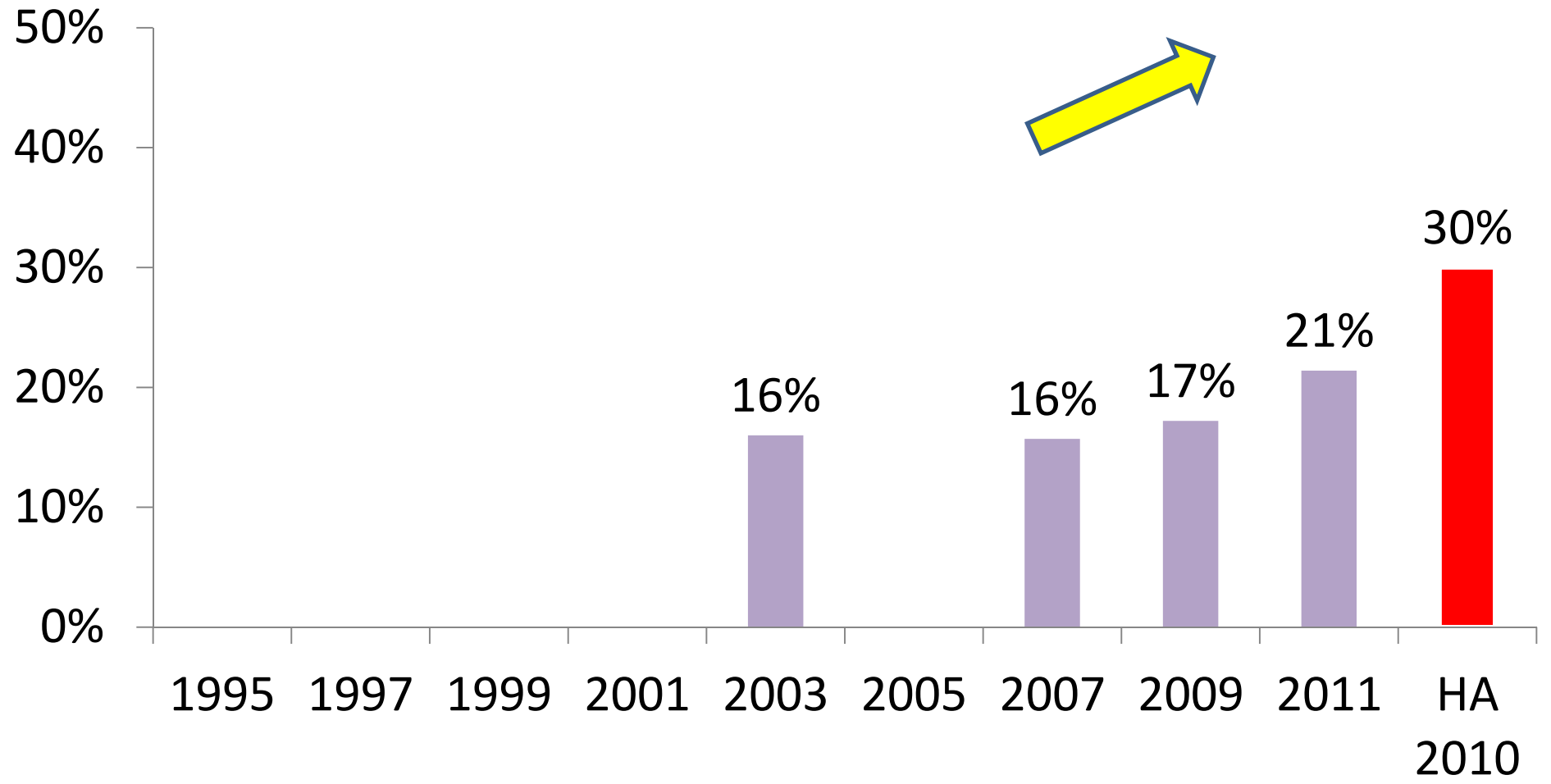
Decrease

- TV/Screen Time
- Sugary Drink intake
- Junk Food Intake

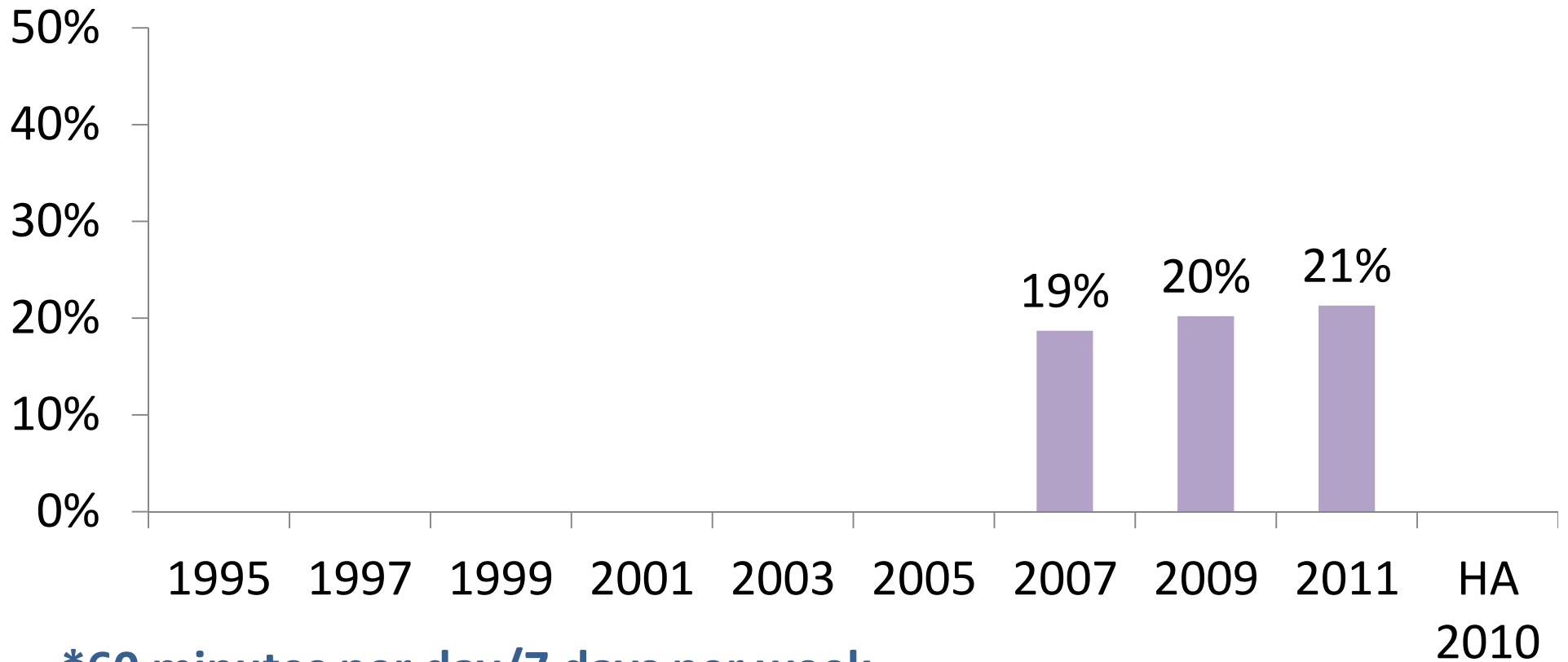
Percentage Overweight or Obese Alaska High School Students (YRBS, 1995 – 2011)



Percentage Eat 5+ Servings of Fruits & Vegetables/Day Alaska High School Students (YRBS, 1995 – 2011)

