CALL TO ACTION ON OBESITY:
MAKING HEALTHY LIFESTYLES A PRIORITY IN DUPAGE COUNTY
DECEMBER 2016

IN OBESE DUPAGE STUDENTS:
MORE THAN 40% HAD ELEVATED BLOOD PRESSURE

IN WIC* IN DUPAGE:
HIGHER PERCENT OF OBESE KIDS AGED 2-4 YEARS THAN WIC NATIONALLY

*USDA’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

OBESITY IN DUPAGE PUBLIC SCHOOL STUDENTS HAS DROPPED

HEALTHY EATING AND PHYSICAL ACTIVITY CAN LOWER YOUR CHANCE OF OBESITY AND RELATED DISEASES
In the United States, childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years, and today more than one-third of U.S. adults are obese.

Childhood obesity has both immediate and long-term effects on health and well-being.

Adult obesity is a serious concern because it is associated with poorer mental health outcomes, reduced quality of life, and the leading causes of death in the U.S. and worldwide, including diabetes, heart disease, stroke, and some types of cancer.

Definition: The term “obesity” refers to body weight that’s greater than what is considered healthy for a certain height. Obesity is defined as a body mass index (BMI) at or above the 95th percentile for children and teens of the same age and sex. For adults, a BMI of 30.0 and above is obese.

**WHY IS THIS IMPORTANT?**

**EARLY CHILDHOOD OBESITY**

How Does DuPage County Compare?

An obese child is more likely to be obese through adolescence and have high cholesterol, high blood sugar, asthma, and mental health problems.

Overweight or obese preschool-age children have a 5X greater chance to be overweight or obese as adults.

**WHAT EDUCATORS CAN DO**

Complete the Nutrition And Physical Activity Self-Assessment for Child Care (NAP SACC) assessment and implement an action plan

Pursue recognition from Let's Move! Child Care

Adopt the 5-4-3-2-1 Go message; resources and materials at [www.dupagehealth.org/54321go](http://www.dupagehealth.org/54321go)

**WHAT PARENTS CAN DO**

Plan meals for the week

Serve lots of fruits, vegetables, and whole-grain foods

Cook meals as a family

Serve reasonably-sized portions

Drink lots of water and cut down on drinks with sugar

Be physically active daily as a family

Cut down on screen time

Learn more at [www.dupagehealth.org/parent](http://www.dupagehealth.org/parent)
**SCHOOL-AGED CHILDREN**

**Obesity and Elevated Blood Pressure**

(HP) Kindergarten, 6th, and 9th Grade Students in 2015-2016

The rate of obesity in DuPage County public school students declined from 15.7% to 14.4%.

42% of all obese students had elevated BP

49% of obese 9th graders had elevated BP

41% of obese 6th graders had elevated BP

34% of obese kindergarteners had elevated BP

*One elevated blood pressure reading is not a diagnosis of hypertension and should be discussed with the child’s doctor.*

In 2015-16:

More than 1 in 7 DuPage students were obese

The male obesity rate was higher than the female obesity rate:

**Males 16.1%**

**Females 12.7%**

**WHAT SCHOOLS CAN DO**

Assess the district’s wellness policy and incorporate improvements

Create or expand district or school wellness committees

Conduct the School Health Index (SHI) assessment and implement an action plan

Host events and expand relationships with parents, volunteers, and other community partners

Pursue HealthierUS School Challenge or Alliance for a Healthier Generation Healthy Schools Program recognition

Adopt the 5-4-3-2-1 Go!® message; resources and materials at [www.dupagehealth.org/54321go](http://www.dupagehealth.org/54321go)

Learn more at [www.dupagehealth.org/schools](http://www.dupagehealth.org/schools)

**OBESITY RATES BY REGION**

**WHY IS THIS IMPORTANT?**

An obese child is more likely to be an obese adult and develop:

- High Cholesterol
- High Blood Pressure
- Heart Disease
- Diabetes
- Breathing Problems
- Asthma
- Joint Problems
- Fatty Liver Disease
- Depression
- Behavioral Problems
- Problems at School
- Low Self-esteem
- Lower Quality of Life

[forward]
DUPAGE COUNTY ADULTS

In 2014, 23% of surveyed DuPage County adults reported being obese.

WHY IS THIS IMPORTANT?

When compared to an adult with a normal or healthy weight, an obese adult risks many serious conditions and diseases:

- Heart Disease
- Stroke
- Diabetes
- High Blood Pressure
- Gallstones
- Asthma
- Problems Sleeping
- High Cholesterol
- Kidney Stones
- Osteoarthritis
- Infertility
- Some Cancers

Many adults report social and emotional effects of obesity that include a lower quality of life including:

- Discrimination
- Lower Wages
- Depression
- Don’t smoke
- Ask your doctor for recommendations

WHAT ADULTS CAN DO
to Lead a Healthy Lifestyle and Prevent or Control
High Blood Pressure and Diabetes

- Be physically active
- Eat healthy and stay at a healthy weight
- Eat foods low in salt
- Limit alcohol
- Don’t smoke

Answer questions to see if you’re at risk for diabetes at 
https://doihaveprediabetes.org

Find more at
www.dupagehealth.org/diabetes
www.dupagehealth.org/hypertension

WHAT EMPLOYERS CAN DO

Improve worksite wellness by completing the CDC’s Worksite Health ScoreCard or the American Heart Association’s Health Achievement Index and implementing an action plan.

Increase healthy food and beverage choices and promote healthy eating in cafeterias and vending.

Learn more at
www.dupagehealth.org/worksites

WHAT EVERYONE CAN DO

There are county-wide three-year goals to make healthy lifestyles a priority in DuPage County. Those goals are reflected throughout this document. Monitor progress and find more details at
www.impactdupage.org/tiles/healthylifestyles

Share this document; find it electronically at
www.dupagehealth.org/dupagebmi

Sign up to receive emails with physical activity, nutrition, and obesity resources, local data, events, webinars, and more at

WANT TO KNOW MORE ABOUT OUR METHODS, STATISTICS, AND RESOURCES?

www.dupagehealth.org/dupagebmi

FOR HELP GETTING STARTED OR FOR MORE DETAILS ON NEXT STEPS, CONTACT US:

forward@dupagehealth.org
(630) 221-7037
www.forwarddupage.org

Funding provided in part by the Illinois Department of Public Health.

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