

# DARIEN SCHOOL DISTRICT 61



## 2016-2017 BODY MASS INDEX SURVEILLANCE REPORT

DECEMBER 2017

### Obesity and Elevated Blood Pressure among Kindergarteners and Sixth Graders

After a decline in recent years, the obesity rate holds steady among school-aged youth in DuPage County. In 2016-2017, more than 1 in 7 (14.8%) DuPage kindergarten, sixth grade, and ninth grade public school students had obesity. Additionally, more than 40% of students with obesity had an elevated blood pressure reading.

Childhood obesity has both immediate and long-term effects on health and well-being. **Healthy students are better learners.** Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of developing obesity and related diseases. The dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, and **schools play a particularly critical role** by establishing a safe and supportive environment with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.

*We all can play a part in reducing these rates; see the reverse side for ideas on what schools can do!*

## FINDINGS

The percent of students with obesity in District 61 was 14.1%.

The percent of students with obesity in DuPage County public schools was 14.8%.

## District, County, and National Obesity Comparisons

% Obese (BMI  $\geq$ 95th percentile)

District 61  
K and 6  
(n=340), 2016-2017

14.1%

DuPage County  
Public School  
K, 6, and 9  
(n=30,951), 2016-2017

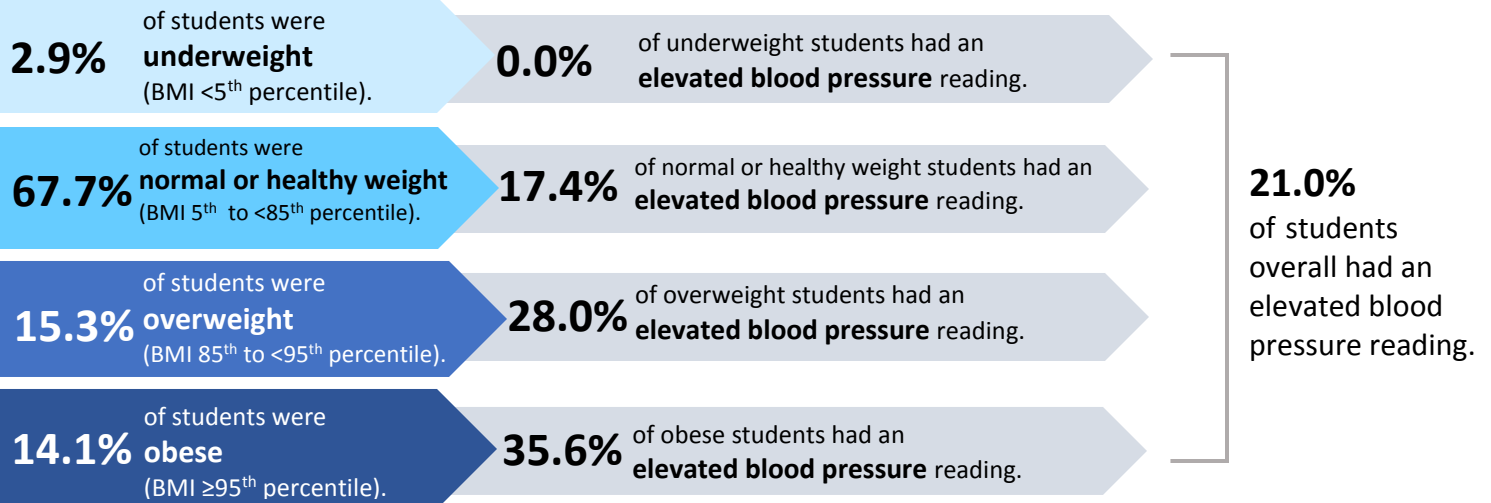
14.8%

United States  
2-19 year olds  
2015-2016

18.5%

The following schools in District 61 participated in 2016-2017: Eisenhower Junior High and Mark DeLay School.

# Weight Status and Elevated Blood Pressure\* among Kindergarteners and Sixth Graders in District 61



Total number of valid body mass index (BMI) records: 340      Total number of valid blood pressure (BP) records: 329

\* A single elevated BP reading does not imply a diagnosis of hypertension; further evaluation is recommended.  
 N/A indicates no BP data were submitted. Only classes that submitted valid BMI records for ≥75% of the reported Illinois State Board of Education (ISBE) class enrollment and valid BP records for ≥75% of the valid BMI records submitted are included in the county-wide analyses.

## Prevalence of Overweight and Obesity\*\* in District 61

Year	Overweight (BMI 85 <sup>th</sup> to <95 <sup>th</sup> percentile)	+	Obese (BMI ≥95 <sup>th</sup> percentile)	=	Overweight or Obese (BMI ≥85 <sup>th</sup> percentile)
2012-2013 (n=340)	16.5%		13.8%		30.3%
2013-2014 (n=335)	15.5%		15.5%		31.0%
2014-2015 (n=331)	16.0%		13.9%		29.9%
2015-2016 (n=325)	13.8%		19.1%		32.9%
2016-2017 (n=340)	15.3%		14.1%		29.4%

\*\*N/A indicates a year of non-participation

This report was generated by DuPage County Health Department to provide District 61 with personalized information for initiating and/or continuing school wellness initiatives.



## RECOMMENDATIONS

Now is the time to make being active and eating healthy an easy, everyday part of life to improve the health of children and their families. Schools are encouraged to use this report as a catalyst for change:

- Share this report widely within your school community including administrators, teachers, parents, and students.
- Assess your district's wellness policy and incorporate improvements.
- Pursue a healthy schools program recognition.
- Conduct the School Health Index (SHI) assessment at [www.cdc.gov/healthyschools/shi/index.htm](http://www.cdc.gov/healthyschools/shi/index.htm) and implement an action plan.
- Adopt the 5-4-3-2-1 Go!<sup>®†</sup> message in your school:
  - Eat more fruits and vegetables. Get at least 5 servings a day.
  - Drink more water. Get at least 4 servings daily. Limit sugar-sweetened beverage consumption.
  - Eat calcium-rich foods. Try for 3 servings of low-fat dairy daily.
  - Walk away from the screen. Limit screen time to no more than 2 hours a day.
  - Move more. Aim for at least 1 hour of physical activity daily.
  - Learn more at <http://www.dupagehealth.org/54321go>.



<sup>†</sup>The 5-4-3-2-1 Go!<sup>®</sup> message was created by the Consortium to Lower Obesity in Chicago Children (CLOCC). 5-4-3-2-1 Go!<sup>®</sup> is a registered trademark and Copyright © 2004 Ann & Robert H. Lurie Children's Hospital of Chicago. All rights reserved. [www.clocc.net](http://www.clocc.net)

Want to know more about resources, methods, statistics, and references?

[www.dupagehealth.org/dupagebmi](http://www.dupagehealth.org/dupagebmi)

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