

CHILD OBESITY

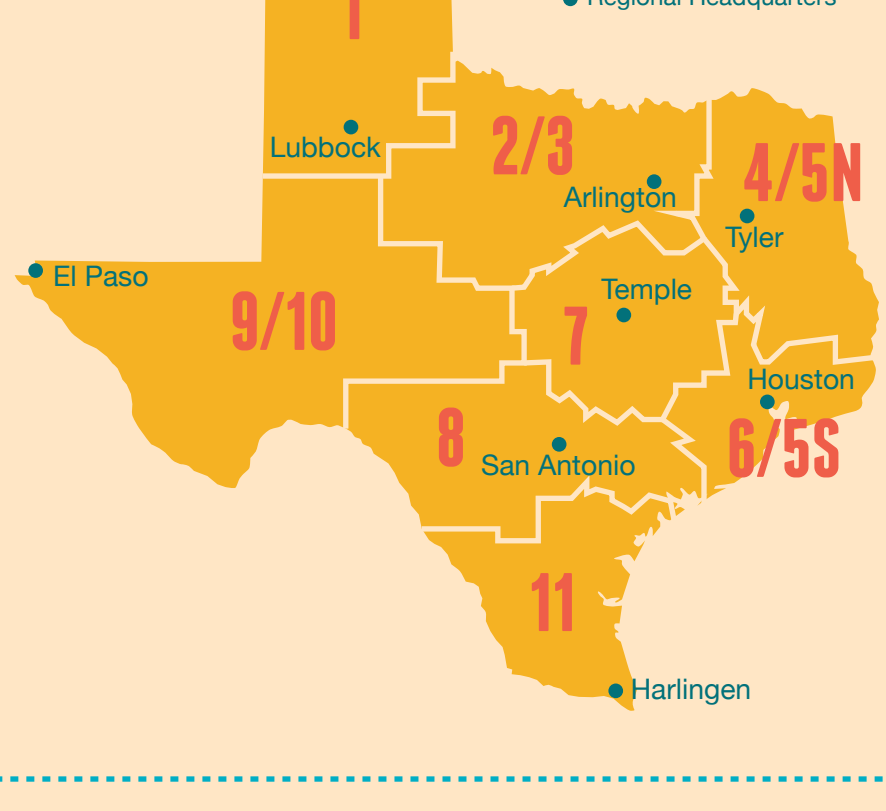


Texas

Results from the 2015 - 2016 School Physical Activity and Nutrition (SPAN) Survey

