



## Child Health and Disability Prevention (CHDP) Program

# California Childhood Overweight and Obesity

In 2010, more than **1 in 3** California children, **2 to 5 years of age**, who receive Child Health and Disability Prevention (CHDP\*) Program health assessments are overweight or obese.

Overweight and obesity are epidemic in California's children, 2-5 years of age, with a prevalence rate of 33.4%. Being overweight/obese in early childhood increases the risk of the early onset of serious health conditions such as diabetes, high blood pressure, high cholesterol, and heart disease. Overweight is occurring earlier in life and is an increasingly common growth pattern in young children. Causes of overweight/obesity are multiple and range from individual to environmental factors. Solutions to childhood obesity will require early intervention strategies that are supported by community efforts

This fact sheet summarizes California's Pediatric Nutrition Surveillance System (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). To access 2010 CA PedNSS reports visit:

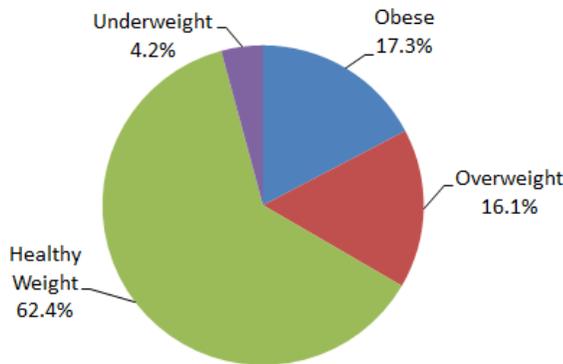
<http://www.dhcs.ca.gov/services/chdp/Pages/PedNSS2010.aspx>. Also included are counseling recommendations for CHDP providers which encourages the promotion of evidence-based health habits for all children regardless of weight status.

### Recommended CHDP Provider Role

- Screen weight status using BMI Percentile
- Share weight status with family and recommend health habits
- Refer family to community resources and/or recommend medical follow-up, if indicated.

Body Mass Index (BMI) Percentile Job Aid:  
[www.dhcs.ca.gov/services/chdp/Documents/Letters/](http://www.dhcs.ca.gov/services/chdp/Documents/Letters/)

## 2010 PedNSS Data: California Children, 2-5 years of age (n =284,506)

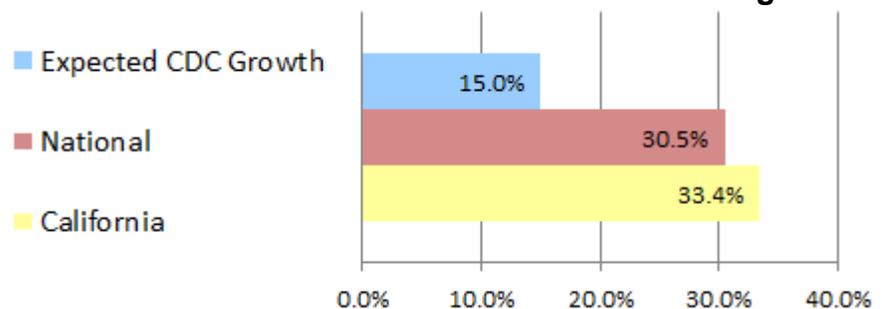


### Prevalence Rates



*Expected CDC Growth: No more than 15% of children should exceed the 85<sup>th</sup> Percentile for BMI. California prevalence rates for combined overweight/obesity significantly exceed the expected.*

