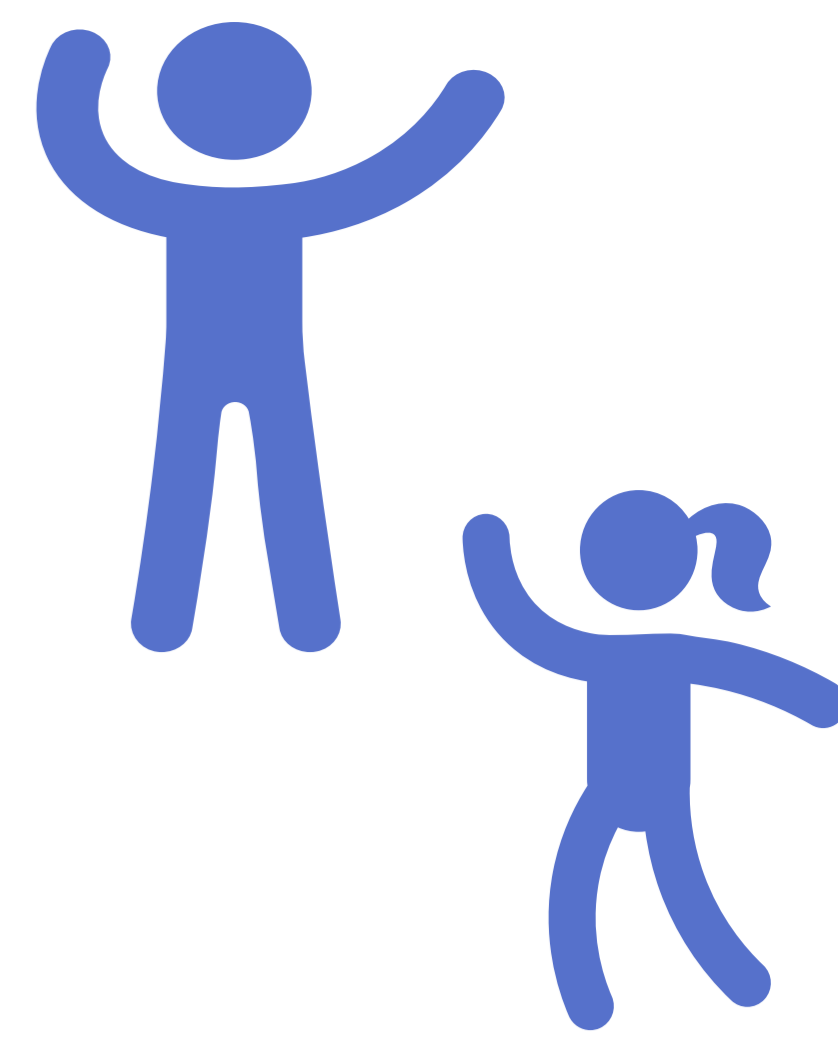


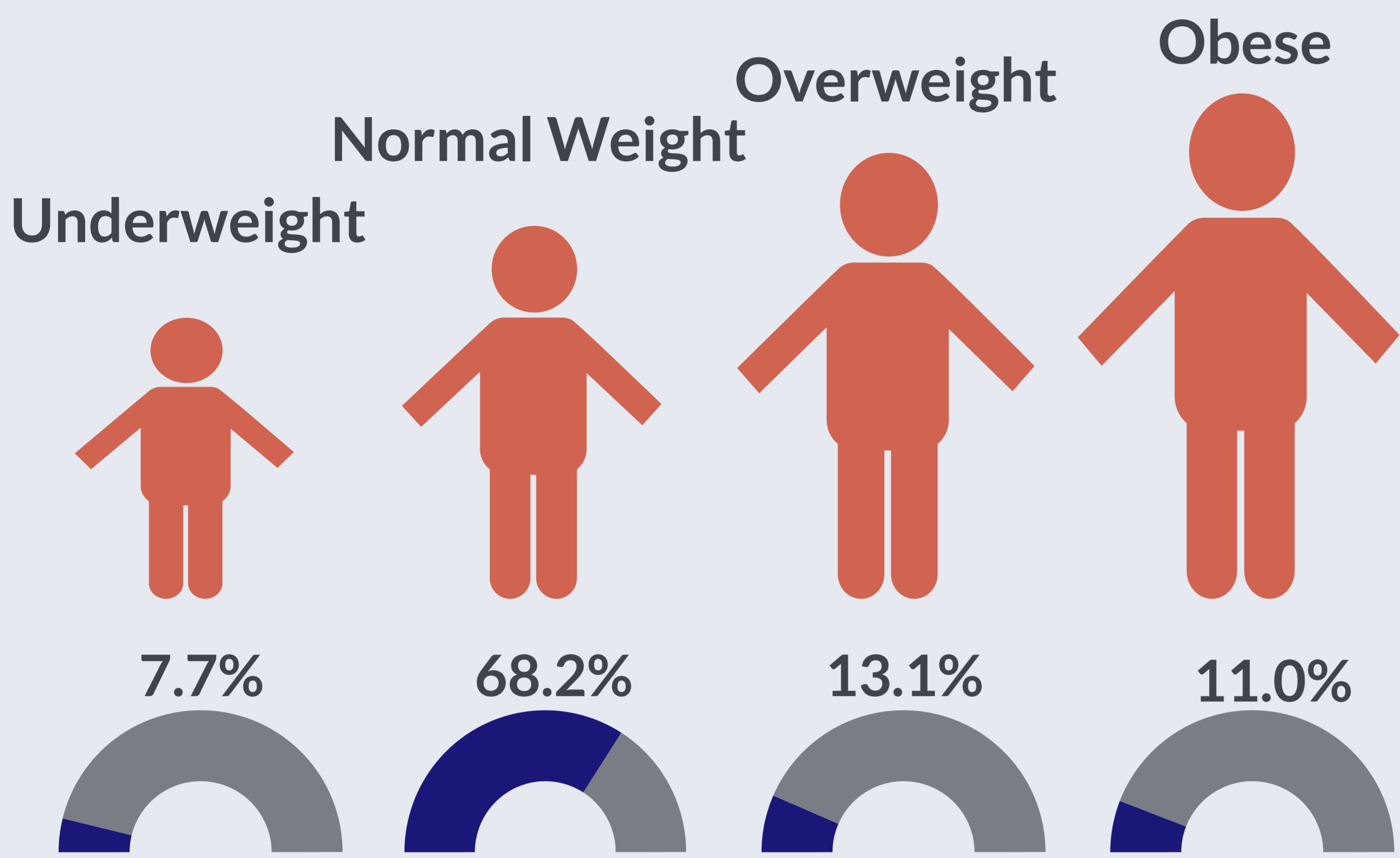
# Childhood Obesity in Wyoming



10-17 yrs - National Survey of