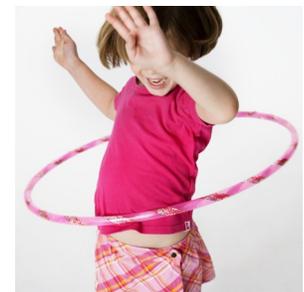


# The Health of Lincoln County's Children

Childhood Obesity in Lincoln County 2005-2013

Obesity in children is a serious issue. Children who struggle with obesity have an increased risk of developing chronic diseases such as asthma, heart disease, bone and joint disorders, mental and emotional health problems and type 2 diabetes, all typically thought of as adult diseases. Childhood obesity not only compromises a child's health but can impact their well-being and may affect their school performance. Now is the time for the community to intervene and change the direction of childhood obesity in Lincoln County.

In 2005 the Lincoln County Health Department (LCHD) could see that childhood and adult obesity were going to be an emerging health issue facing our community, state & nation. At the time there was little data on childhood/youth obesity as a nation and no data available for Lincoln County. The health department took the initiative to start collecting and calculating data for Lincoln County children. LCHD has worked with each school district to gather height and weight data for Lincoln County students in 2005, 2007, 2010 & 2013.



\*rates for Lincoln County youth K-7th (2005, 2007, 2010)

Lincoln County's childhood obesity rates continue to be consistent with national trends;

**1 in 6 students are overweight\*\***  
**1 in 6 students are obese\*\***

\*\*rates for Lincoln County (2005, 2007, 2010, 2013)

## What is BMI?

Body Mass Index (BMI) is a simple comparison of an individual's weight vs. height to easily determine and individual's obesity risk by where the he or she falls on the BMI scale; underweight, normal, overweight, and obese. It should be noted that BMI is a quick calibration and as such there are exceptions but overall BMI is a quick, reliable, and noninvasive way to measure a person's risk of obesity.

## Why measure BMI in children?

Body Mass Index (BMI) is an easy and non-invasive way to capture a snapshot of health in an individual. While BMI shouldn't be the only tool used to determine the health of a person. BMI can be an effective way to track a group of people, or give a person a initial indicator of his or her health.



Lincoln Hospital Dist. 3



Neighbors for Life



# Creating Change

## In Lincoln County Schools:

- ☀️ Adoption of new USDA Nutrition Standards in all schools.
- ☀️ Scratch Cooking implementation in Davenport, Reardan and Odessa, to prepare healthy foods from scratch instead of processed commodities. Sponsored by Empire Health Foundation.
- ☀️ Smarter Lunchroom Design training and execution in all Schools. Supported by schools, LCHD and WSU Extension.
- ☀️ Received a Physical Education Program grant from the Dept. of Education to increase physical education and nutrition in Davenport, Reardan and Odessa schools.
- ☀️ Food Sense Program sponsored by WSU to teach healthy food choices to elementary students.

## In the Community:

- ☀️ Big Red Barn Farmers Market
- ☀️ Davenport Community Garden
- ☀️ Adoption of Tobacco Free Parks in the City of Davenport to encourage play in healthy settings

## In Healthcare & Health Department:

- ☀️ Healthy weight plans developed through provider/patient interactions at North Basin Clinics.
- ☀️ Lincoln in Action, a youth advocacy group, focused on creating healthy communities in Lincoln County.
- ☀️ Development of the Let's Go LinCo campaign to promote healthy lifestyle choices to Lincoln County students and families.

### Creating Change at Home

- \* Encourage family meal time
- \* Be active as a family: walk, play, bike, hike
- \* Limit screen time to under 2 hours a day
- \* Try new & healthy foods
- \* Be involved in community activities and events
- \* Take the Let's Go LinCo 5,4,3,2,1 Challenge

# 10%

Of Lincoln County 6th graders have 3 or more hours of screen time\* daily



Statewide, 6th graders who spend 3 or more hours of screen time\* daily are more likely to get lower grades in school (C's, D's or F's) compared to classmates who spend less than 3 hours.

\*screen time is any time spent in front of a TV, computer, gaming console, even portable devices (tablets, phones, etc.)



# 33%

of Lincoln County 6th graders did not meet the recommended 60 minutes of daily physical activity

Daily physical activity reduces rates of obesity and serious disease, helps all ages maintain a healthy body weight and improves quality of life.



**letsgolincoblogspot.com**  
for helpful tips to healthier living

**Lincoln County Health Department**  
90 Nichols St, Davenport, WA 99122  
509.725.1001  
[www.co.lincoln.wa.us](http://www.co.lincoln.wa.us) [www.letsgolincoblogspot.com](http://www.letsgolincoblogspot.com)

Data Sources: Washington State Healthy Youth Survey, 2012;  
Prepared by: Danita Hammond