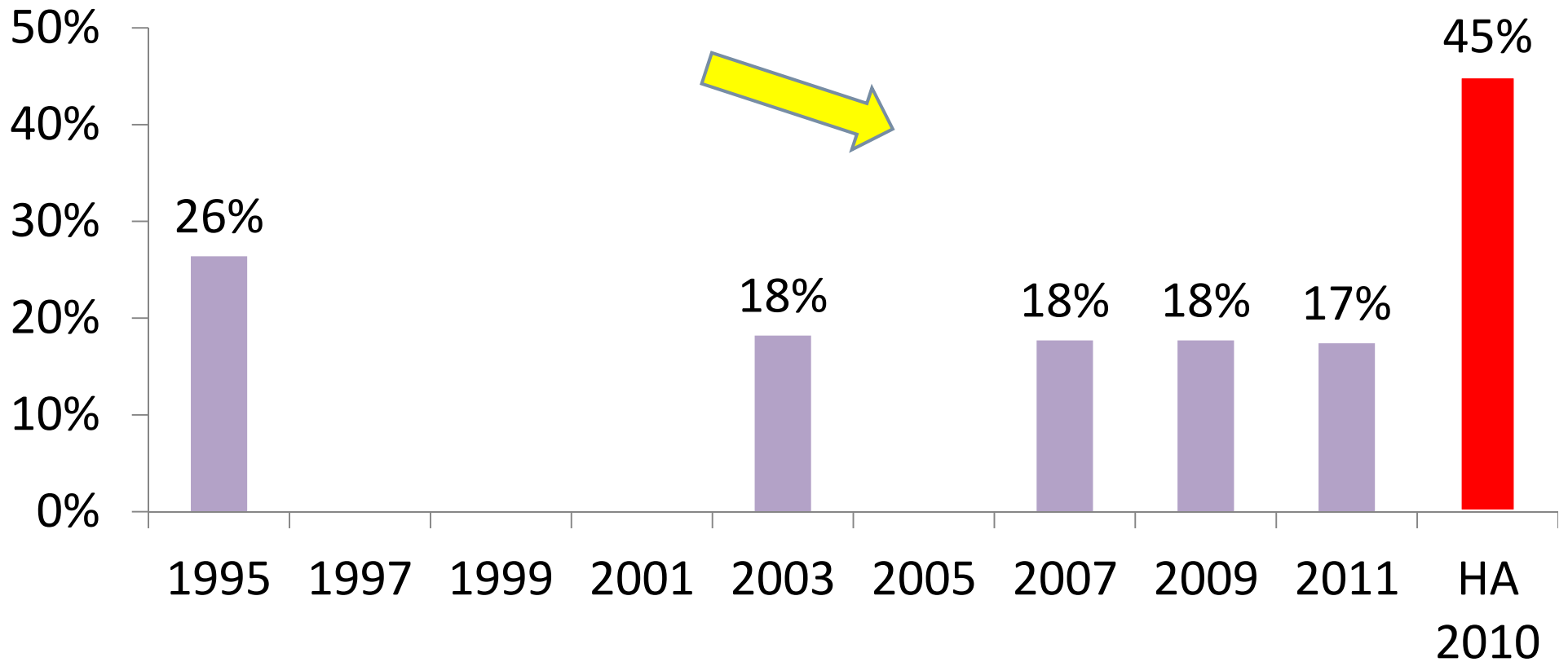


Percentage Meet Physical Activity Recommendations* Alaska High School Students (YRBS, 1995 – 2011)

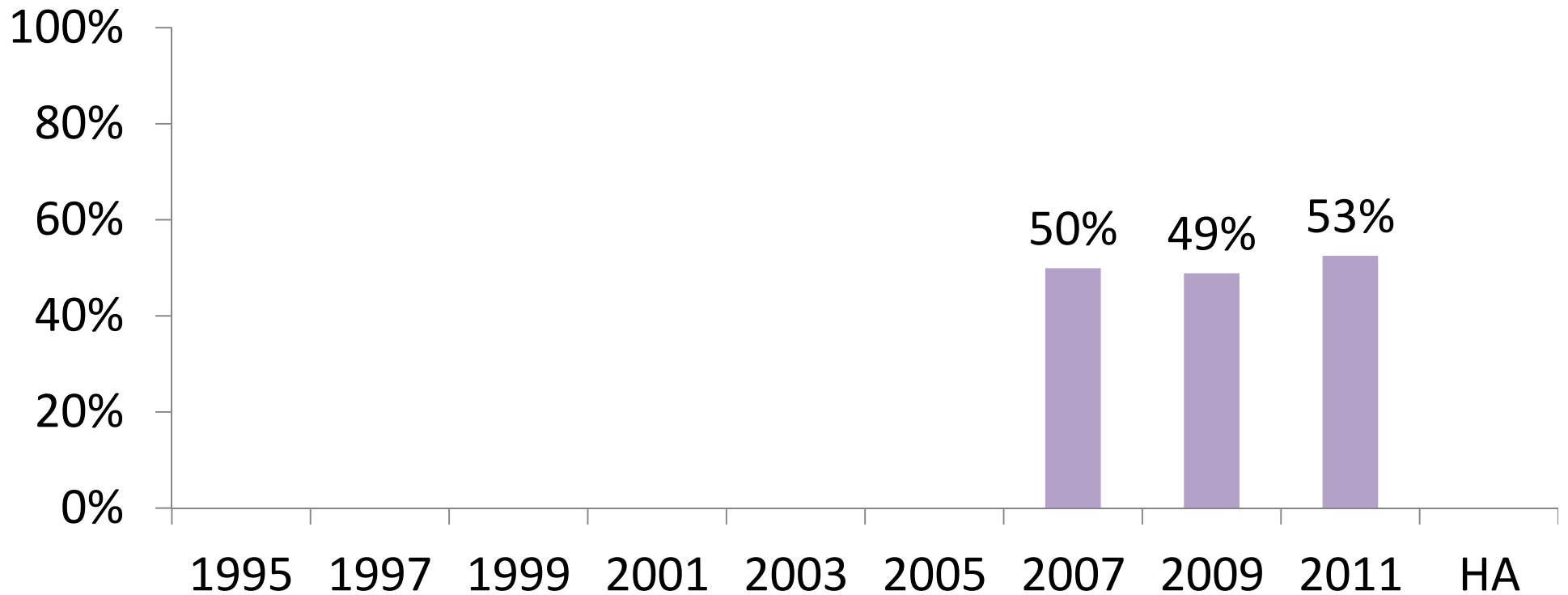


*60 minutes per day/7 days per week

Percentage Participate in PE Daily Alaska High School Students (YRBS, 1995 – 2011)



