

Parkers Chapel School District 2015 - 2016 Assessment of Childhood & Adolescent Obesity

Obesity is a major health problem that frequently begins in childhood and adolescence. Children who are obese usually have too much body fat. Children with too much body fat have higher risks of health problems than those who are a healthy weight. Obese or overweight children are more likely to become overweight or obese adults. Obesity may lead to diabetes, high blood pressure, heart disease, and many other problems. Underweight children may also have health problems.

Act 1220 of 2003 made Arkansas the first state in the country to promote comprehensive measures to address the epidemic of childhood obesity. Act 1220 initially required public schools to screen all students for obesity by annually assessing body mass index (BMI). Act 201 of 2007 modified the requirements so that only students in grades K, 2, 4, 6, 8, and 10 are required to be assessed every school year. Schools have the option of measuring all students. The Arkansas Center for Health Improvement (ACHI) obtained data from schools to create individual, confidential Child Health Reports for parents. Schools are then required to report these results to parents to inform them if their child has a health risk.

To complement these efforts and help school districts understand the scope of health risks associated with obesity among their students, ACHI has created a school district report on child and adolescent obesity by combining BMI data from schools in the district.

Parkers Chapel School District is composed of 2 schools with a total of 379 students in grades K, 2, 4, 6, 8, 10, for which BMI assessments are mandated. BMIs were assessed for students in the district between 09/23/2015 and 09/23/2015.

Individual school reports were generated when at least 20% of students enrolled in the mandated assessment grades had a valid BMI assessment. Table 1 describes schools within the district that met or exceeded 20% participation for these grades and are included in this district report.



Table 1: PARKERS CHAPEL SCHOOL DISTRICT - School Participation for BMI Assessment in Required Grades

School	Participation at least 20%
PARKERS CHAPEL ELEMENTARY SCHOOL	Yes
PARKERS CHAPEL HIGH SCHOOL	Yes

BMI is calculated by the following formula: $BMI = \frac{\text{Weight in pounds}}{(\text{Height in inches})^2} \times 703$

Because boys and girls grow and develop at different rates and based upon the Centers for Disease Control and Prevention (CDC) recommendations, BMI percentile for children is calculated individually for each child based upon gender, age, height, and weight. It is then used to categorize children according to whether they are underweight, healthy weight, overweight, or obese. A higher BMI indicates greater risk for having or developing obesity-related health problems. Health care professionals group BMI percentiles to identify underweight and obese children as follows:

- Obese:** BMI greater than or equal to 95th percentile
- Overweight:** BMI between 85th and less than 95th percentiles
- Healthy weight:** BMI between 5th and less than 85th percentiles
- Underweight:** BMI less than 5th percentile

A BMI assessment is a screening tool only. An individual child’s BMI should not be considered a final indicator of whether or not a child has a weight problem that requires attention. Further evaluation of a child by a health professional is the recommended next step for a child who is classified as overweight or obese. However, cumulative child BMI assessments are an excellent indication of the extent of the current problem of childhood obesity in schools, school districts, and the state. Obese or overweight children are more likely to become overweight or obese adults. These results may warn about future health problems due to adult obesity.

The BMI classifications for male and female students in each grade are presented in Table 1. The classifications for all assessed students are shown graphically in Figures 1 and 2.

Table 2: BMI Classifications* for Students by Grade in PARKERS CHAPEL SCHOOL DISTRICT (2015 - 2016)

Grade	Males			Females		
	N	Healthy or Underweight	Overweight or Obese	N	Healthy or Underweight	Overweight or Obese
P	0	N/A	N/A	0	N/A	N/A
K	38	63.2%	36.8%	27	55.6%	44.4%
01	0	N/A	N/A	0	N/A	N/A
02	30	73.3%	26.7%	33	63.6%	36.4%
03	0	N/A	N/A	0	N/A	N/A
04	16	43.8%	56.2%	23	73.9%	26.1%
05	0	N/A	N/A	0	N/A	N/A
06	0	N/A	N/A	0	N/A	N/A
07	0	N/A	N/A	0	N/A	N/A
08	36	50%	50%	30	63.3%	36.7%
09	0	N/A	N/A	0	N/A	N/A
10	20	70%	30%	18	55.6%	44.4%
11	0	N/A	N/A	0	N/A	N/A
12	0	N/A	N/A	0	N/A	N/A
Total	140	60.7%	39.3%	131	62.6%	37.4%

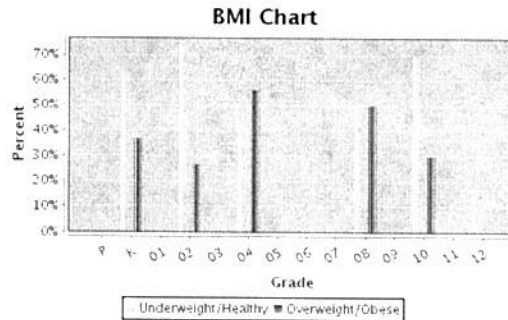
N/A = not available; data were either not reported or restricted because of the small number of children in a BMI classification. *Due to government recommendations on reporting sensitive health information, BMI categories have been combined as noted because of small numbers of children in individual categories.

Table 3: BMI Classifications* for All Students in PARKERS CHAPEL SCHOOL DISTRICT (2015 - 2016)

Males				Females			
N	Healthy or Underweight	Overweight	Obese	N	Healthy or Underweight	Overweight	Obese
140	60.7%	19.3%	20%	131	62.6%	18.3%	19.1%

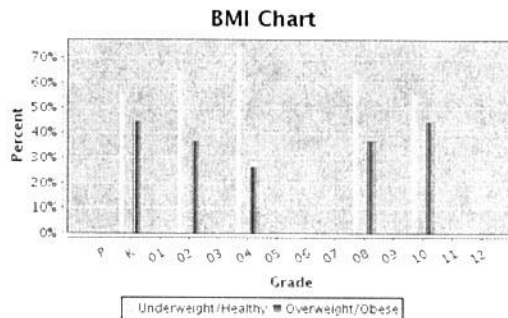
*Due to government recommendations on reporting sensitive health information, BMI categories have been combined as noted because of small numbers of children in individual categories.

Figure 1: Percentage* of Males Underweight/Healthy, Overweight/Obese



*Due to government recommendations on reporting sensitive health information, BMI categories have been combined as noted because of small numbers of children in individual categories.

Figure 2: Percentage* of Females Underweight/Healthy, Overweight/Obese



*Due to government recommendations on reporting sensitive health information, BMI categories have been combined as noted because of small numbers of children in individual categories.

For a resource guide that provides information for schools, parents, and communities, go to www.healthyarkansas.com or go to www.achi.net for helpful links for fighting childhood obesity.



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