Children's Health (NSCH)<sup>1</sup>

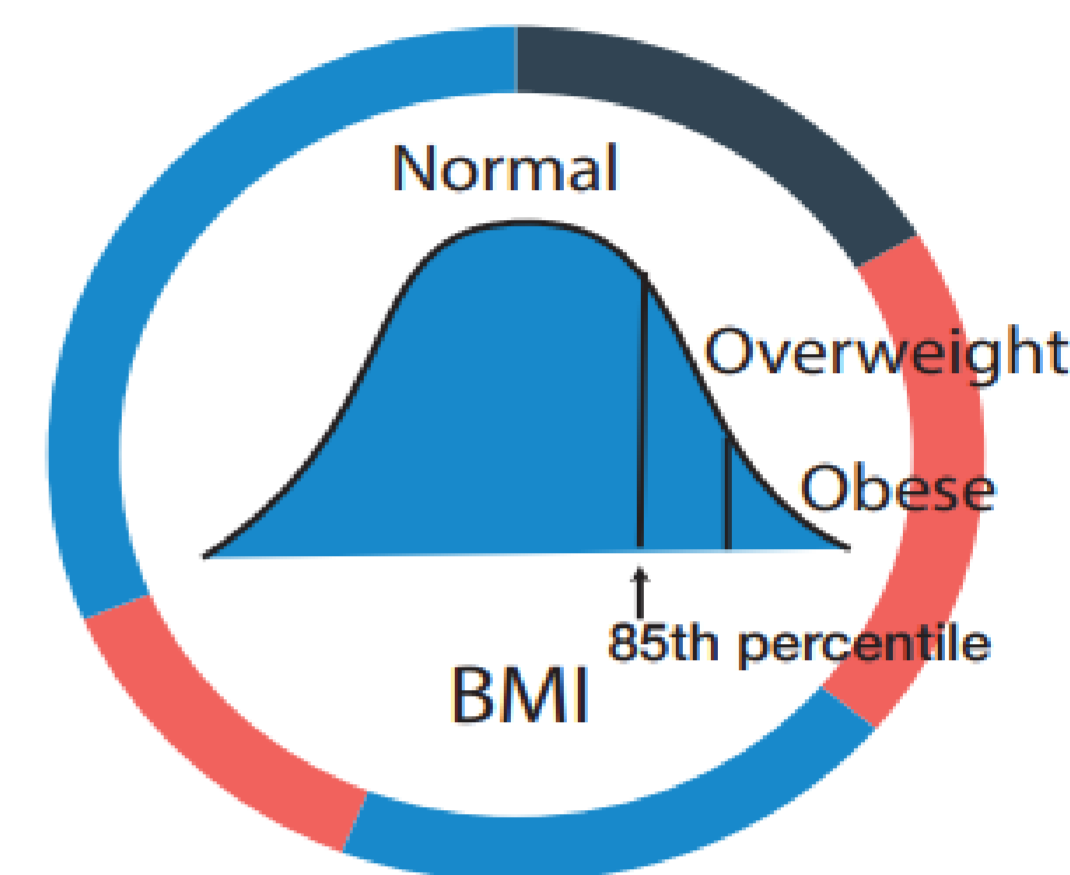
<sup>1</sup>Data from the NSCH has been combined over two year periods.

