

How Can Physical Activity and Healthy Eating Impact Michigan Children?

- *Daily enjoyable physical activity* → → → → → → → **HEALTHY**
- *Healthy eating choices* → → → → → → → → → → **WEIGHT**

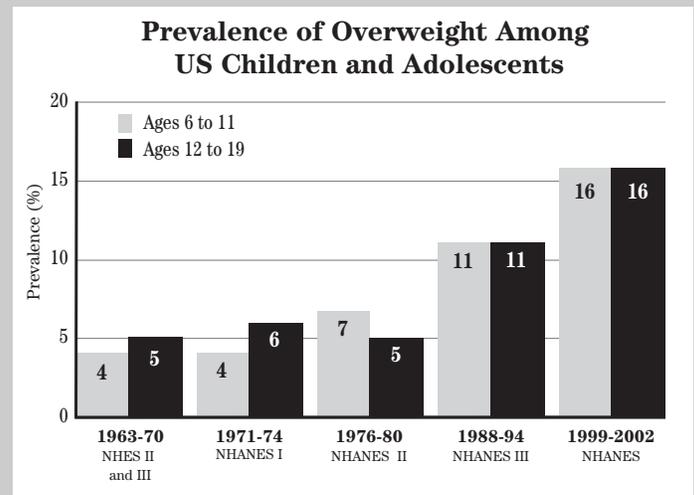
Children are consuming:

- More calories
- Larger portions
- More meals and snacks outside the home
- More convenience foods
- Less fruit
- Fewer vegetables
- Less milk

Children are less physically active due to:

- More “sitting” activities (e.g. watching television and playing computer or video games)
- Less outdoor play
- Concerns over safety in neighborhoods and on routes to school
- Fewer physical education classes in schools

Overweight and obesity are critical health issues in America, and the trend among children is alarming. The number of children ages 6-11 who are overweight has more than doubled in the past 20 years, while the number of overweight adolescents has tripled.



National Center for Health Statistics

HEALTHY STUDENT OF ALL SHAPES AND SIZES.

	AT RISK FOR BECOMING OVERWEIGHT	OVERWEIGHT
U.S.	15%	14%
MI	15%	12%

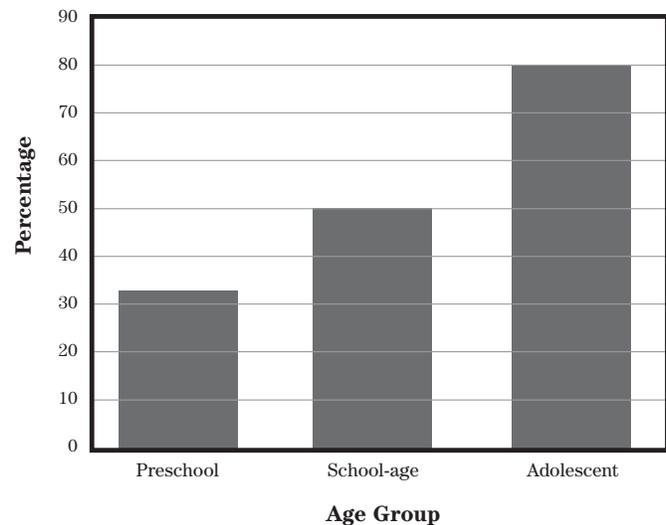
This chart provides data for students in grades 9-12, and illustrates the need for physical activity and healthy food choices in Michigan. These statistics are disturbing, because children who are overweight have more than 50% chance of being obese as adults.

Health Risks of Childhood Overweight

- High blood pressure
- Type 2 diabetes
- High cholesterol
- Pulmonary complications (asthma & sleep apnea)
- Growth acceleration
- Musculoskeletal problems (impaired balance, orthopedic problems)
- Psychosocial problems (low self-esteem, negative body image, depression)
- Increasing use of vomiting, laxatives and fasting for weight loss

The term "childhood obesity" is commonly used in medical and popular literature. However, because of the stigma and discrimination often associated with a diagnosis of obesity, the CDC and other federal government organizations recommend avoiding the phrase "obese" when describing the weight of children and adolescents. Instead the terms "underweight", "normal weight", "at risk of overweight", and "overweight" are recommended. Remember, healthy kids come in all shapes and sizes.