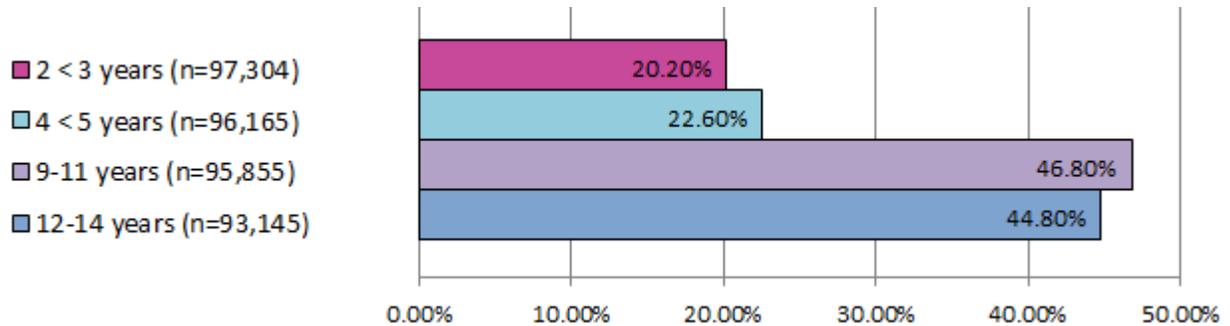
## 2010 PedNSS: Comparison of Overweight/Obesity Prevalence Rates for Children 2-5 Years of Age



\*CHDP is a preventive program that delivers periodic health assessments and services to low income children and youth in California:  
<http://www.dhcs.ca.gov/services/chdp/Pages/default.aspx>

\*\*Obesity is defined as a body mass index (BMI) percentile  $\geq$  95th percentile for age and gender; overweight is defined as BMI percentile 85 to <95th percentile for age and gender. For more information visit [www.cdc.gov/growthcharts/](http://www.cdc.gov/growthcharts/)

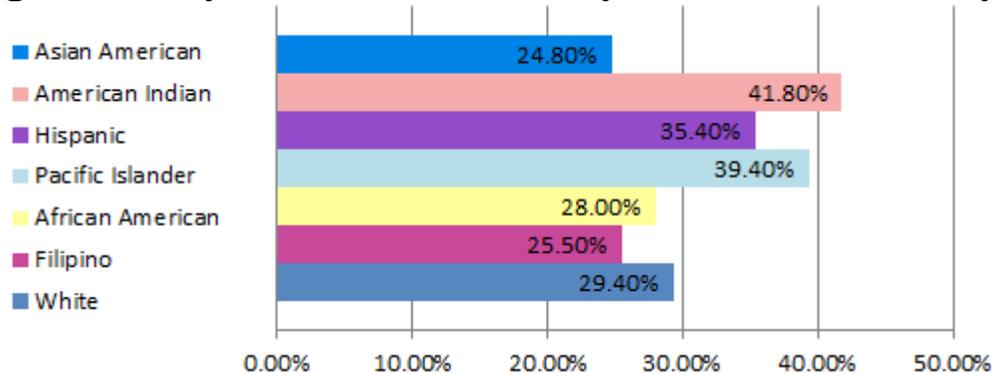
## 2010 PedNSS: Combined Overweight/Obesity Prevalence Rates by Age



Childhood overweight/obesity begins early in life and the prevalence rate increases with age. Almost 1 in 5 children (20.2%) are overweight/obese by age 3. By 9-11 years of age, almost 1 in 2 children (46.8%) are overweight/obese.

## Combined Overweight/Obesity Prevalence Rates by Race and Ethnicity

Hispanic children have a combined prevalence rate of 35.4% and Pacific Islander children have a combined prevalence rate of 39.4%. Pacific Islander children make up less than 1% of the surveillance population while the Hispanic children comprise more than 70%.



## Recommended Health Habits

Early intervention is an important first step towards prevention for childhood obesity. Overweight and obesity in children typically occurs when children **eat/drink** excess calories and do not get sufficient **physical activity**. In 2007, the Expert Committee on Assessment, Prevention and Treatment of Child and Adolescent Overweight and Obesity\*\*\* recommended that providers promote the following health habits. All children will benefit from counseling on the following health habits regardless of weight status.

### 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 with the above message are available for “free” to CHDP provider offices. For more information contact your local CHDP program.**

\*\*\*American Medical Association 2007 Expert Committee Recs. <http://www.dhcs.ca.gov/services/chdp/Documents/Letters/chdppin0713.pdf>

**Data Source:** Department of Health Services, Children’s Medical Services, CHDP Program (2010). *Pediatric Nutrition Surveillance System (PedNSS) 2010 Data Tables*. Retrieved: 5/17/2012 from <http://www.dhcs.ca.gov/services/chdp/Pages/PedNSS2010.aspx>