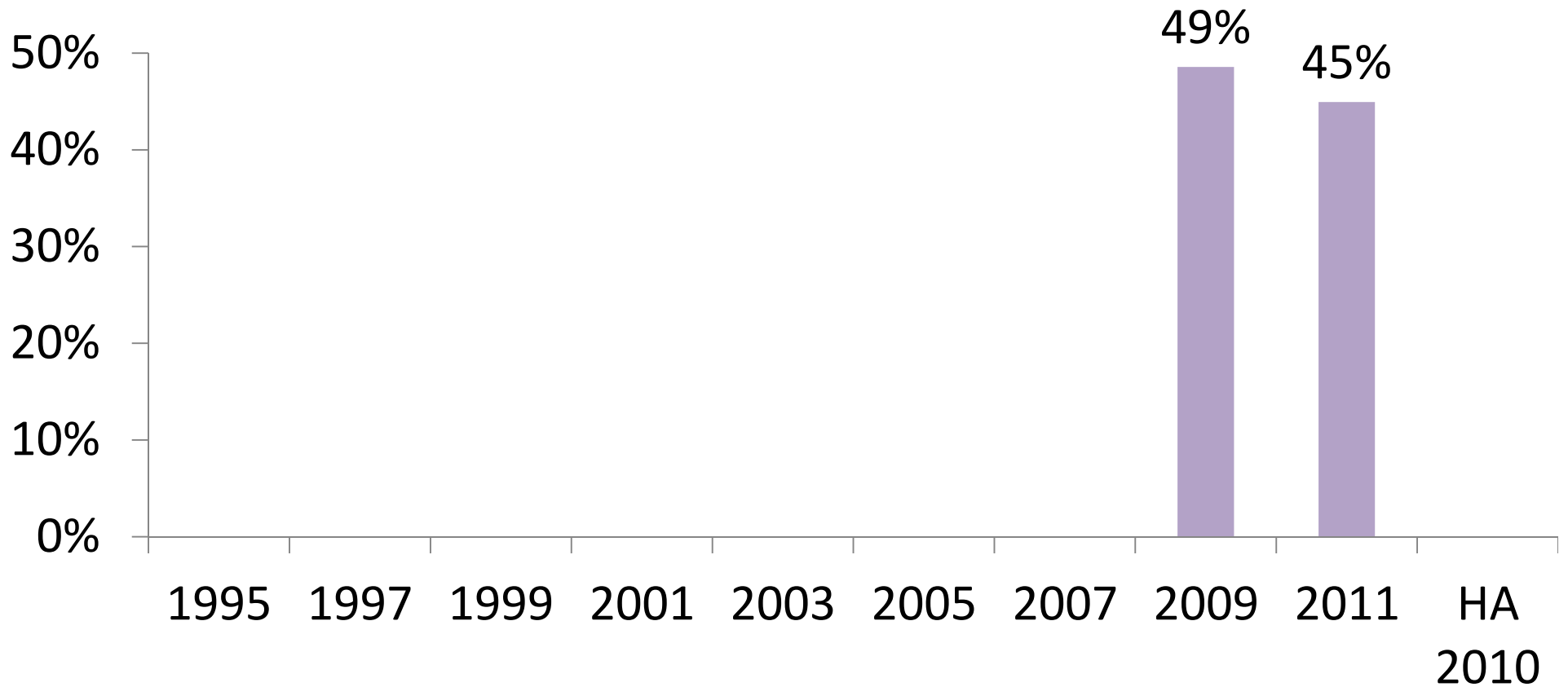
Percentage Have 3+ Hours of Screen Time/Day* Alaska High School Students (YRBS, 1995 – 2011)