## Prevalence of Underweight, Normal Weight, Overweight and Obese 10-17 year olds in Wyoming (NSCH, 2019/2020)



## How is obesity measured?

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

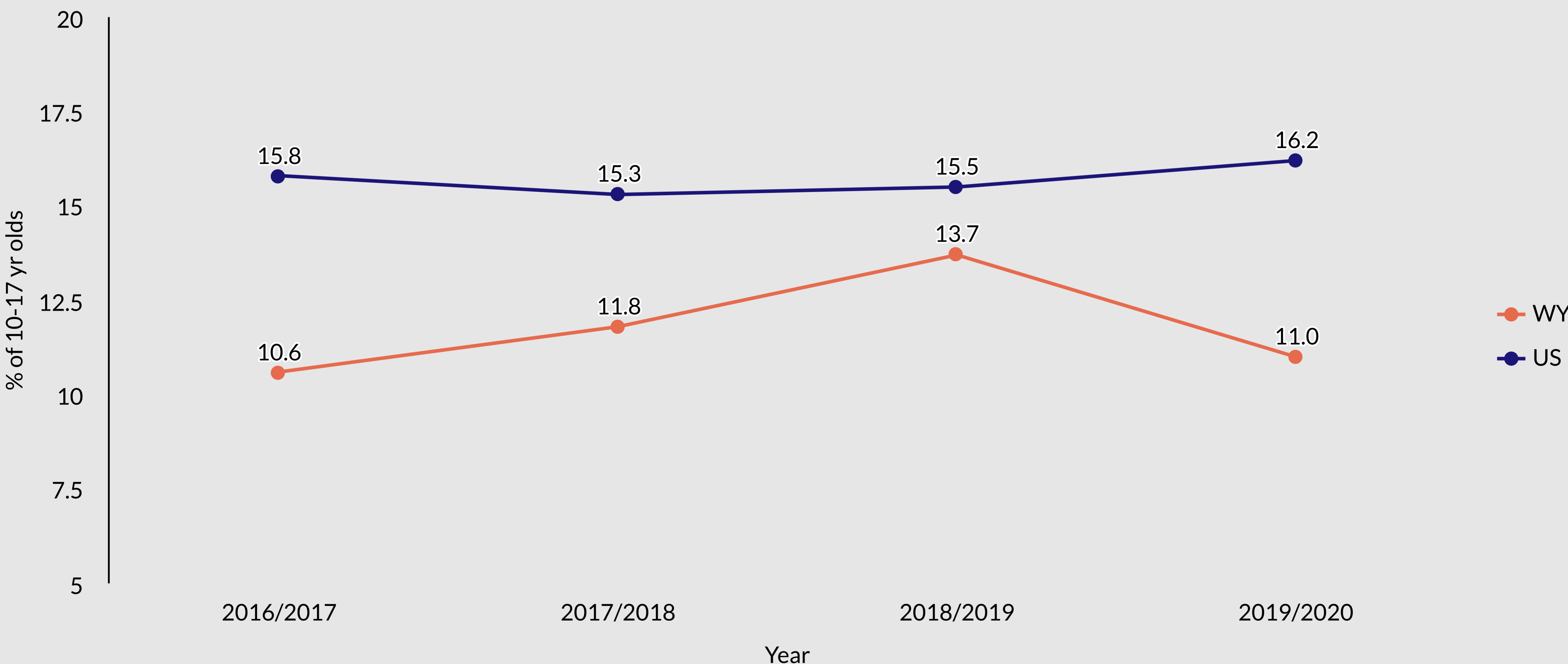


Underweight: < 5th percentile  
 Normal Weight: 5th to 84th percentile  
 Overweight: 85th to 94th percentile  
 Obese: 95th percentile

Wyoming had the **5th smallest** percentage (11.0) of youth (10-17 years) who were obese in 2019/2020 out of all states in the U.S.

