

# Population Health Childhood Obesity Initiative

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# Why are we here?

- ▶ Form a standing workgroup on Population Health Improvement
- ▶ To develop community-based primary prevention initiatives designed to address the obesity epidemic
- ▶ Obesity is a multi-faceted problem that will support separate task groups, each addressing a distinct domain. For example:
  - ▶ childhood obesity (primarily involving schools and day care),
  - ▶ the food environment (healthy food availability and marketing, measures to reduce the popularity of unhealthy foods, etc.)
  - ▶ the message environment (multifaceted messaging, including traditional and digital media, about healthy eating and active living)
  - ▶ policy (addressing issues such as complete streets or schools Nutrition and Physical Fitness policy)
  - ▶ healthy food service at public venues, and other public policies affecting healthy eating and active living), etc.

# What is Collective Impact?

- ▶ the commitment of a group of stakeholders from different sectors to a common agenda for solving a specific social problem, using a structured form of collaboration.



## Isolated Impact

Organizations connecting to reach their own goals.



## Collective Impact

Organizations working together to meet the same shared goal.



\*adapted from Building Capacity for Collective Impact Toolkit Series

# World Café Guidelines

**HAVE FUN!**

Facilitate yourself & others

PLAY... DRAW... DOODLE

Listen together for patterns, insights, & deeper connections

CONTRIBUTE YOUR THINKING

LISTEN TO UNDERSTAND

LINK and connect IDEAS

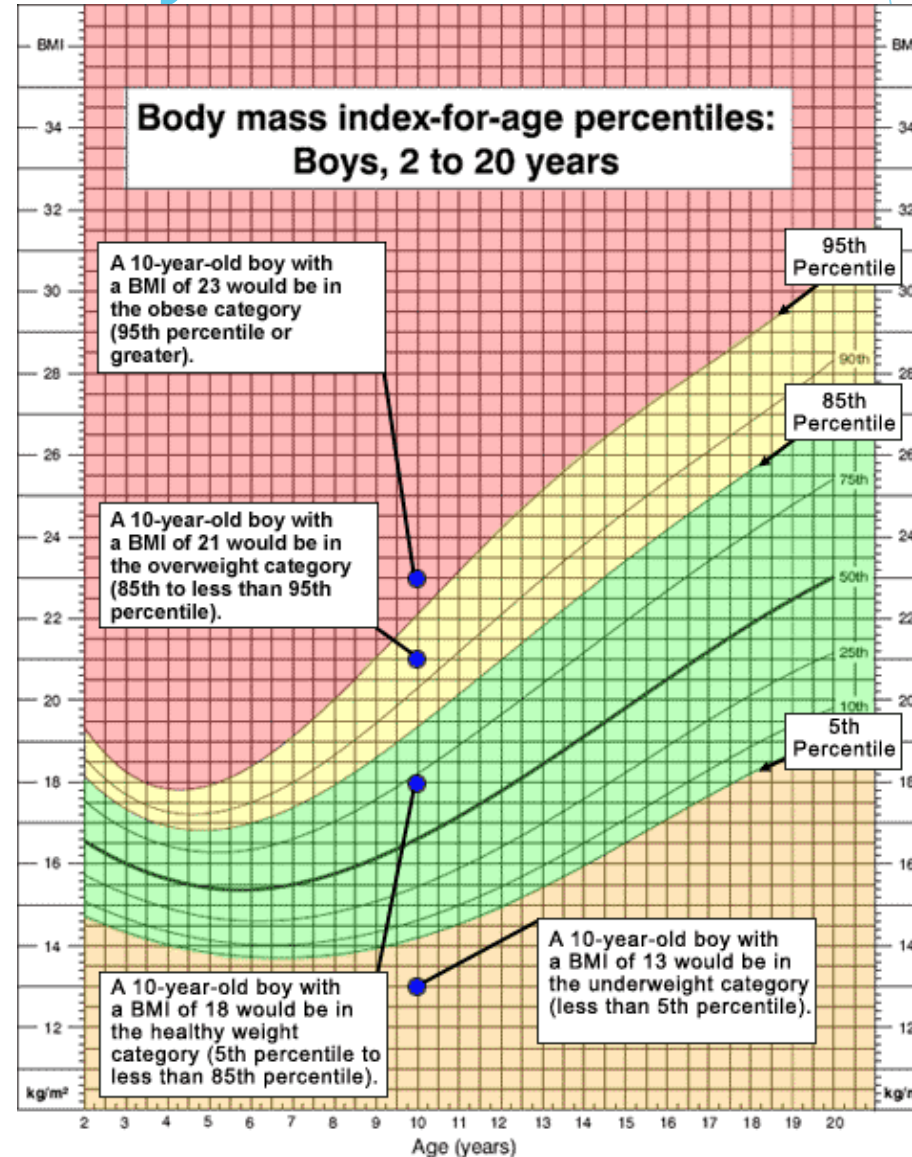
**FOCUS** on what matters

Speak with your **MIND...and HEART**

**SLOW DOWN** so you have TIME to think & reflect

# Defining Childhood Obesity

- ▶ BMI (body mass index)-person's weight in kilograms divided by the square of height in meters.
- ▶ For children and teens, BMI is age and sex specific.
- ▶ Overweight is defined as a BMI at or above the 85<sup>th</sup> percentile or below the 95 percentile for children and teens for the same age and sex.
- ▶ Obesity is defined as a BMI at or above the 95<sup>th</sup> percentile for children and teens for the same age and sex.



# Childhood Obesity Facts

- ▶ Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years
- ▶ The % of children aged 6-11 years in the US who were obese increased from 7% in 1980 to nearly 18% in 2012
- ▶ The % of adolescents aged 12-19 years who were obese increased from 5% to nearly 21% in 2012
  - ▶ Data from <http://www.cdc.gov/healthyschools/obesity/facts.htm>
- ▶ Washington State obesity data:
  - ▶ 2-4 year olds from low-income families 14% (2011)
  - ▶ 10-17 year olds 11% (2011)
  - ▶ 18-25 year olds 19% (2014)
- ▶ Washington state ranks 38 out 51 states (2014)
  - ▶ Data from <http://stateofobesity.org/states/wa/>

# Health risks due to childhood obesity

## NOW

- ▶ High blood pressure and high cholesterol which are risk factors for cardiovascular disease
- ▶ Increased risk of impaired glucose tolerance, insulin resistance and type 2 diabetes
- ▶ Breathing problems (sleep apnea and asthma)
- ▶ Joint problems and musculoskeletal discomfort
- ▶ Fatty liver disease, gallstones, and gastro-esophageal reflux
- ▶ Psychological stress such as depression, behavioral problems and issues in school
- ▶ Low self-esteem and low self-reported quality of life
- ▶ Impaired social, physical, and emotional functioning

## LATER

- ▶ Obese children are more likely to become obese adults
- ▶ Heart disease
- ▶ Diabetes
- ▶ Some cancers