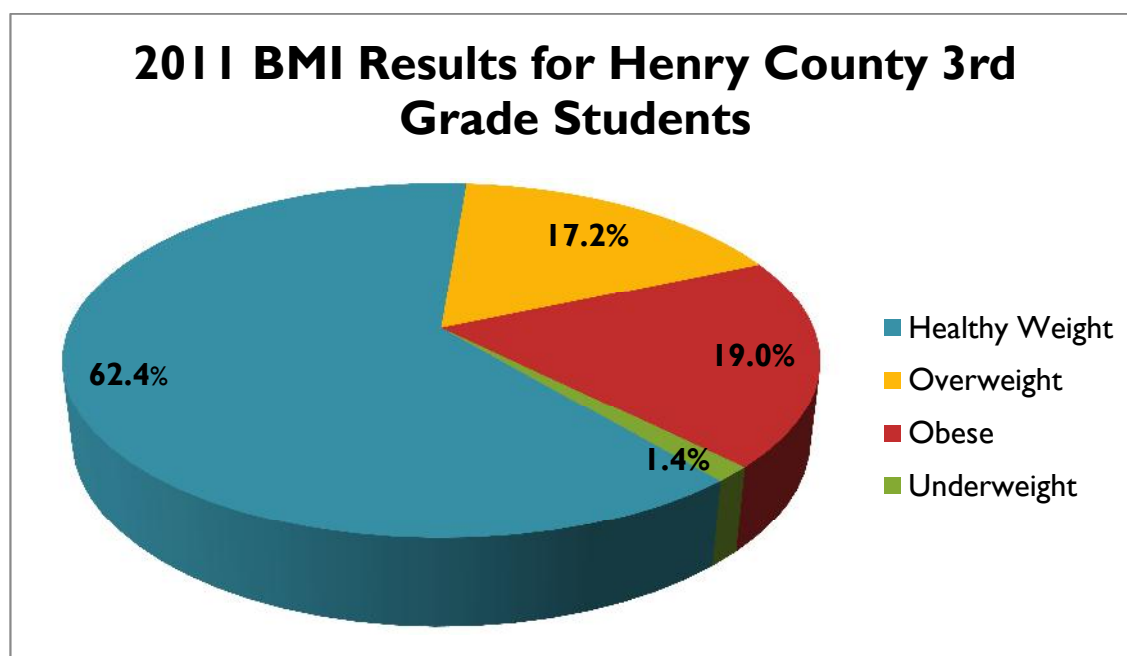




Monitoring Childhood Obesity in Henry County: 2011 Results for Henry County 3rd Grade Students

Childhood obesity is a major health problem in our state and nationwide. Children who are obese or overweight are at a higher risk for diseases such as Type 2 diabetes, hypertension, elevated cholesterol levels, joint pain, and asthma. In order to provide the essential public health services of monitoring the community's health and mobilizing community partnerships to address local health issues, Henry County Health Department collects body mass index data on local third graders annually. Health Department staff visited West Elementary, Malinta Elementary, Liberty Center Elementary and Holgate Elementary in the Spring of 2011 to collect heights and weights of all third grade students in attendance and with parental consent to participate.

The 2011 screening results are described below:



17.2% of all 3rd graders measured were overweight, and 19.0% were obese. In combination, 36.2% were overweight or obese. Of the male students that participated, 39.0% were overweight or obese. For female students, 33.3% were overweight or obese.

Childhood overweight and obesity are influenced by behavioral, environmental, and genetic factors. Parents, caregivers, schools and the community can all take action to prevent childhood overweight. For more information, visit www.cdc.gov/healthyyouth/keystrategies/index.htm (for schools) and www.cdc.gov/healthyweight/children/index.html (for parents).

Terms Used:

BMI: Body Mass Index

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

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