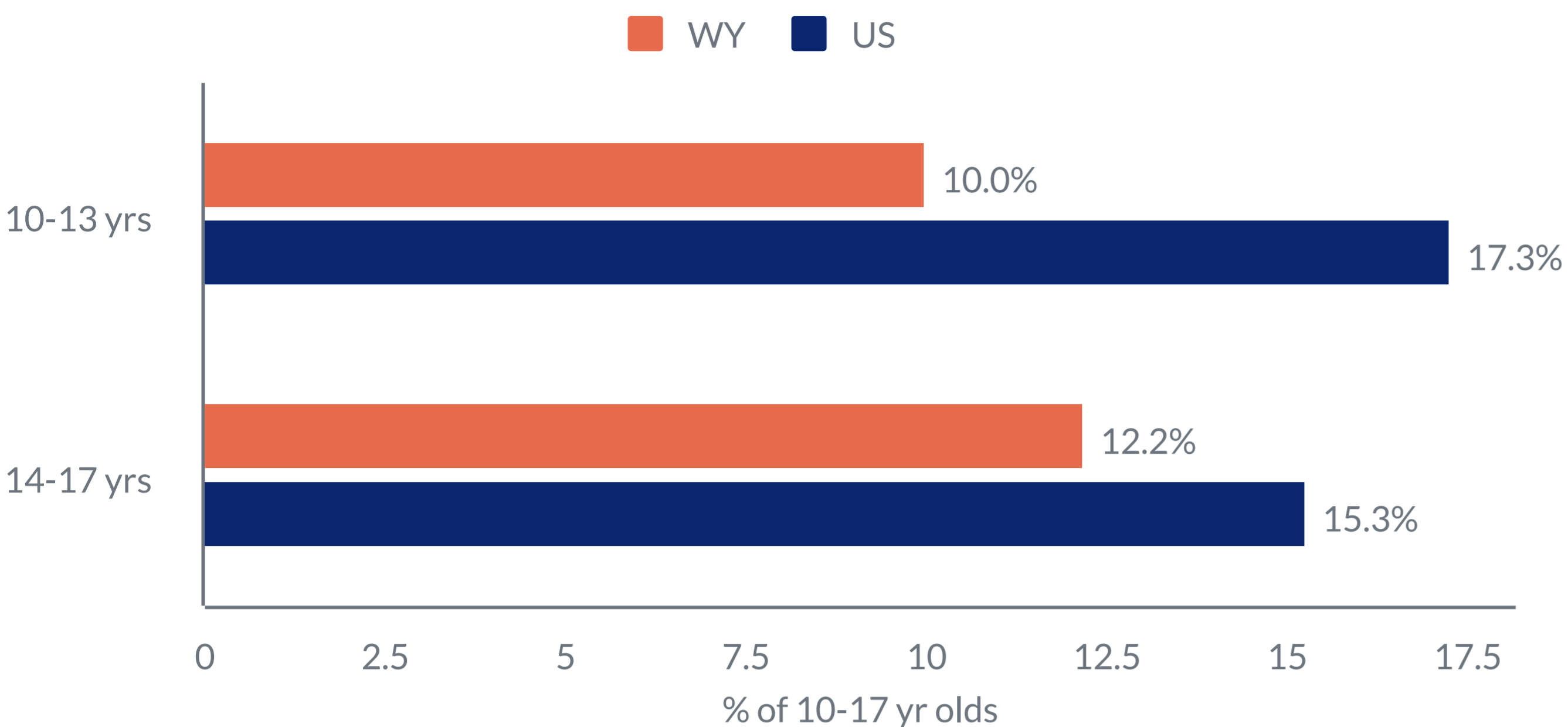
The majority (68.2%) of Wyoming youth, 10-17 years, were of normal weight (2019/2020).

## Prevalence of Obesity Among 10-17 year olds in Wyoming and the U.S. (NSCH)



The obesity prevalence in Wyoming has remained less than the U.S. prevalence over the last 4 years.

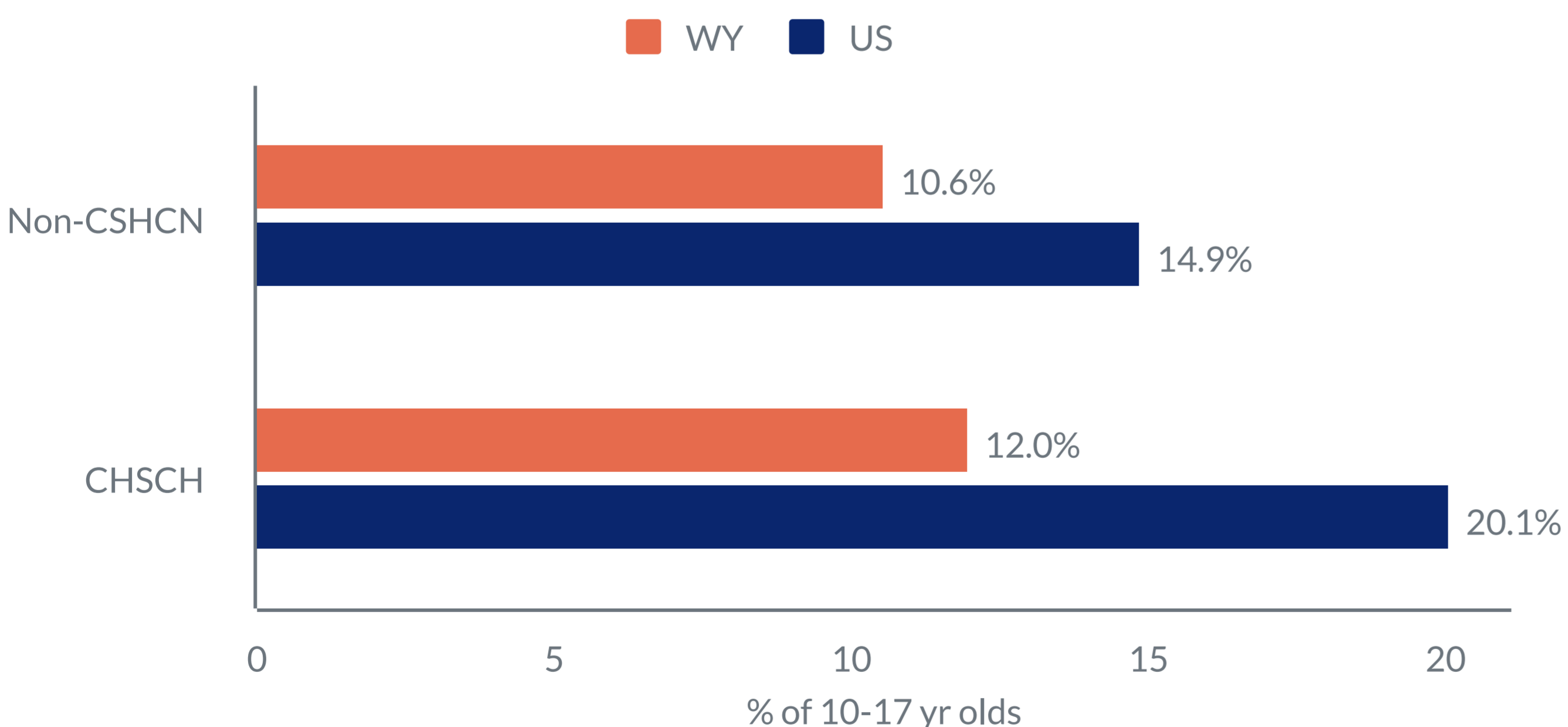
### Prevalence of Obesity Among 10-17 year olds by Age Group (NSCH, 2019/2020)



