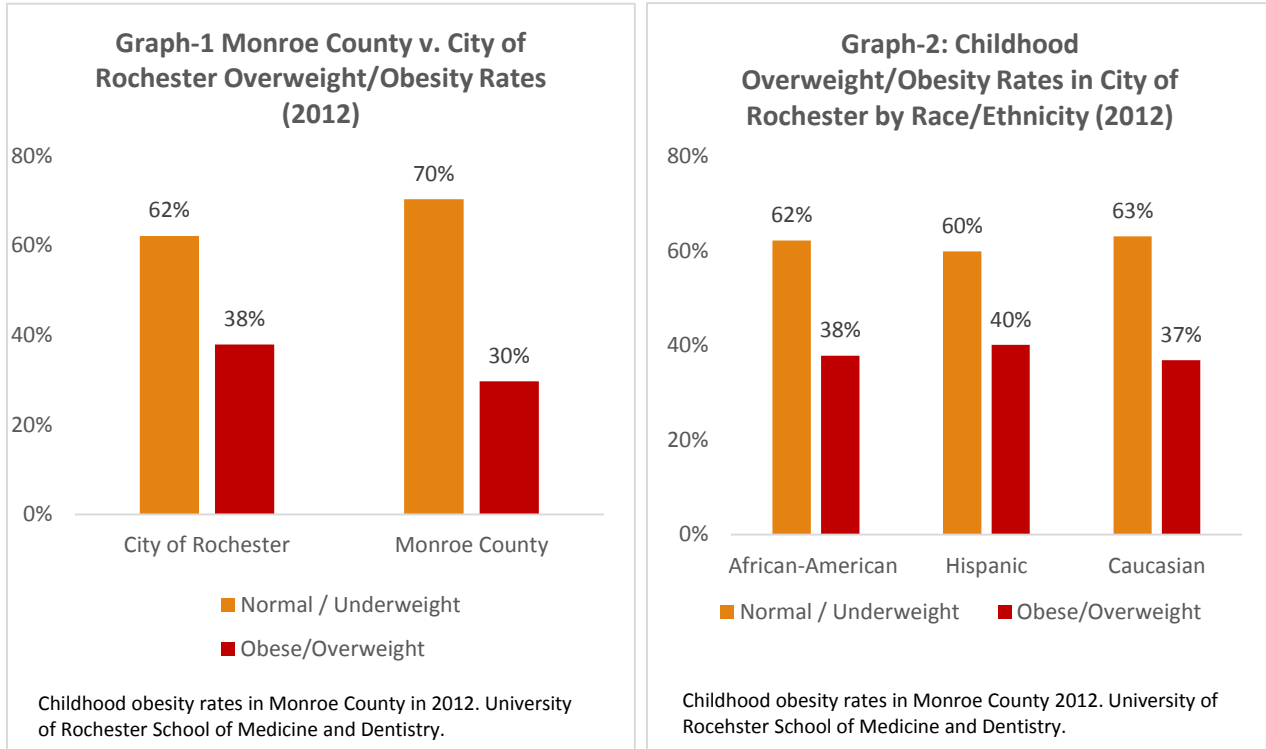


LOCAL HEALTH DISPARITIES AFFECT OUR CHILDREN

CHILDHOOD OBESITY



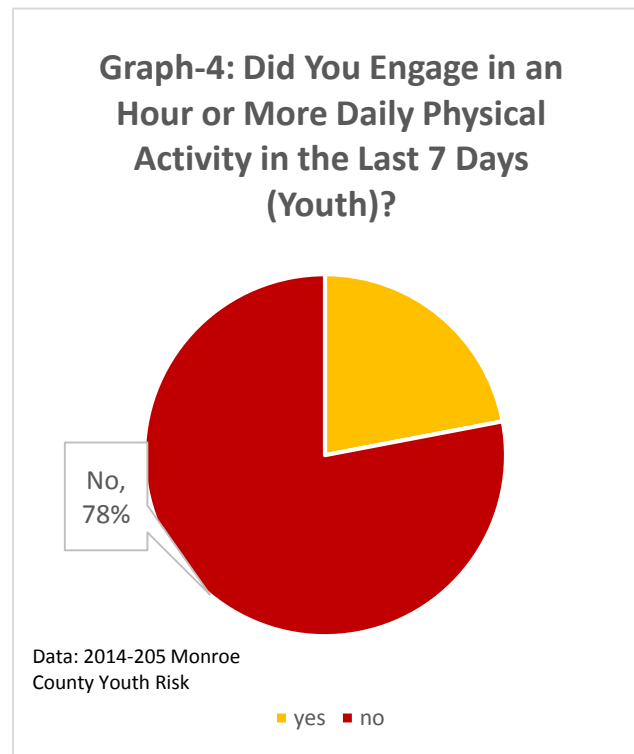
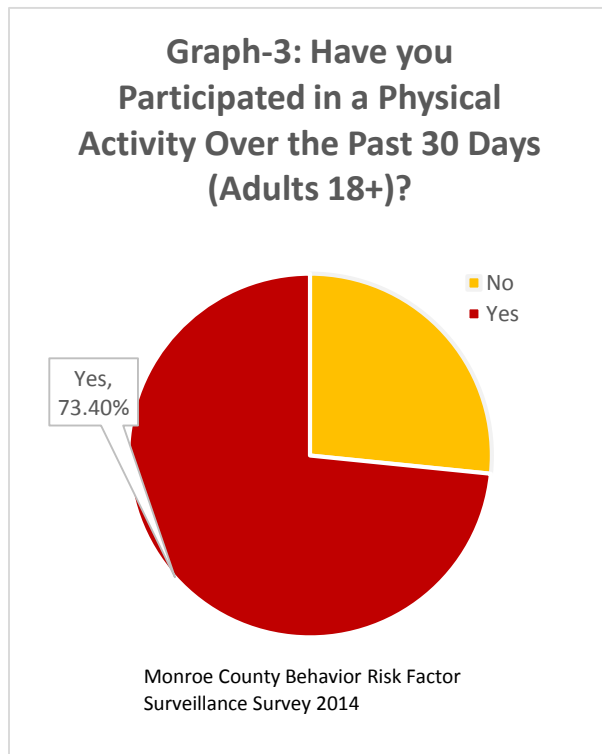
- The Centers for Disease Control and Prevention reports that children who are overweight or obese are five times to be overweight or obese at adults.<sup>1</sup>
- Obesity later in life leads to an increased risk for wide variety of poor health outcomes including: diabetes, stroke, heart disease, arthritis and cancer.<sup>2</sup>
- The University of Rochester Department of Pediatrics (2015) data indicates 1 in 3 children in Rochester are overweight or obese (Graph-1).<sup>3</sup>
- Childhood obesity/overweight rates disproportionately affect different racial and ethnic groups; (37.8 percent for African American children; 40.1 percent for Latino children; and 36.9 percent for Caucasian children) (Graph-2).

<sup>1</sup> CDC (2014). Childhood obesity facts. Center for Disease Control and Prevention Online <http://www.cdc.gov/healthyouth/obesity/facts.htm>

<sup>2</sup> McCracken, M., Jiles, R., and Blanck, H.D. (2007). Health behaviors of the young adult U.S. population: Behavioral Risk Factor Surveillance System, 2003. Preventing Chronic Disease Public Health Research, Practice, and Policy, 4(2),1–15

<sup>3</sup> Cook, S. & Hammond, M. (2015). Childhood obesity rates in Monroe County in 2012. University of Rochester School of Medicine and Dentistry.

THE IMPORTANCE OF PHYSICAL ACTIVITY



- National guidelines from the Office of Disease Prevention and Health Promotion state that adults should aim for 150 minutes each week of physical activity; while children should receive 60 minutes daily.<sup>4</sup>
