

# Childhood Overweight in Hart County, KY

Hart County Public School Students

A report from the Barren River District Health Department, August 2010

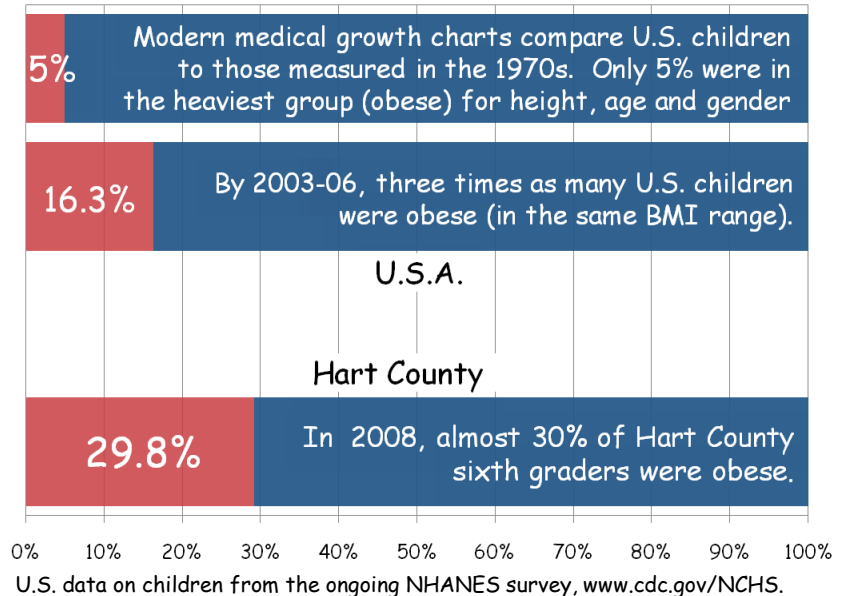
Since 2001, the Barren River District Health Department has worked with local schools to collect and analyze height and weight data from required 6<sup>th</sup> grade and school entry physicals. Here are results from the 2007-08 school year.

Overweight children have more health and social problems. A greater concern is obesity-related health problems in adulthood, including diabetes, heart attack, stroke, respiratory problems, and many more. To help ensure this generation a long and productive life, we must address childhood overweight today.

In the bar chart at right, red bars represent the children who were Obese on the day of their 6<sup>th</sup> grade physical. From their recorded height and weight, we calculated a Body Mass Index (BMI) and plotted them on the same growth charts used by pediatricians. Only a child's physician can diagnose overweight, based on multiple factors, but the BMI and growth chart percentiles are an accepted public health indicator for looking at a population. Children between 85<sup>th</sup> and 95<sup>th</sup> percentile for age and gender are considered Overweight, and those at or above the 95<sup>th</sup> percentile are considered Obese. In Hart County, 29.8% of 6<sup>th</sup> graders were Obese. Another 20.2% were Overweight at the time of their 6<sup>th</sup> grade physicals..

In the bottom chart, we compare 2007-08 Hart County kindergarteners to 6<sup>th</sup> grade students. Is the rate of child obesity getting worse between school entry and 6<sup>th</sup> grade?

## How do Hart County kids measure up?



### Are Schools to Blame?

Certainly not. But we like the approach of Dr. Gene Wilhoit, former KY Education Commissioner, "Schools did not cause childhood obesity, but we should not be part of the problem, and we can certainly be part of the solution." Many schools have implemented policy changes to reduce availability of high calorie foods and to encourage more physical activity.