**The prevalence of obesity among 14-17 year olds in Wyoming is higher compared to 10-13 year olds. Nationally, the prevalence of obesity among 10-13 year olds is higher compared to 14-17 year olds.**

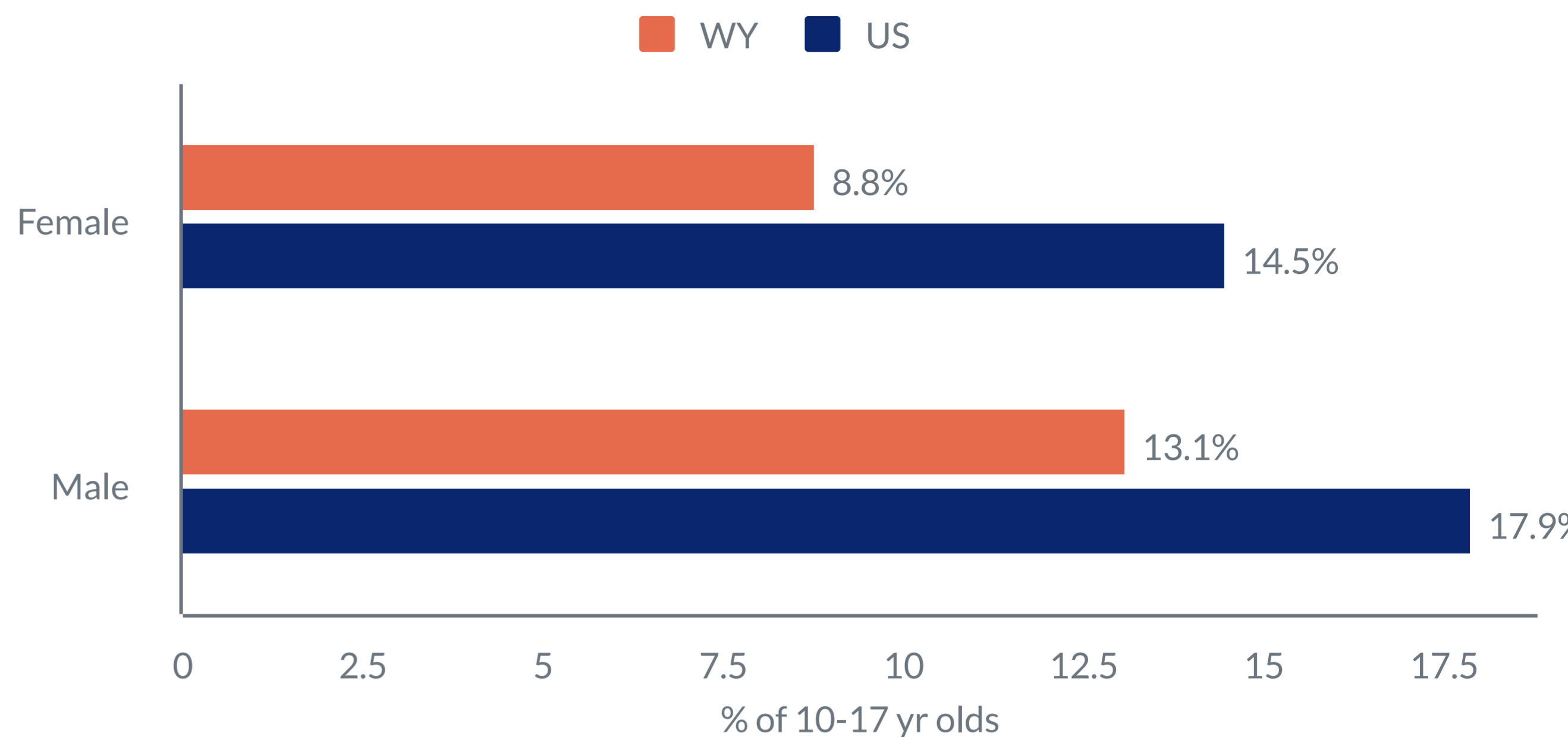


### Prevalence of Obesity Among 10-17 year olds by Special Health Care Needs (CHSCN) Status (NSCH, 2019/2020)



**The prevalence of obesity among children with a special health care need (CHSCN), ages 10-17 in is higher compared to children with out a special health care need, Wyoming and the U.S.**

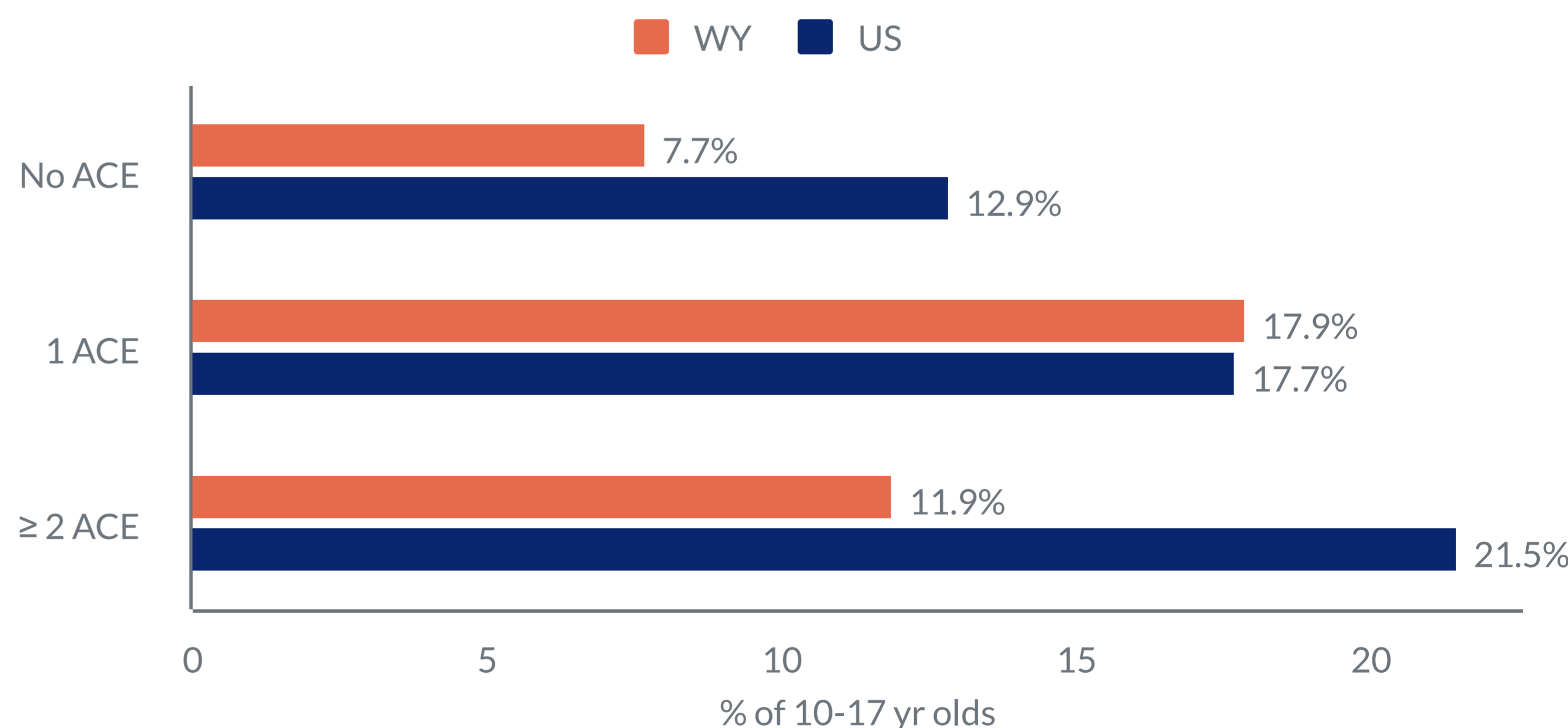
### Prevalence of Obesity Among 10-17 year olds by Sex (NSCH, 2019/2020)