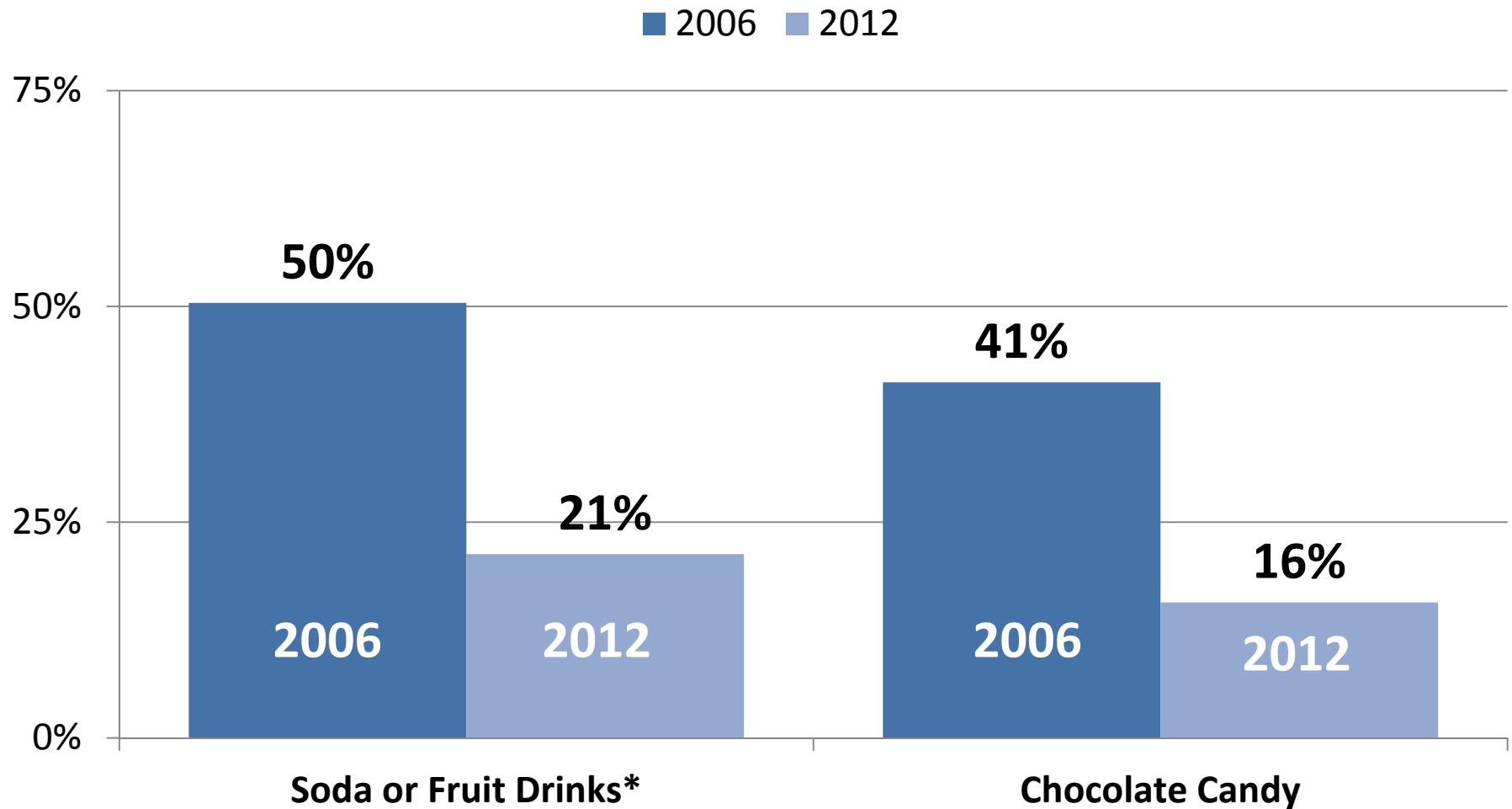
HA
2010

*watch TV, DVDs or movies or use
computer for non-school work

Percentage Drink 1+ Sugary Beverages/Day Alaska High School Students (YRBS, 1995 – 2011)

