# **Fast Facts on Childhood Obesity**

- NC has the 5<sup>th</sup> highest rate for child and adolescent obesity.
- Nationally, 15% of 6-19 year olds are overweight or obese.
- In North Carolina, 27% of 2-18 year olds are overweight or obese.
- Rate of childhood obesity more than tripled from 1980 to 2004.
- Research shows that healthy, active children are better students.

### School BMI Data 2007- 2008 School Year

### TC Henderson

- Fall 2007: 25% at the 95th percentile and 47% at/above 85th percentile
- Spring 2008: 19% at 95th percentile and 35% at/above the 85<sup>th</sup> percentile

### **Pisgah Forest**

- Fall 2007: 26% at 95th percentile and 43% at/above the 85<sup>th</sup> percentile
- Spring 2008: 26% at 95th percentile and 45% at/above the 85<sup>th</sup> percentile

#### Rosman

• Fall 2007: 23% at 95th percentile and 41% at/above the 85<sup>th</sup> percentile

### **Brevard**

• Fall 2007: 22% at 95th percentile and 37% at/above the 85<sup>th</sup> percentile

# **School BMI Data Fall 2008**

39% of elementary school students in Transylvania County are overweight or obese. This includes Brevard Academy. Please see graphs for individual school data.

# **Goals**

"Munching and Moving" program will work with schools to increase nutrition education and physical activity in the school setting. This will be approached on a school, family and community level.

# **Accomplishments to Date**

- Energizers trainings occurred at Brevard Elementary, Pisgah Forest, and TC Henderson in October/November. Rosman will have training in January. Trainings went well and were very well received by teachers.
- Implement Triple Play into after-school setting. Training occurred in November.
- Pedometer program started for 5<sup>th</sup> graders at Brevard, Pisgah Forest and TC Henderson. Each school is implementing pedometers differently.
- Collect BMI information annually and maintain database.
- Turkey Trot event in November. 37 people came and walked a total of 87.3 miles.
- Successful Schools campaign. Brevard and TC Henderson received the Successful Schools certification from Action for Healthy Kids.