

# CHILDHOOD OBESITY

## WYOMING 2015

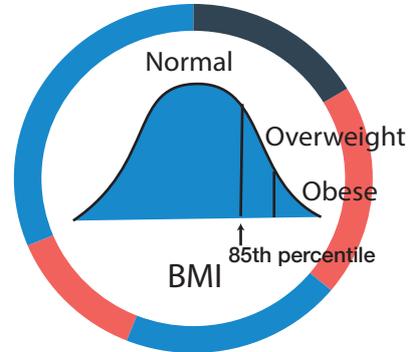
### Why is childhood obesity a problem?

**Obese children have an increased risk of:**

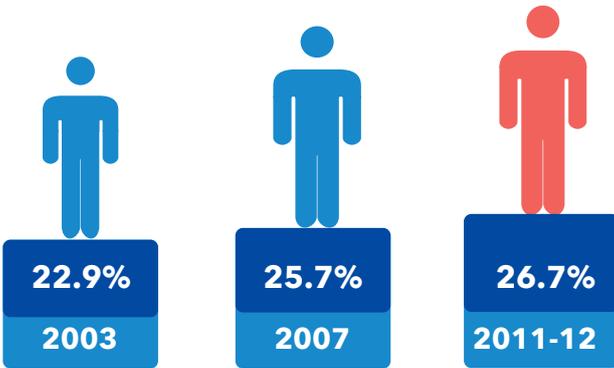
- High blood pressure and cholesterol
- Sleep issues
- Asthma
- Social and psychological problems
- Diabetes as a child and adult
- Heart disease and cancer as an adult

### How is obesity measured ?

Height and weight are used to calculate age and gender specific body mass index (BMI)



The % of Wyoming overweight/obese children increased from 2003-2012



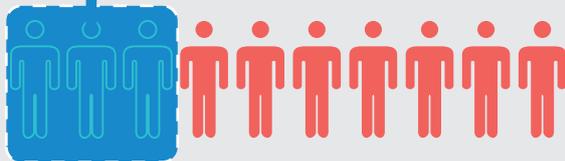
### Children Overweight and Obese in Wyoming

Ages	WY	US
10-13yrs	32.2%	36.4%
14-17yrs	22.0%	26.5%
10-17yrs	26.7%	31.3%

Data from 2011/12 National Survey of Children's Health

**Wyoming has the 10th lowest childhood obesity rate in the U.S.**

10-17yrs



26.7% of Wyoming children are overweight or obese

**Higher childhood obesity rates are seen in:**

Children that are: Boys  
Hispanic ethnicity  
Low income

### Childhood Obesity in Wyoming is Associated With the Following

Individual	Family	School
<ul style="list-style-type: none"> <li>↑ Electronic device usage</li> <li>↑ Screen time</li> <li>↓ Physical activity</li> <li>↑ Experiences of racism</li> <li>↓ Preventive doctor visits</li> </ul>	<ul style="list-style-type: none"> <li>↑ Adverse childhood experiences</li> <li>↑ Divorced parents</li> <li>↑ Parents in poor health</li> <li>↑ Parent use of tobacco</li> </ul>	<ul style="list-style-type: none"> <li>↓ School engagement</li> <li>↓ Volunteering in the community</li> <li>↑ Repeating grades</li> </ul>

**What if Wyoming Was Ranked #1?**

**If Wyoming Was Ranked #1 instead of #10...**

**2,595 More Wyoming Children Would Live Healthier**