Percentage of Overweight Children and Youth Who Become Obese Adults



National Institute for Health Care Management

Unhealthy weight may lead to lifelong health problems

Overweight children, especially adolescents, are more likely to become overweight adults. Adult overweight and obesity are risk factors for major health conditions such as diabetes, heart disease, high blood pressure, stroke, gallbladder disease, cancer (endometrial, colon, kidney, gallbladder and postmenopausal breast cancer) and osteoarthritis.

In fact, 70-80% of overweight adolescents will remain overweight throughout adulthood.

"We must intensify efforts for early identification and early prevention of overweight and obesity, or we are going to have the first generation of children who are not going to live as long as their parents."

Dr. George Blackburn,
Associate
Director, Division of
Nutrition,
Harvard Medical School

Lifelong Economic Costs Associated with Childhood Overweight are Increasing

- Obesity-associated hospital costs for young people have more than tripled in 20 years, growing from \$35 million to \$127 million in 2004.
- The estimates that obesity could affect two out of every five adults by 2025, reinforces the need for a greater focus on prevention of weight gain at an early age.
- On average, adults classified as obese have 36% higher annual medical expenditures than those classified as having "healthy" weight and medical expenditures are rising approximately 10% annually.
- In 2001, the U.S Surgeon General estimated the total cost of obesity, direct and indirect, at \$117 billion.

Michigan Efforts: Healthy Schools – Healthy Kids – Healthy Weight

Healthy School Action Tool

The Healthy School Action Tool (HSAT) helps schools plan and make changes to make it easier for students to make healthy food choices, be more physically active and choose a tobacco-free lifestyle. Training and mini-grants are available to schools interested in improving their physical activity, healthy eating, and tobacco-free lifestyle policies and environment. The Healthy School Action Tool can be accessed at: www.mihealthtools.org/schools. Information on mini-grants can be accessed at: www.tn.fcs.msue.msu.edu and select “Grants.” From 1999-2004, forty-seven Michigan schools with a total enrollment of 26,437 are experiencing a healthier school environment due to grants from MDCH and MDE.

Michigan Action for Healthy Kids

Action for Healthy Kids is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. This effort represents a response to our nation's epidemic of overweight, sedentary, and undernourished children and adolescents. Healthy schools produce healthy students – and healthy students are better able to learn and achieve their true potential. Michigan's statewide coalition chose the goals of ensuring that healthy foods and snacks are provided in schools and that kids from pre-kindergarten to grade 12 are provided with quality daily physical education. For further information see www.actionforhealthykids.org and select “Michigan.”

Michigan Surgeon General's Healthy School Environment Recognition Program

Michigan's Governor and Surgeon General want to motivate and empower Michigan Schools to “step up” and create healthy school environments. The Michigan Surgeon General's Healthy School Environment Recognition Program will recognize schools that are working on making significant improvements in their environment related to healthy eating, physical activity and tobacco free lifestyles. The application for this recognition program will be available in the fall of 2005 at: www.mihealthtools.org/greatschools.

Michigan's Prevention Efforts: Focusing on Healthy Schools

Why? Close to 100% of children and adolescents in the US are enrolled in school. School environments that support efforts to help students achieve their full academic potential are needed across Michigan. A healthy school environment gives students clear and consistent messages, accurate health information, and ample opportunity to use it. The classroom, gymnasium, cafeteria, school activities, and communication systems reinforce and educate students, staff and families on healthy eating and physical activity.

Healthy Kids – Healthy Weight: Tips For Families With Kids Of All Shapes And Sizes

Educational material developed for families of school aged children of all shapes and sizes. Available for downloading for schools, health care providers and parents free of charge at: www.emc.cmich.edu/healthyweight in English and Spanish.

Eat Healthy + Play Hard = Smart Students Conference

The Michigan Department of Community Health, Michigan Department of Education and the United Dairy Industry of Michigan present this annual conference in collaboration with Michigan Action For Healthy Kids, Michigan Steps Up, Michigan Team Nutrition and the American Cancer Society. The target audience includes school district officials; school personnel, including but not limited to, classroom teachers, health education teachers, food service staff, physical education teachers, counselors, health services providers, and social workers; as well as parents, public health professionals and community partners interested in health and education. Since 2003 over 1,000 participants have received education on healthy school environments.

The Role of Michigan Schools in Promoting Healthy Weight Consensus Paper

This is a consensus paper and a road map designed to provide policy recommendations and practical guidelines to schools to increase students' health and promote healthy weight for all students. Download, or order, at: www.emc.cmich.edu and click on Healthy Weight Paper Published.

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Taking action to help kids reach their full potential.