



# CHRONIC DISEASE BURDEN UPDATE

September is National Childhood Obesity Awareness Month.

The rates of obesity are rising in Illinois and across the country. Obese children are more likely to be obese as adults creating a greater risk of type 2 diabetes; asthma; sleep apnea; cancers of the esophagus, breast, endometrium, colon and rectum, kidney, pancreas, thyroid and gallbladder. It also can lead to social discrimination.

## MEASURING OVERWEIGHT AND OBESITY

To determine if children and adults are a healthy weight, a body mass index (BMI) is typically calculated. For adults, the measure is based on height and weight. For youth aged 2 to 17, BMI is based on height, weight, age and growth charts, you can calculate your BMI by visiting: [www.cdc.gov/healthyweight/assessing/index.html](http://www.cdc.gov/healthyweight/assessing/index.html).

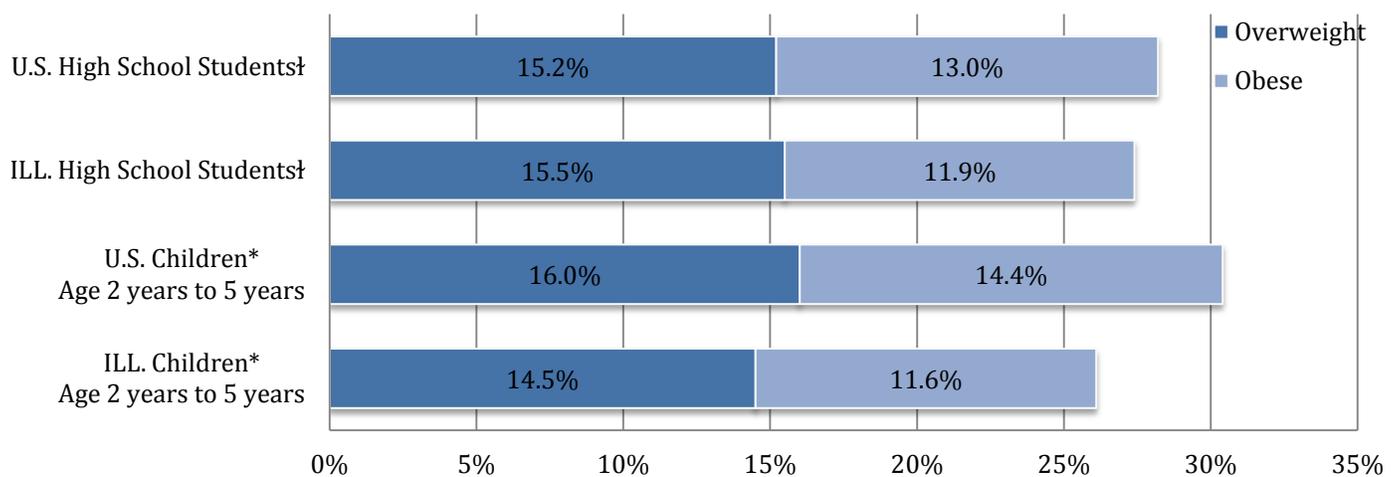
BMI category	Adolescents	Adults
<b>Underweight</b>	BMI less than 5 <sup>th</sup> percentile	BMI is less than 18.5
<b>Healthy weight</b>	BMI 5 <sup>th</sup> percentile up to the 85 <sup>th</sup> percentile	BMI is 18.5 to 24.9
<b>At risk of overweight</b>	BMI 85 <sup>th</sup> percentile to less than 95 <sup>th</sup> percentile	*
<b>Overweight</b>	BMI greater than or equal to the 95 <sup>th</sup> percentile	BMI is 25.0 to 29.9
<b>Obese</b>	*	BMI is 30.0 or higher

\*This category is not calculated for this age group.

## ADOLESCENT OVERWEIGHT AND OBESITY

The percent of students who are overweight and obese in Illinois and nationally increases with age. More than a quarter of adolescents exceed the normal BMI range. One statewide study of weight status among third graders participating in an oral health program found about 18 percent of third grade students were overweight and 20 percent were obese.