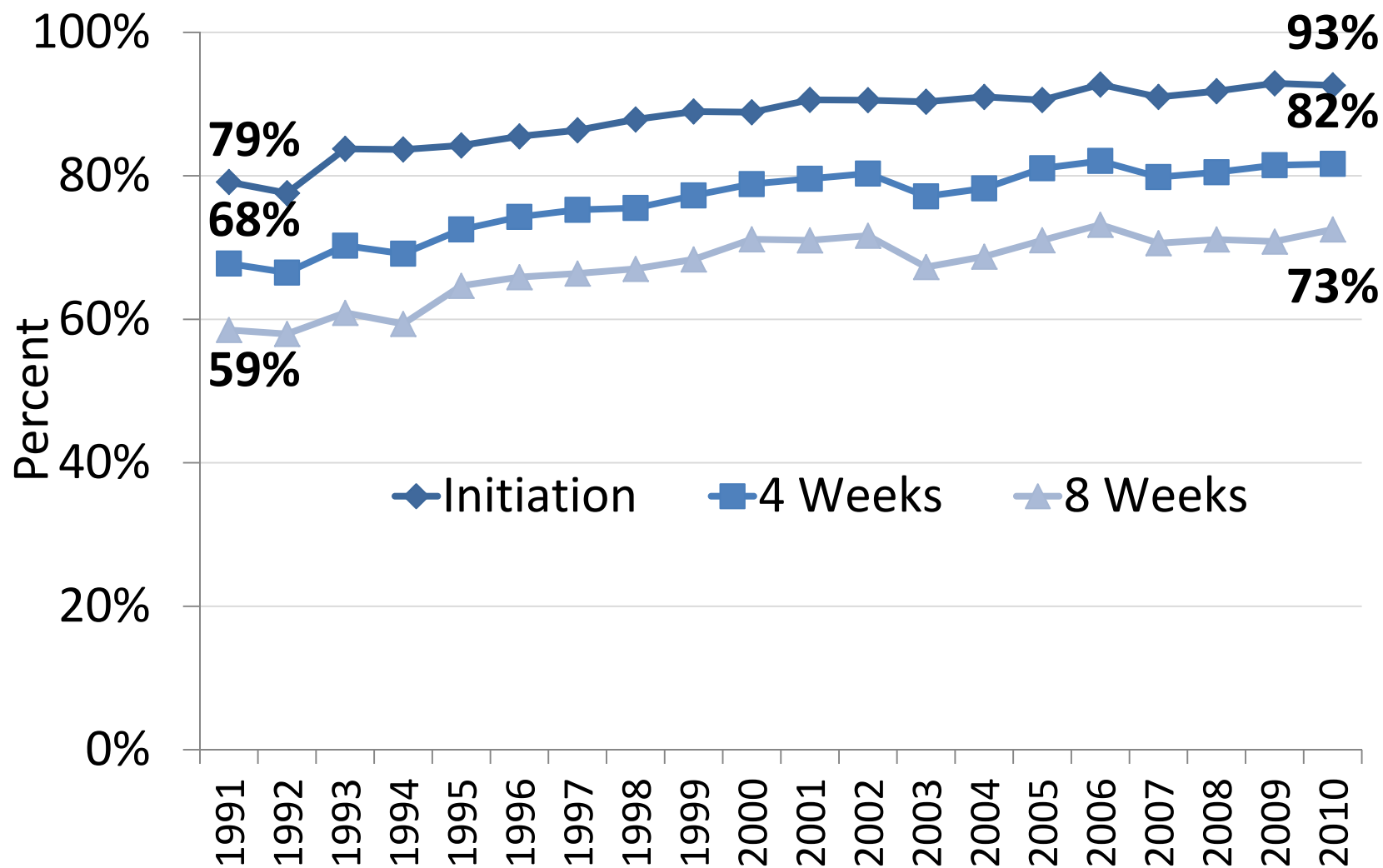


Fewer Schools Sell Sugary Drinks and Junk Food



Percent of Alaska Schools in which Students can Purchase the following:
School Health Profiles, 2006 - 2012

Trend in Prevalence of Breastfeeding Initiation and Duration, Alaska Women, 1991-2010



We Have a Goal

- **Decrease Childhood Obesity by 5%**



School Based Weight Studies

- Anchorage School District
- Matanuska-Susitna Borough School District
- Students

Baseline in 2011-2012

- Kenai Peninsula Borough School District

Baseline in 2012-2013

- Mount Edgecomb High School

CHRONIC DISEASE PREVENTION
HEALTH PROMOTION

Chronicles

Volume 4, Issue 3 November 2012

Prevalence of Overweight and Obesity among Students in the Kenai Peninsula Borough School District, 2011-2012

Contributed by Mylle Boles, PhD, Andrea M Fenaughty PhD, Karol J Fink MS RD, Charles J Utermohle PhD.

ABSTRACT

The Kenai Peninsula Borough School District (KPBSD) and the Alaska Division of Public Health (DPH) collaborated to determine the prevalence of overweight and obesity among students in the KPBSD. This report summarizes the prevalence of overweight and obesity among pre-kindergarten (pre-K) through 12th grade KPBSD students during the 2011-2012 school year, and describes a subset of students with height and weight measures in both the 2010-2011 and 2011-2012 school years. Trained school staff collected height and weight measurements from students in pre-K to 12th grade. A total of 5,902 records were analyzed for the 2011-2012 school year, and 1,102 records were analyzed for the subset of students with measures in both years. Student body mass indexes (BMIs) were calculated from height and weight values from each record and then categorized according to the National Center for Health Statistics weight status categories. In 2011-2012, 1.1% of students were underweight, 63.0% were at a healthy weight and 35.9% were overweight or obese. Overweight and obesity varied by population subgroup. Racial and ethnic minorities were at particular risk for overweight and obesity, especially Alaska Native/American Indian students in KPBSD with nearly half of them overweight or obese. Among the students with height and weight measures in both school years, the percentage who were overweight and

obese rose significantly from 30.1% to 35.3%. The higher obesity prevalence among minority children suggests that school districts developing and implementing obesity prevention measures should give consideration to the unique needs of their minority populations.

