

The image shows the cover of a spiral-bound notebook. The cover is a light beige or tan color with a fine, woven fabric-like texture. A silver metal spiral binding is visible along the left edge. The notebook is set against a solid brown background. The text is centered on the cover in a black, serif font.

# Obesity and Overweight

Health Improvement Action Plan  
For Taney County

# Health Improvement Action Plan

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- Priority health issue: overweight/obesity
- Supporting data:
  - Taney county has a higher rate of overweight individuals than the state (41.8% vs. 35.3%) (2003 BRFSS)
  - 24% of WIC children have a risk factor for being overweight (A5 or A6) (2004 MDHSS)

# National Statistics

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- Overweight children are more likely to develop childhood diabetes, hypertension and lung problems.
- Overweight school age children are 50% more likely to become obese adults.
- Overweight adolescents are 70-80% more likely to become obese adults.

Source: CDC



# National Statistics

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- Life expectancy for young adults is 5-20 years less than the normal weight person.
- Obese adults have significantly higher rates of diabetes, heart disease, cancer, stroke, hypertension and arthritis.

Source: CDC



# Strategy(s) Planned for Implementation

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- Collect BMI data on students 4-10<sup>th</sup> grades enrolled in the 2004-2005 school year
- Collect BMI data at the annual Kid's Kare
- Compile and analyze BMI data
- Form a taskforce to meet, review data and publish a community report

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- A graphic of a spiral-bound notebook with a brown cover and a light beige page. The spiral binding is on the left side. A horizontal line is drawn across the page, separating the top section from the text below.
- Programming tool will be modeled after the Arkansas School Health Assessment Project:

[www.cbc.ca/consumers/market/files/health/bmi/docs/Summit\\_Media\\_Kit.pdf](http://www.cbc.ca/consumers/market/files/health/bmi/docs/Summit_Media_Kit.pdf)

\*Modifications will be made to accommodate our county's specific health strategies



# Identified Barriers

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- Participation of all schools
- Collecting data by the end of the 2004-2005 school year
- Task for participation of key decision makers within the community to address overweight/obesity

# Researched Sources

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• In order to identify evidence-based public policy strategies to improve this priority health issue, the following sources were researched:

[www.obesity.org](http://www.obesity.org)

[www.healthyvision2010.org/resources](http://www.healthyvision2010.org/resources)

[www.cbc.ca/consumers/market/files/health/bmi/docs](http://www.cbc.ca/consumers/market/files/health/bmi/docs)

[www.arkansas.gov/ha/home.html](http://www.arkansas.gov/ha/home.html)

# BMI Data

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## Participation:

- 2 Private Schools
- 5 Public Schools

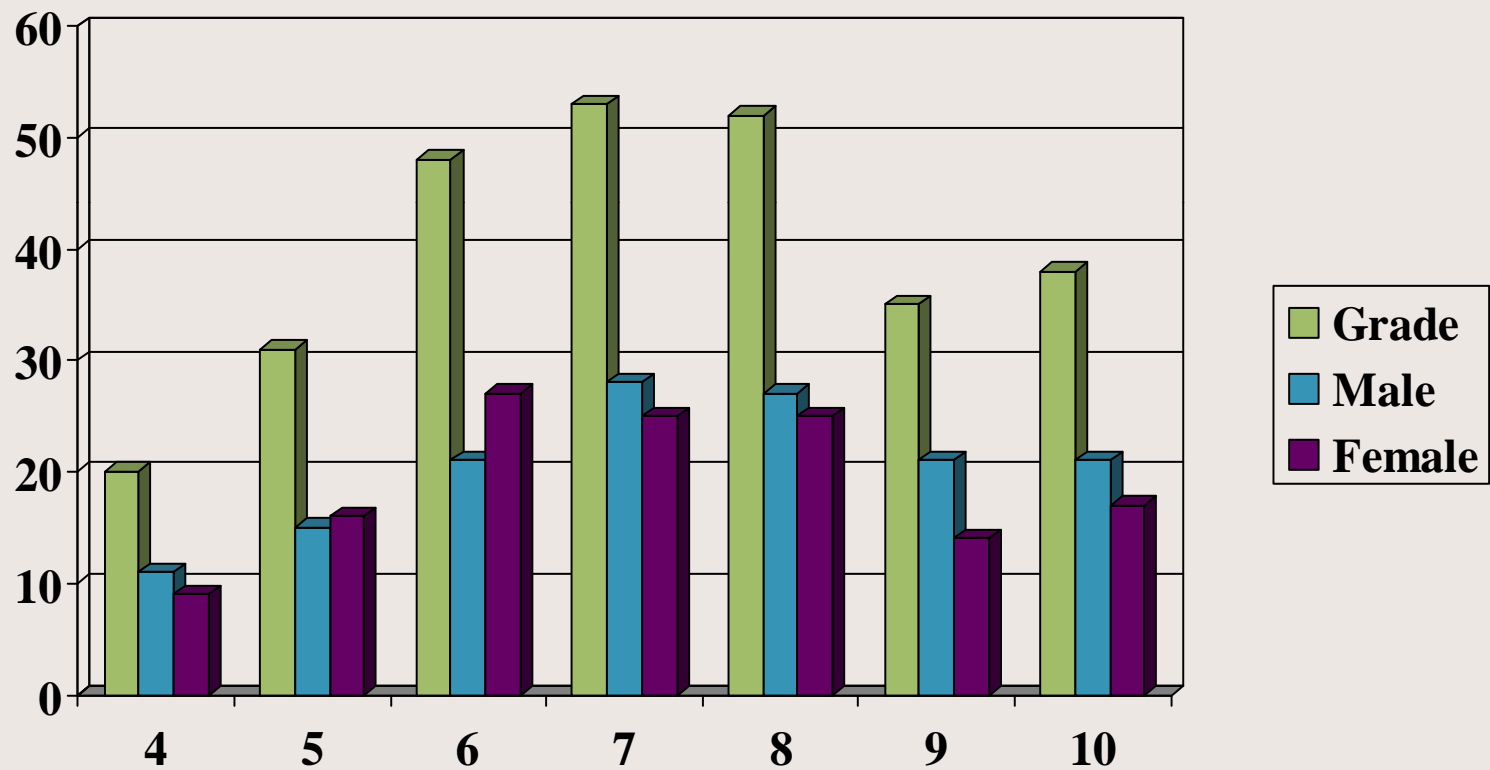
## Target Population:

- 4<sup>th</sup> – 10<sup>th</sup> Grades

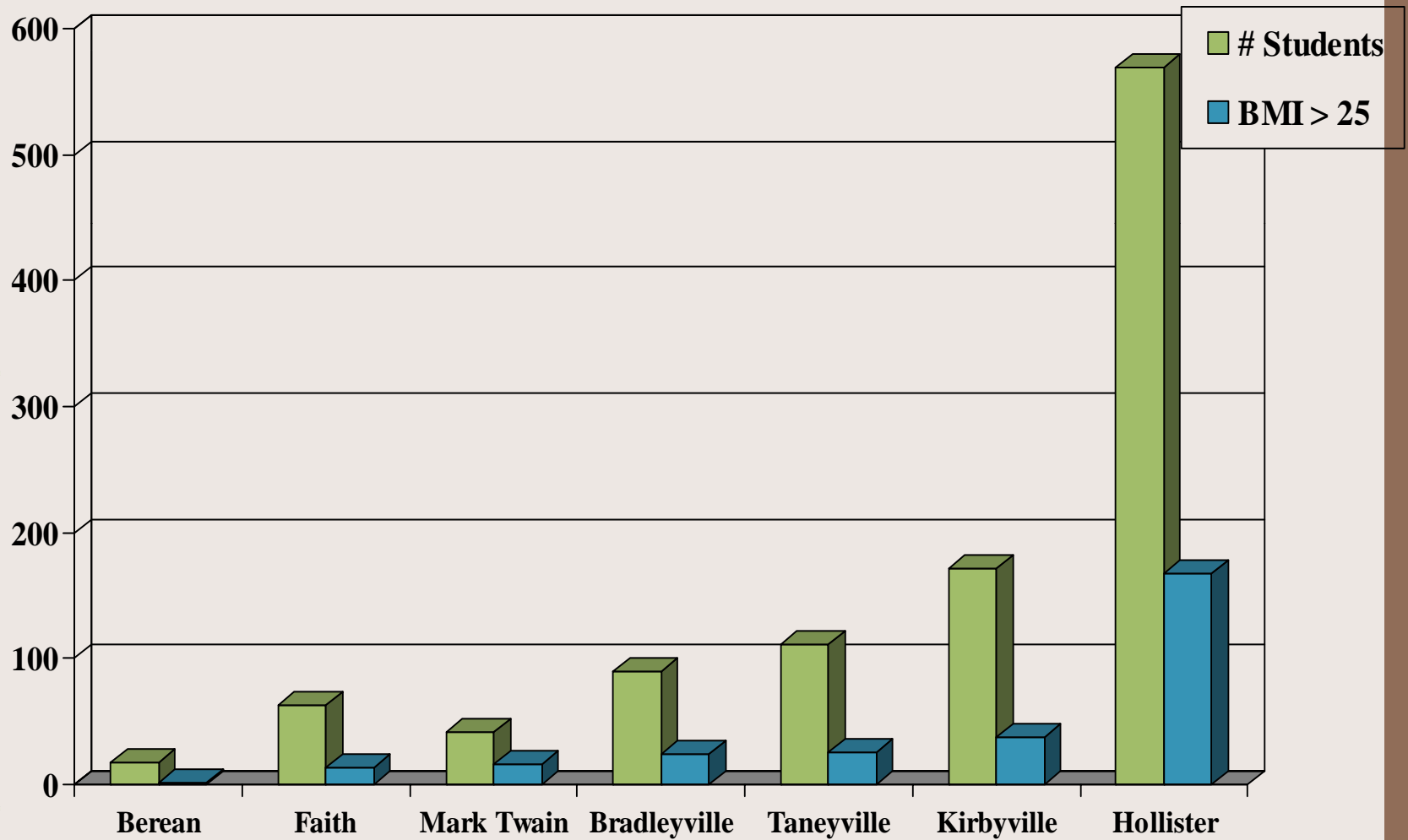
## Data Collection:

- 1063 Students
- 287 out of 1063 had a BMI  $\geq$  25 (or 27%)