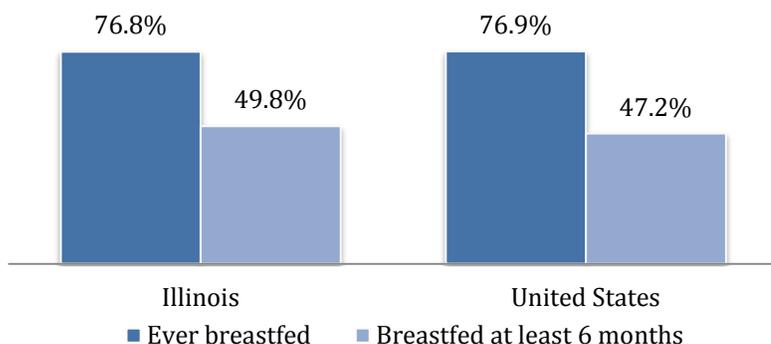
**Percent of Illinois Youth Identified as Overweight or Obese, 2011**



† Source: CDC, Division of Adolescent and School Health. The 2011 Youth Risk Behavior Survey. Available online at <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

\* Source: CDC, Division of Nutrition, Physical Activity, and Obesity. 2011 Pediatric Nutrition Surveillance System, Table 6D (PedNSS). [http://www.cdc.gov/pednss/pednss\\_tables/tables\\_health\\_indicators.htm](http://www.cdc.gov/pednss/pednss_tables/tables_health_indicators.htm) BMI data only includes low-income children from the PedNSS sample and do not represent all children.

## Percent of Babies Breastfed, Illinois, 2012



## BREASTFEEDING

Increasing breastfeeding initiation, duration and exclusivity is a strategy to decrease the rate of childhood obesity. About three quarters of babies are ever breastfed and about a half are still breastfed at 6 months of age in Illinois and nationally.

Source: CDC. Division of Nutrition, Physical Activity, and Obesity Breastfeeding Report Card 2012. Centers for Disease Control and Prevention National Immunization Survey, Provisional Data, 2008 births. Available online at <http://www.cdc.gov/breastfeeding/data/reportcard2.htm>

## WHAT ADULTS CAN DO

The key to achieving and maintaining a healthy weight is about a lifestyle that includes healthy eating, regular physical activity and balancing the number of calories you consume with the number of calories your body uses.

### ✓ Encourage healthy eating habits.

To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits and whole-grain products
- Include low-fat or non-fat milk or dairy products
- Choose lean meats, poultry, fish, lentils and beans for protein
- Serve age appropriate-sized portions
- Encourage your family to drink lots of water
- Limit sugar-sweetened beverages
- Limit consumption of sugar and saturated fat

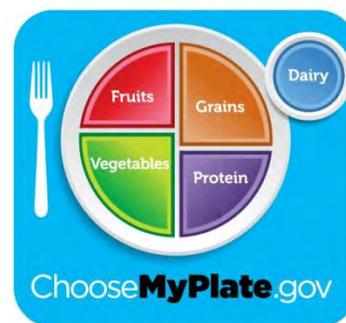
### ✓ Look for ways to make favorite dishes healthier.

### ✓ Remove calorie-rich temptations.

### ✓ Help kids stay active: children 12 months of age and older should engage in 60 minutes of age-appropriate moderate to vigorous physical activity daily.

### ✓ Reduce sedentary time.

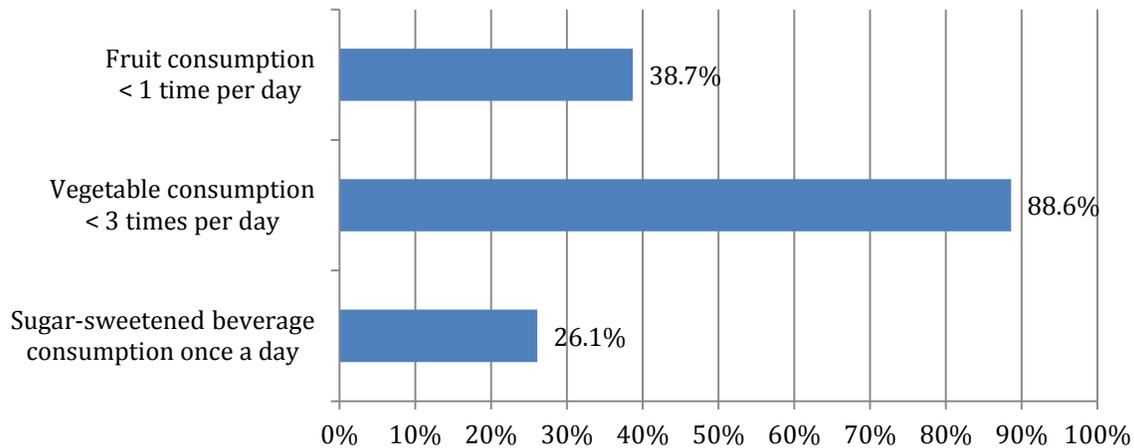
### ✓ Reduce screen time: no screen time for children less than 2 years old; limit screen time to two hours or less for those older than 2 years of age.