funded by DSHS Title V Maternal and Child Health Block Grant

Texas HEALTH SERVICE Regions



Public Student DEMOGRAPHICS

BLACK 13%

WHITE / OTHER 35%

HISPANIC 52%

2015-2016 SPAN SURVEY RESULTS

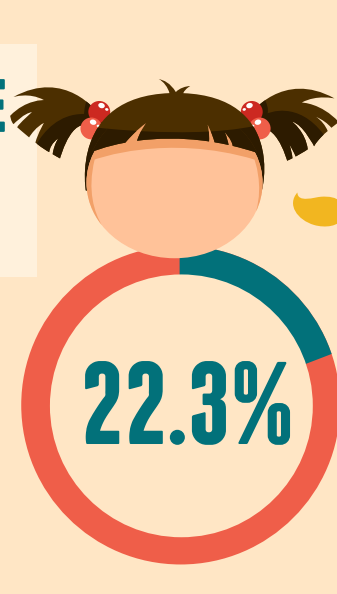


Weight Status

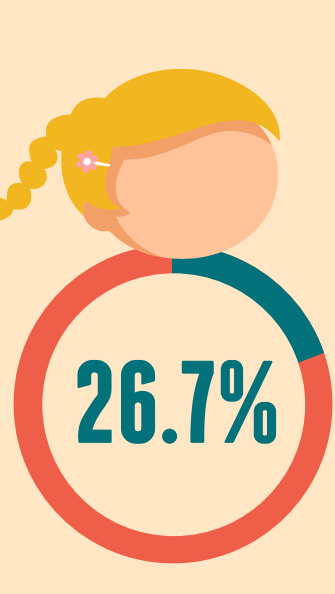
as defined by CDC Growth Charts

PERCENT OBESE

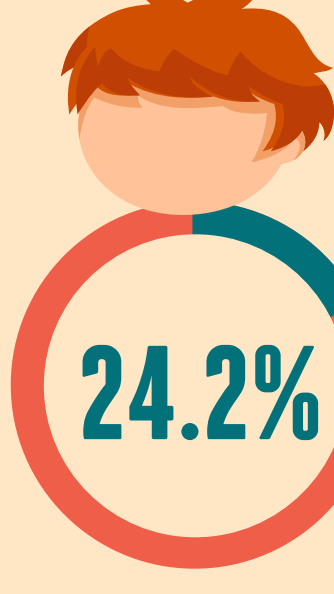
BMI at or above 95th percentile



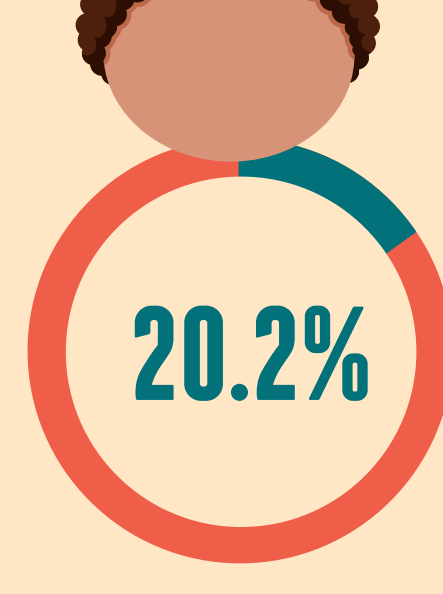
2ND GRADE



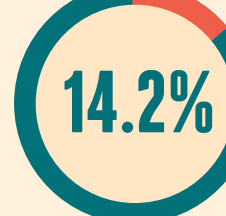
4TH GRADE



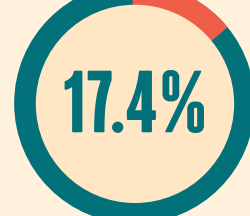
8TH GRADE



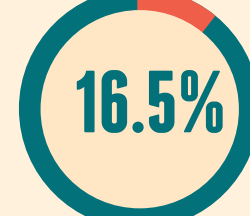
11TH GRADE



2ND GRADE



4TH GRADE



8TH GRADE



11TH GRADE

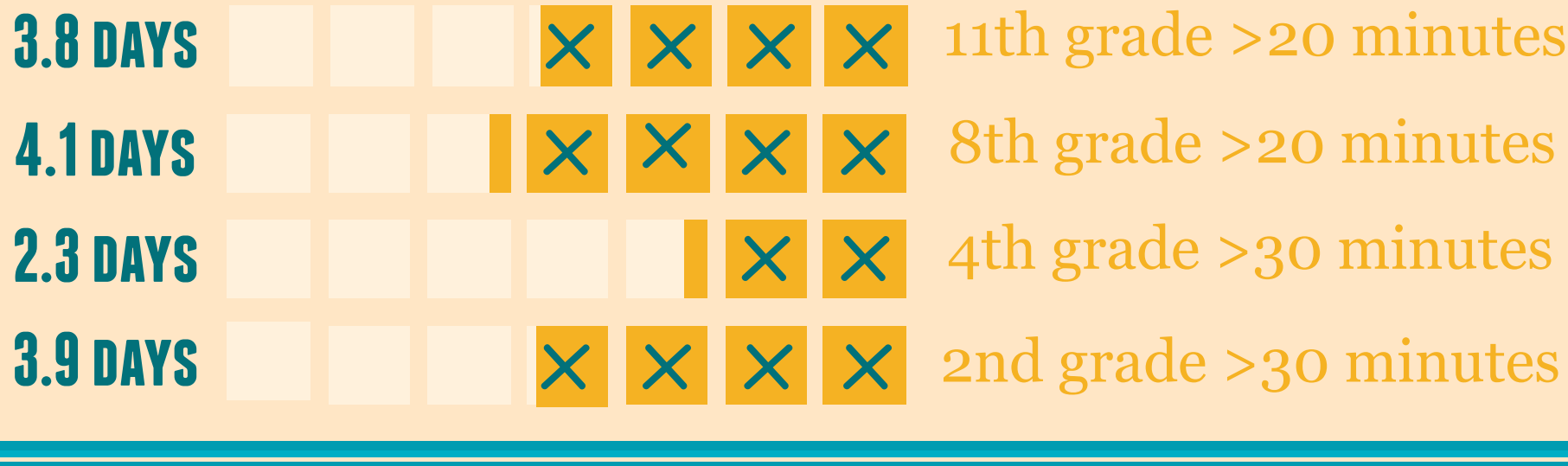
PERCENT OVERWEIGHT

BMI between the 85th and 94th percentile

*Percent normal weight: 4th grade 55.9%, 8th grade 59.3%, 11th grade 60.3%

How Active are Kids?

AVERAGE NUMBER OF DAYS PER WEEK OF PHYSICAL ACTIVITY



How Much Time do Kids Spend Watching Screens?

HOURS PER DAY PLAYING VIDEO GAMES & WATCHING TV OR MOVIES

*yesterday, when surveyed



2nd grade



4th grade



8th grade



11th grade

● playing video games

● watching TV or movies

What Do Kids Eat?