- Physical activity is an important component of promoting a healthy weight in both children and adults. Active children and adults are more likely to be at a healthy weight, which lowers their chance of developing chronic diseases.<sup>5</sup>
- Monroe County Behavior Risk Factor Surveillance Survey (2014) shows 73.4 percent of adults participated in physical activity over the past 30 days (Graph-5).
- Data from the Monroe County Data Youth Survey (2014-2015) shows 78 percent of youth reportedly did not engage in an hour or more physical activity in the last 7 days (Graph-6).
- Healthi Kids Recess Reports that during school hours kids are only receiving 7 to 12 minutes of active recess; and that most schools in the Rochester City School District do not provide daily recess to their students.<sup>6</sup>

<sup>4</sup> Office for Disease Control and Prevention (2015).

<sup>5</sup> Clements, R. (2004). An investigation of the status of outdoor play. *Contemporary Issues in Early Childhood*. 5(1). Online.

<sup>6</sup> Healthi Kids (2015). Physical activity is not a punishment tool: The Case for Recess. Finger Lakes Health Systems Agency.

For More information about Rochester's Health  
Disparities Visit:

[www.flhsa.org/health-disparities](http://www.flhsa.org/health-disparities)



*Healthi Kids is an initiative of Finger Lakes Health Systems Agency. By advocating for a handful of public-policy and practice changes, the **Healthi Kids Coalition** is blazing a path for healthier, more active children in Rochester and Monroe County, N.Y. Our change agenda calls for better school food, safer play areas, food standards at childhood centers, at least 60 minutes of in-school physical activity, and policies that support breastfeeding.*