# Number of Students Per Grade With a BMI $\geq 25$

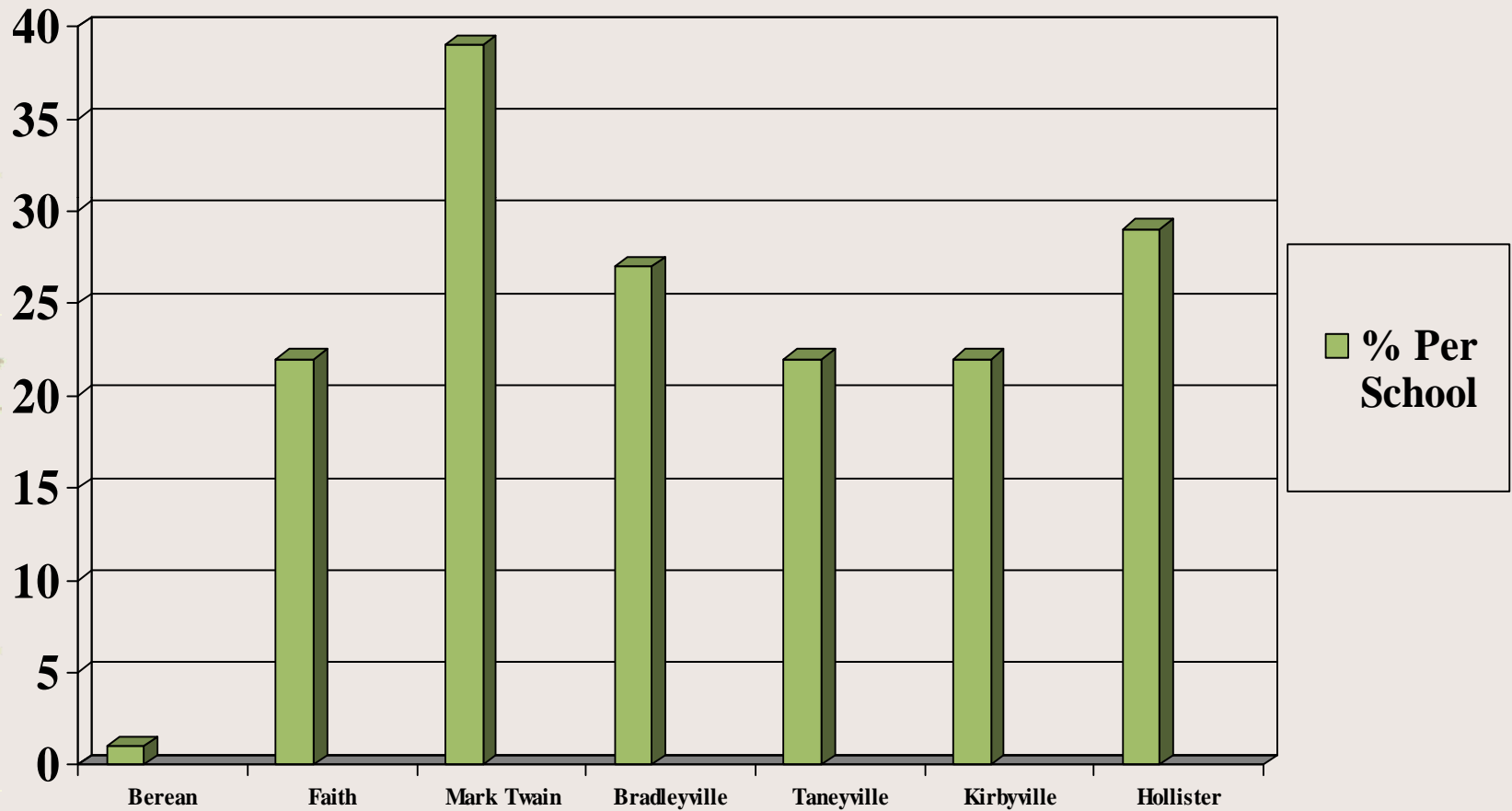


# BMI $\geq$ 25 Per School



# Percentage Per School

BMI  $\geq$  25



# BMI Data

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BMI data was also collected at the Annual Kid's Kare Event, sponsored by Skaggs Community Health Center.

## Kid's Kare

- April 2005
- Participation - 219 children
- 14 out of the 219 had a BMI  $\geq$  to 25 (6%)

# WIC Data

- 24% of children, ages 2-5, participating on the WIC Program in Taney County, are considered to be overweight, or at risk of becoming overweight (Risk Factors A5 & A6)

