

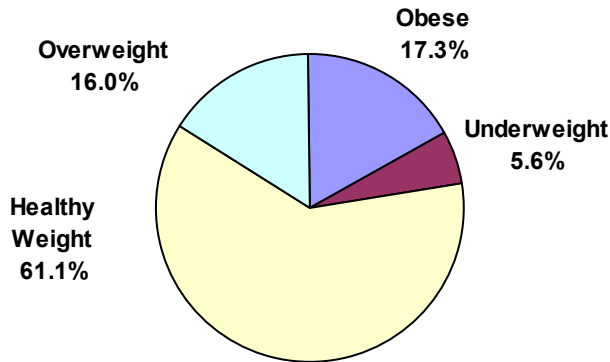


San Mateo County Childhood Overweight and Obesity 2008 Pediatric Nutrition Surveillance (PedNSS) Data

The following charts summarize California and San Mateo County PedNSS prevalence rates of overweight/obesity* in children. The rates are based on CHDP** patient screening data and organized into reports by the Centers for Disease Control and Prevention (CDC). The 2008 CA PedNSS is located at: <http://www.dhcs.ca.gov/services/chdp/pages/PedNSS2008.aspx>

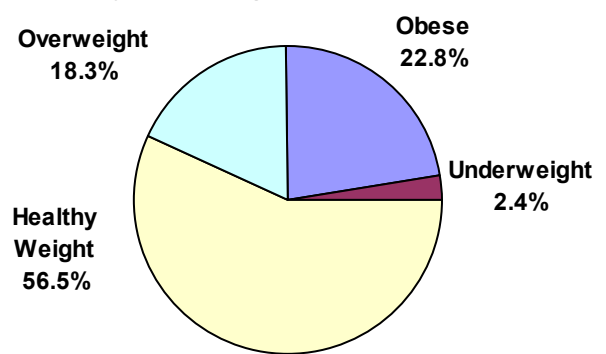
California Children

2-4 years of age Prevalence Rates



Combined prevalence of
Obese + Overweight = 33.3%

5-19 years of age Prevalence Rates

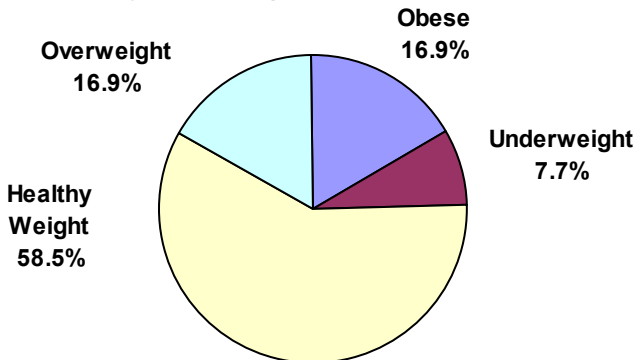


Combined prevalence of
Obese + Overweight = 41.1%

San Mateo County Children

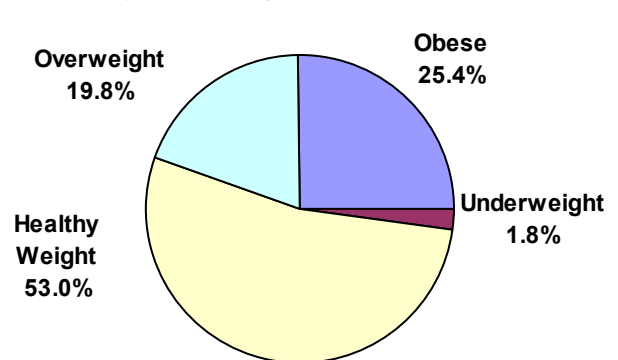
San Mateo County prevalence rates for combined overweight/obesity are 2-3 times the expected rate of 15%.