**The prevalence of obesity among males, ages 10-17 is higher compared to females, in Wyoming and the U.S.**



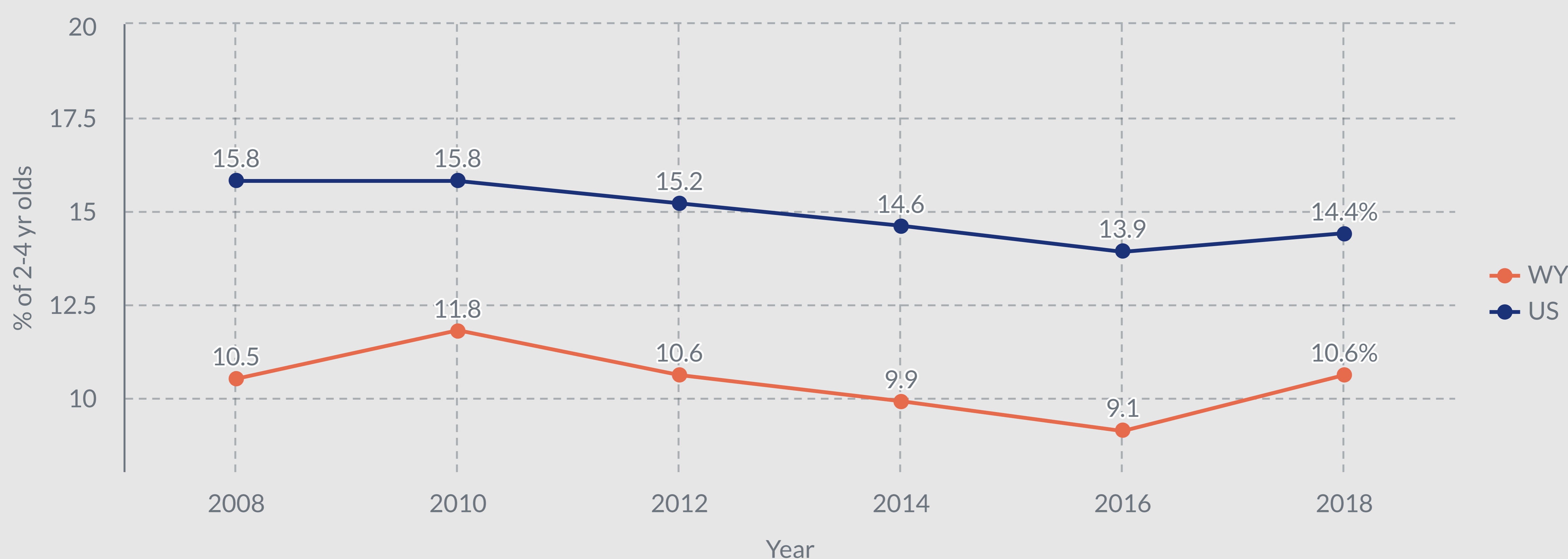
### Prevalence of Obesity Among 10-17 year olds by Number of Adverse Childhood Experiences (ACE) (NSCH, 2019/2020)