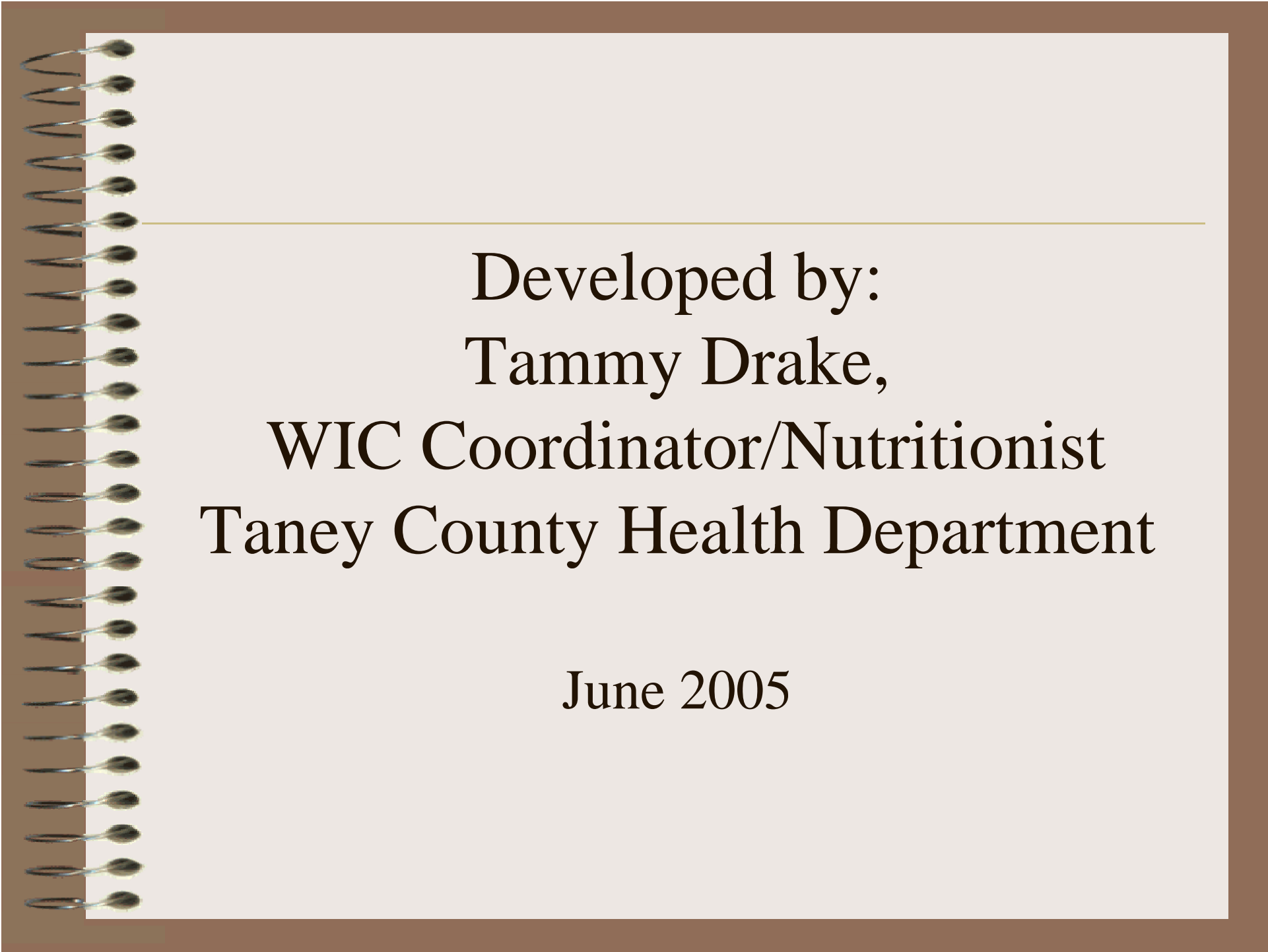
## Risk Factors:

- A5 – overweight –  $\geq 95^{\text{th}}$  %tile BMI-for-Age based on the NCHS/CDC growth charts
- A6 – At risk -  $\geq 85^{\text{th}}$  and  $< 95^{\text{th}}$  %tiles

# Task Force

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- Potential members, but not limited to: physicians, parks/recreation department, hotel/restaurant associations, Dietetic Department – C of O, schools, YMCA, Boys and Girls Clubs, City and County Health Departments, fitness facilities.
- Task Force to develop a public health system to address overweight/obesity in Taney County.
- Publish a report to the community.

A graphic of a spiral-bound notebook with a brown cover and a light beige page. The spiral binding is on the left side. A thin horizontal line is drawn across the page, positioned above the main text.

Developed by:  
Tammy Drake,  
WIC Coordinator/Nutritionist  
Taney County Health Department

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