Suggested citation for this article: Boles M, Fenaughty AM, Fink KJ, Utermohle CJ. Prevalence of Overweight and Obesity among students in the Kenai Peninsula Borough School District, 2011-2012. Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion, Chronicles, Volume 4, Issue 3, November 2012. Available from <http://dhss.alaska.gov/dph/Chronic/Pages/Publications/Default.aspx>

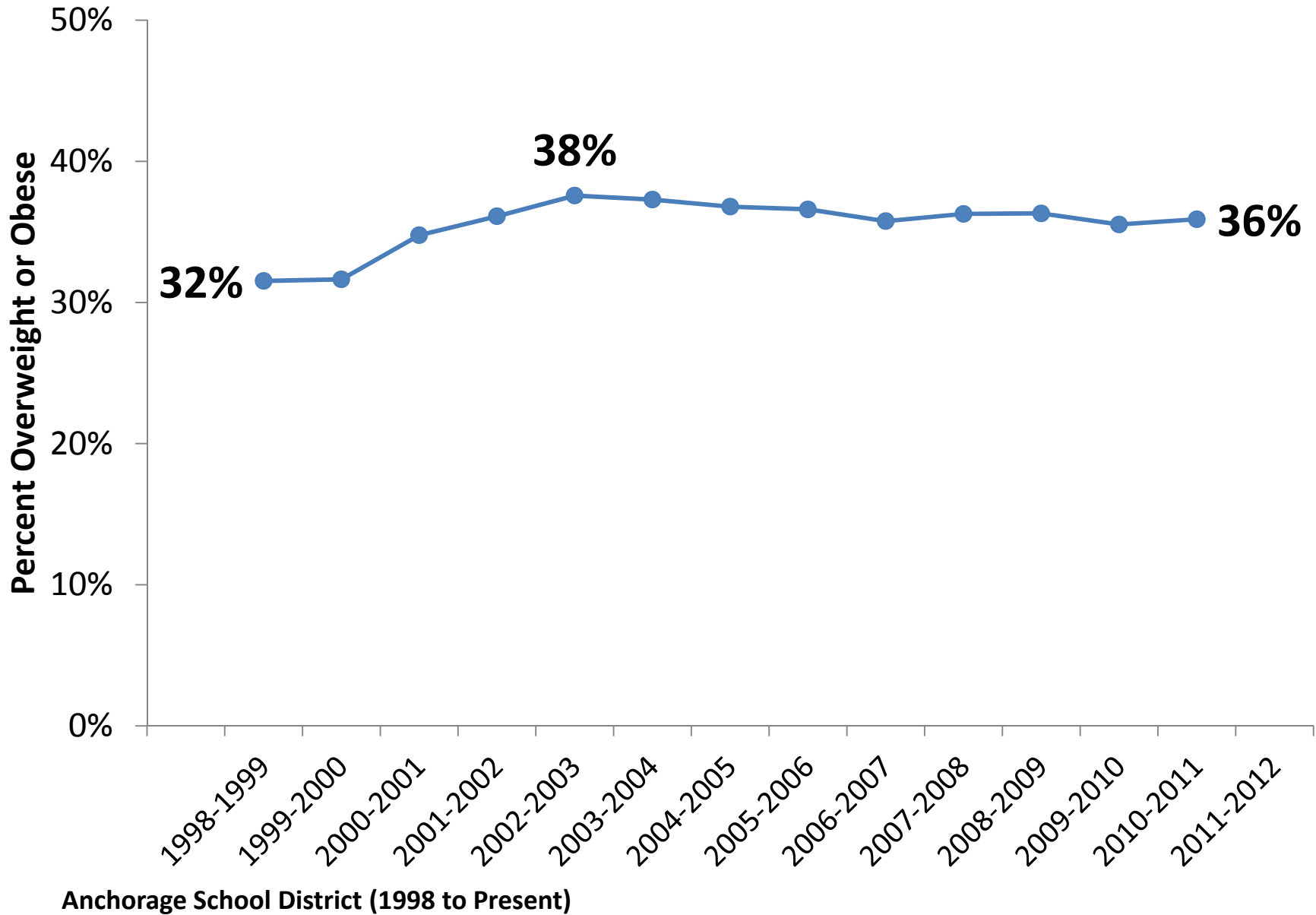
INTRODUCTION

Childhood obesity is one of the most serious public health challenges of the 21st century. Overweight and obese children are likely to stay obese into adulthood, are more likely to develop chronic diseases like diabetes and cardiovascular