2-4 years of age Prevalence Rates



Combined prevalence of
Obese + Overweight = 33.8%

5-19 years of age Prevalence Rates



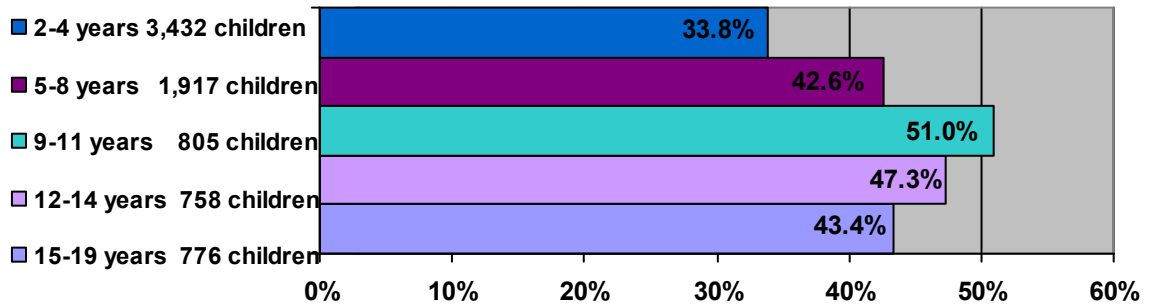
Combined prevalence of
Obese + Overweight = 45.2%

*Child obesity is defined as a body mass index (BMI) percentile $\geq 95^{\text{th}}$ percentile for age and gender; overweight is BMI percentile 85^{th} to $< 95^{\text{th}}$; underweight is BMI percentile $< 5^{\text{th}}$; healthy weight is BMI 5^{th} to 84^{th} . For more information, visit www.cdc.gov/growthcharts/

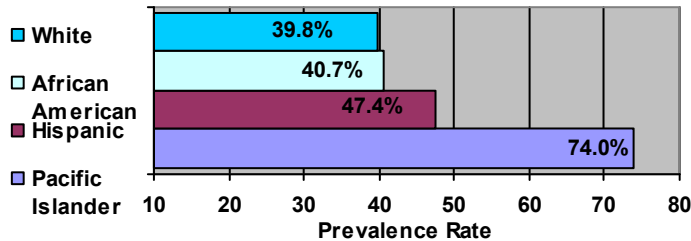
**CHDP (Child Health and Disability Prevention) is a preventive program that delivers periodic health assessments and services to low income children and youth in California.

Childhood overweight begins early in life and the prevalence rate increases with age. More than 1 in 3 children are overweight/obese by age 5. After 5 years of age, almost 1 in 2 children are overweight/obese.

San Mateo County - Combined Overweight/Obese Prevalence Rates by Age



San Mateo Co - Combined Overweight/Obesity Prevalence Rates by Race & Ethnicity (5-19 years)



Recommended CHDP Provider Role

1. Screen weight status using BMI Percentile
2. Share weight status with family and encourage **healthy lifestyle habits**
3. Refer family to community resources and/or recommend medical follow-up if indicated

~ Key Health Messages ~

In 2007, the Expert Committee on Assessment, Prevention and Treatment of Child and Adolescent Overweight and Obesity*** recommended that providers promote the following healthy behaviors:

Get Moving

- Aim for at least 60 minutes of physical activity a day
- Escape the pull of the couch - get up and get moving

Pull the Plug

- Limit screen time (TV, computers and video games) to 1 to 2 hours/day
- Move the TV out of the bedroom

Eat Smart

- Aim for 5-9 servings of fruits and vegetables a day
- Fuel up with breakfast every morning

Drink Well

- Choose water or non-fat milk for children 2 years of age and older
- Limit soda, sports drinks, juice and sweetened drinks

CHDP "Healthy Weight" posters are available in Spanish and English for free to CHDP providers. Contact the San Mateo County CHDP Program at (650) 573-2877



Little changes. Big rewards.
Are you ready?



Every body needs a balance of nutritious foods and active living to achieve a healthy weight and prevent problems such as diabetes and heart disease. As a parent, you have the power to teach your children healthy habits that will last a lifetime.

Here are some simple steps that can bring big rewards for your entire family.

Get moving

- Aim for at least 60 minutes of activity a day.
- Escape the pull of the couch—get up and get moving.

Pull the plug

- Limit screen time (TV, computers, and video games) to 1 to 2 hours a day.
- Move the TV out of the bedroom.

Eat smart

- Aim for 5 to 9 servings of fruits and vegetables a day.
- Fuel up with breakfast every morning.

Drink well

- Choose water or non-fat milk.
- Limit soda, sports drinks, juice, and sweetened drinks—one can is equal to drinking a candy bar!