## DIETARY AND PHYSICAL ACTIVITY BEHAVIORS AMONG HIGH SCHOOL STUDENTS

The recommended dietary guidelines include consuming five or more fruits and vegetables each day. Recommended physical activity guidelines are that adolescents should participate in a total of 60 minutes per day of physical activity seven days a week. The 2011 Illinois Youth Risk Behavior Survey found the majority of Illinois adolescents are not meeting the guidelines.

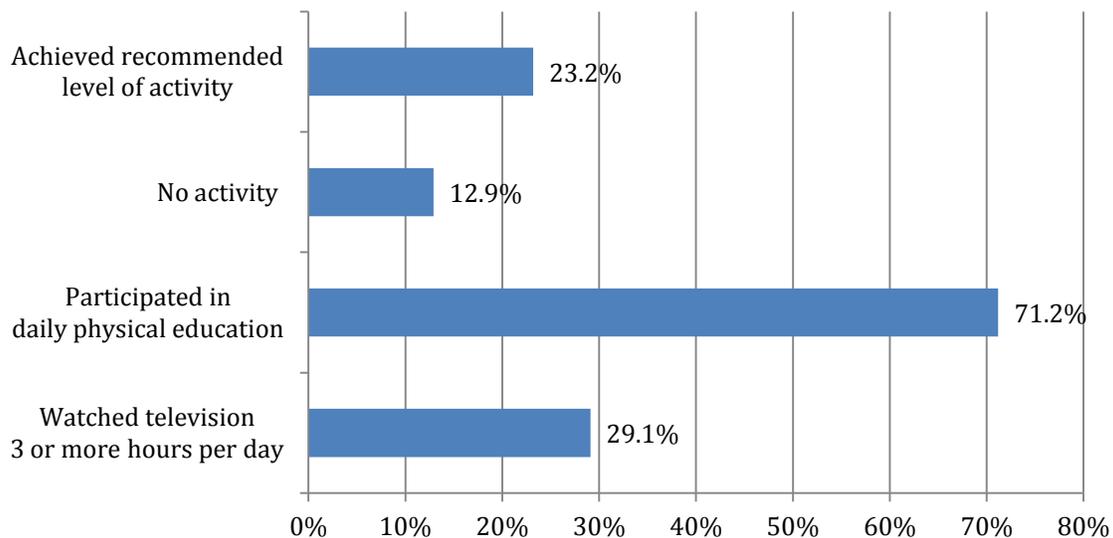
### Unhealthy Dietary Behaviors Among High School Students, Illinois, 2011



Source: CDC, Division of Adolescent and School Health. The 2011 Youth Risk Behavior Survey. Available online at <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

- Fruit consumption: ate fruits or drank 100% fruit juice one or more times per day during the seven days before the survey
- Vegetable consumption: ate vegetables less than three times per day during the seven days before the survey (green salad; potatoes, excluding french fries, fried potatoes, or potato chips; carrots; or other vegetables).
- Sugar-sweetened beverage consumption: drank a can, bottle, or glass of soda or pop (not including diet soda or diet pop) at least one time per day during the seven days

### Physical Activity Behaviors Among High School Students, Illinois, 2011



Source: CDC, Division of Adolescent and School Health. The 2011 Youth Risk Behavior Survey. Available online at <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

- Recommended level of activity: physically active\* for a total of at least 60 minutes per day on each of the seven days prior to the survey. \* Physical activity defined as “any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.”
- Participated in daily physical education: Recommendations are that elementary students receive 150 minutes of PE/week; middle and high school students should receive 225 minutes of PE/week.
- No activity: did not participate in at least 60 minutes of physical activity on any day during the seven days prior to the survey.

References: <http://www.cdc.gov/healthyweight/children/index.html> Content source: Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion, accessed July 2013.