**Nationally, the prevalence of obesity increases with increasing number of Adverse Childhood Experiences (ACE).**

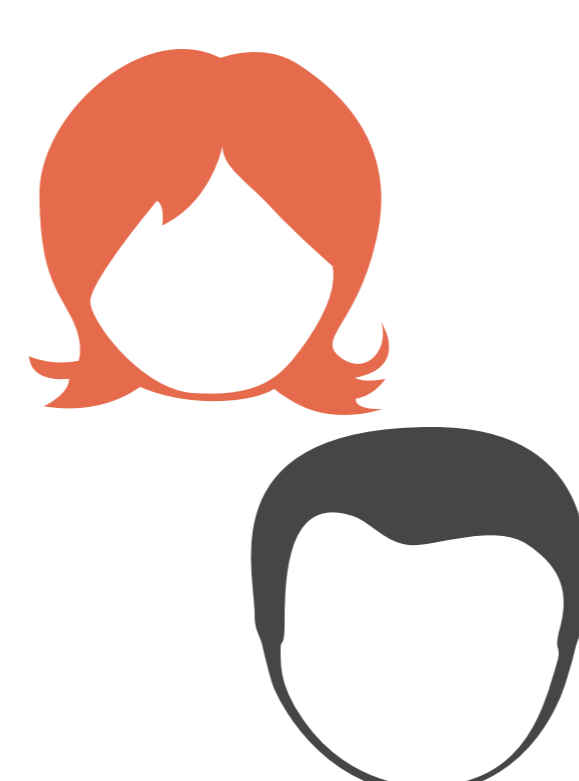
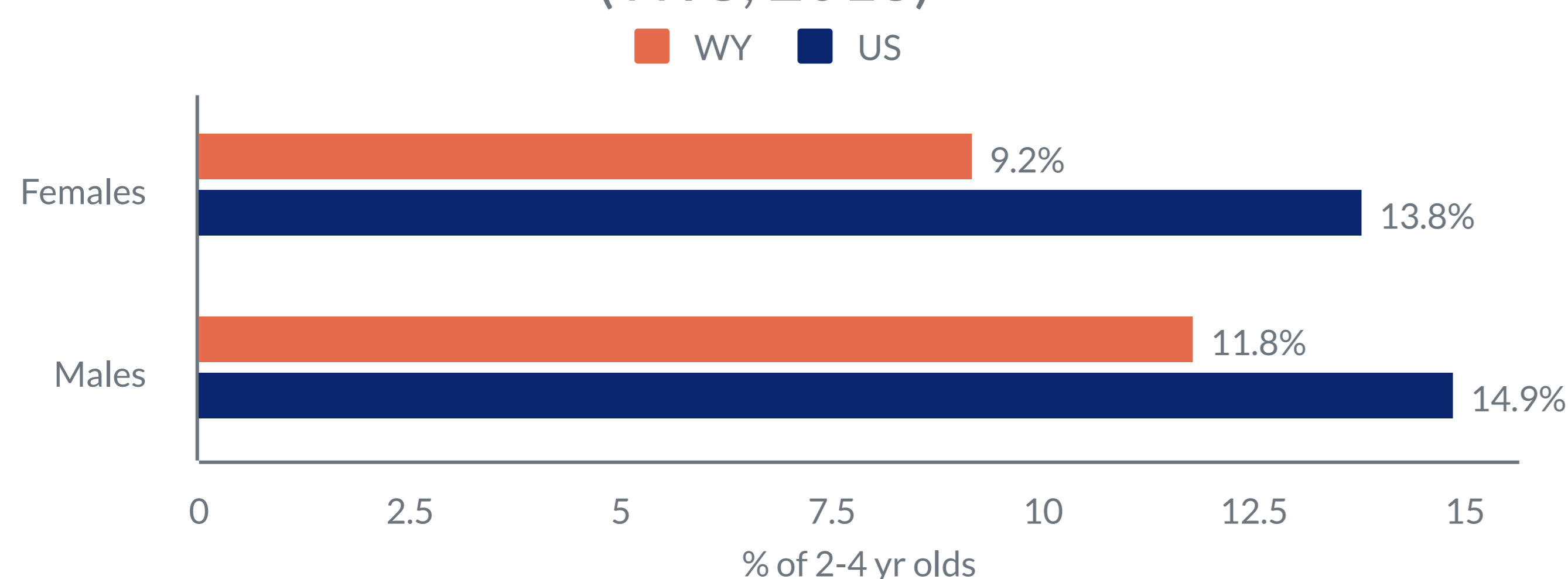


## Prevalence of Obesity Among 2-4 year olds in Wyoming and the U.S. (WIC)



**The prevalence of obesity among 2-4 year olds in Wyoming has been significantly less than the U.S. prevalence since 2008.**

Prevalence of Obesity Among 2-4 year olds by Sex (WIC, 2018)



**The prevalence of obesity among males, ages 2-4 in Wyoming and the U.S. is higher compared to females (2018).**

### Complications/Adverse Outcomes Associated with Obesity in Children and Youth include:<sup>3</sup>

- Type 2 Diabetes
- High Blood Pressure and Cholesterol
- Joint Pain
- Breathing problems, such as asthma and sleep apnea
- Social and Emotional Complications, including depression and anxiety



### Risk Factors Associated with Obesity in Youth include:

- Diet of high-calorie foods
- Lack of exercise
- Family History of Overweight/Obesity
- Personal, parent and family stress or ACEs
- Limited resources/living in low-income communities

## What's being done ...

As part of its priority to promote healthy and safe children, the Wyoming MCH Unit's Child Health Program is focusing part of its efforts on decreasing and preventing childhood obesity in Wyoming. A part of this effort includes the promotion of physical activity in children.

While Wyoming continues to do well with low prevalence of childhood obesity compared to U.S., the adverse outcomes associated with childhood obesity helped to drive the decision to keep obesity prevention and physical activity promotion as a focus.

MCH Epidemiology will continue to monitor data on childhood obesity in Wyoming, including any disparities seen between different demographics of children, and work with the program to make data driven decisions as this work progresses.

More about the the Child Health Program's efforts on can be found on the program's website: <https://health.wyo.gov/publichealth/mch/child-health-program-2/>.

The NSCH used nested z-tests to determine statistical significance with a 0.05 significance level. 95% confidence intervals are displayed by two grey bars on either side of the estimates in the bar graphs.

### References:

1. National Survey of Children's Health (NSCH) <https://www.childhealthdata.org/learn-about-the-nsch/NSCH>
2. The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) via Maternal and Child Health Bureau. Federally Available Data (FAD) Resource Document. September 28, 2021; Rockville, MD: Health Resources and Services Administration. Available at: <https://mchb.tvisdata.hrsa.gov/PrioritiesAndMeasures/NationalPerformanceMeasures>
3. Mayo Clinic <https://www.mayoclinic.org/diseases-conditions/childhood-obesity/symptoms-causes/syc-20354827>