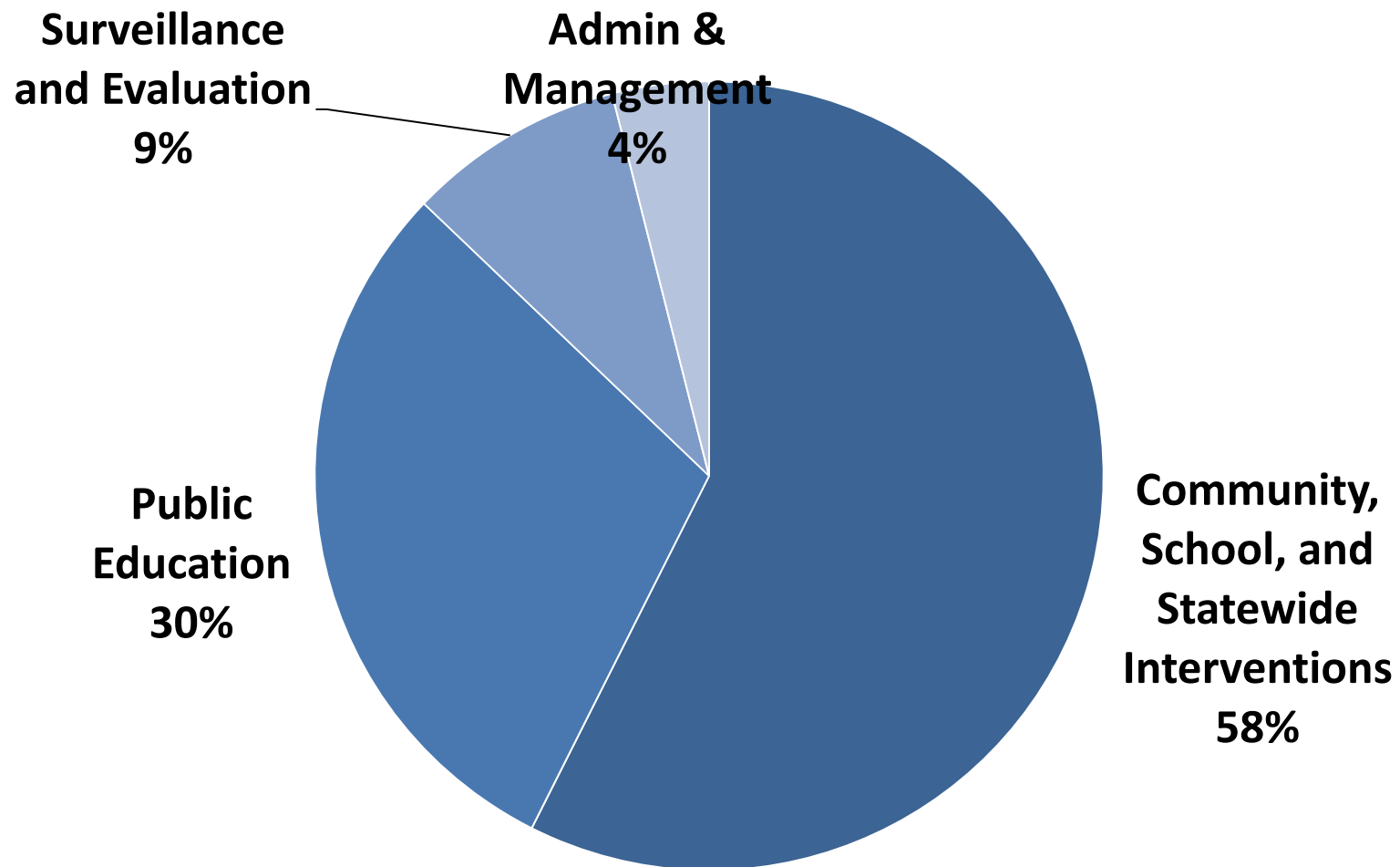
State of Alaska, Sean Parnell, Governor
Department of Health and Social Services,
William J. Streuter, Commissioner
Division of Public Health,
Ward Hurlburt, MPH, MD,
Chief Medical Officer
Andrea Fenaughty, PhD,
Chronicles Coordinator

<http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>

Obesity Declines but not to Previous Levels



SFY14 Program Budget



Budget Sources: 25% One-time only Capital Funds, 72% GF, 2% Federal

President's Council on Fitness, Sports & Nutrition Community Leadership Award



State of Alaska Division of Public Health

Karol Fink MS, RD
Obesity Prevention and Control
Program Manager

Karol.fink@alaska.gov

907.269.3457