number of times consumed yesterday

*when surveyed

NUMBER OF TIMES ATE FRUIT OR VEGETABLES PER DAY

(vegetables, beans, fruit, 100% fruit juice)

2ND GRADE 4TH GRADE 8TH GRADE 11TH GRADE

3.2

3.2

2.8

2.7



NUMBER OF TIMES DRANK A SUGARY DRINK PER DAY

(non-diet sodas and sports drinks)

2ND GRADE 4TH GRADE 8TH GRADE 11TH GRADE

0.9

1.0

1.0

1.0



ATE SWEETS OR SAVORY SNACKS

(chips, frozen desserts, cookies, candy)

2ND GRADE 4TH GRADE 8TH GRADE 11TH GRADE

1.9

1.8

1.9

1.8



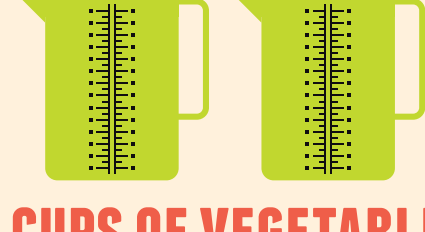
GOALS & Recommendations

The American Academy of Pediatrics recommends parents limit their children's time spent playing video games and watching TV or movies

NO MORE THAN
1 - 2 HOURS PER DAY

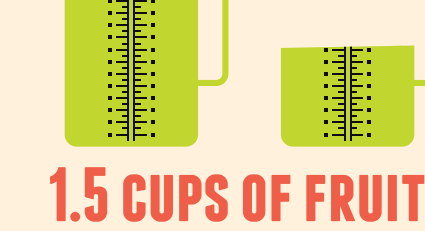


According to the U.S. Department of Agriculture, per day children should consume



2 CUPS OF VEGETABLES

2.5c for 11th grade



1.5 CUPS OF FRUIT

The 2008 U.S. Physical Activity Guidelines recommend children engage in moderate to vigorous physical activity



60 MINUTES PER DAY — 7 DAYS PER WEEK



The goal of Live Smart Texas is to
REDUCE CHILDHOOD OBESITY prevalence to **10% BY 2020**



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