



Obesity in Preschool-Aged Children

Background Information:

Childhood obesity is a serious problem in the United States. Although the most recent data from the Centers for Disease Prevention and Control shows a decline in preschool obesity rates since 2003-2004, the data estimates 8.4% of American preschoolers are obese.

Obesity occurs when a person eats more calories than they burn per day. This is most likely to occur in children who eat calorie-dense foods and sugary beverages in conjunction with less physical activity.

Increased physical activity as well as proper nutrition can prevent most cases of childhood obesity

Risk Factors for Childhood Obesity:

- Limited physical activity and too much screen time (TV, video games, etc)
- Increased consumption of processed foods (chips, cookies, candy, etc.)
- Increased consumption of sugary beverages (soda, juice, etc.)
- Living in a low income household
- Having parents with lower educational attainment
- Some racial and ethnic groups have higher national rates of obesity than others—in the United States between 2009-2011 low-income preschool obesity rates were highest in the American Indian/Alaska Native population (20.7%) and lowest in the African American/Black and Asian/Pacific Islander populations (11.9%).

Recommendations to Prevent Childhood Obesity:

Communities can promote healthy lifestyle changes like exercise and nutrition and programs like **5-2-1-0** which encourages a healthy lifestyle.

Please visit: www.5210challenge.org



- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Child Care Providers can serve children healthy foods and beverages, make sure children get enough physical activity, and minimize screen time

Family members and friends can get involved with their child care facility and schools make sure their children have enough nutrition and physical activity, and little to no screen time when at home.

Schools can help children form healthy habits. Schools can serve healthy foods promote physical activity, and limit screen time in the classroom, as well as work to engage parents in their children's nutrition and physical activity.

Definitions:

Body Mass Index (BMI):

A measure of body fat based on height and weight

Childhood Overweight:

a Body Mass Index (BMI) at or above the 85th percentile and lower than the 95th percentile for children of the same age and sex.

Childhood Obesity:

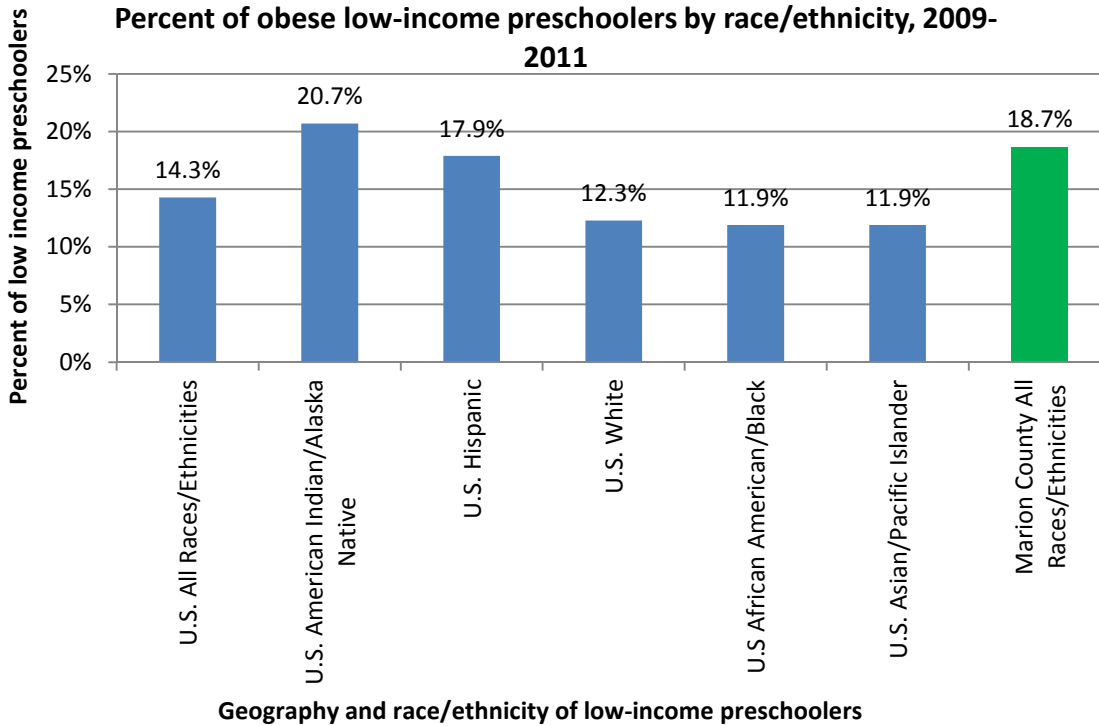
a Body Mass Index (BMI) at or above the 95th percentile for children of the same age and sex.





Childhood Obesity in Marion County:

Based on the most recent available data, Marion County has a larger percentage of obese low-income preschoolers (18.7%) than the United States (14.3%). If Marion County data follow national data trends, Marion County American Indian/Alaska Native and Marion County Hispanic low-income preschoolers may experience a larger burden of obesity than their White, African American/Black and Asian/Pacific Islander counterparts but without specific county level race/ethnicity data, it is not possible to know for sure.



Resources/Contact Info:

Please follow the links below more information:
[Choose My Plate](#)
[CDC on Childhood Obesity](#)

If you would like to reach the Marion County Health Department Women, Infant, and Children (WIC) program, please call: (503) 588-5057.

Please like us on Facebook and follow us on Twitter for the most updated information about important events in our county.



What is Marion County Public Health doing?:

Marion County Public Health brought together partners that serve preschool-aged children to explore the issue of preschool-aged obesity. The group decided to survey local child care centers about their child care practices because low-income preschoolers may spend more time in child care per week than their non low-income peers. Based on the results of the survey, the group developed the following recommendations for child care facilities:

1. Increase promotion of family style eating practices. Family style eating allows children to serve themselves, choose which foods they would like to eat from a common area, and stop eating when they feel full.
2. Serve healthy drinks that have low or no sugar.
3. Increase opportunities for physical activity in the child care home.

Results related to the groups recommendations from Child Care Provider Survey, 2015	
Child care providers that offer family style eating practices where providers eat with the children	9%
Child care providers that offer sugar-sweetened beverages	18%
Child care providers that offer more than 1 hour of physical activity	87%