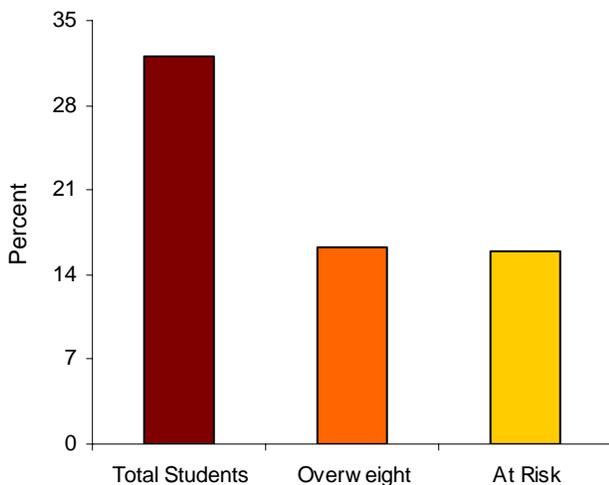


# The Health of Lincoln County's Children

## *A snapshot of childhood obesity in Lincoln County*

The U.S. is seeing a disturbing trend; its citizens are becoming increasingly obese and suffering deadly consequences as a result. Obesity has become the second leading cause of preventable death, only behind tobacco use. In Washington State, obesity is linked to four chronic diseases: cancer, cardiovascular disease, chronic lower respiratory disease and diabetes. In children, the risk of developing chronic diseases such as asthma, heart disease, bone and joint disorders, mental health/emotional problems and type 2 diabetes is rising. These diseases are typically thought of as adult issues. Unfortunately, they have not discriminated against the youth of our county, state and nation. Childhood obesity not only compromises children's health but also can effect their well-being and may affect their performance in school. Early intervention is a must, since it becomes increasingly difficult to curb the path of obesity the longer it continues.

Percentage of K thru 7th graders who are At Risk or Overweight in Lincoln County



Approximately one out of every three youth in Lincoln County are overweight or at risk of becoming overweight.

These measurements were collected during routine vision and hearing screenings. The data was gathered anonymously with only the grade level, age and sex as indicators.

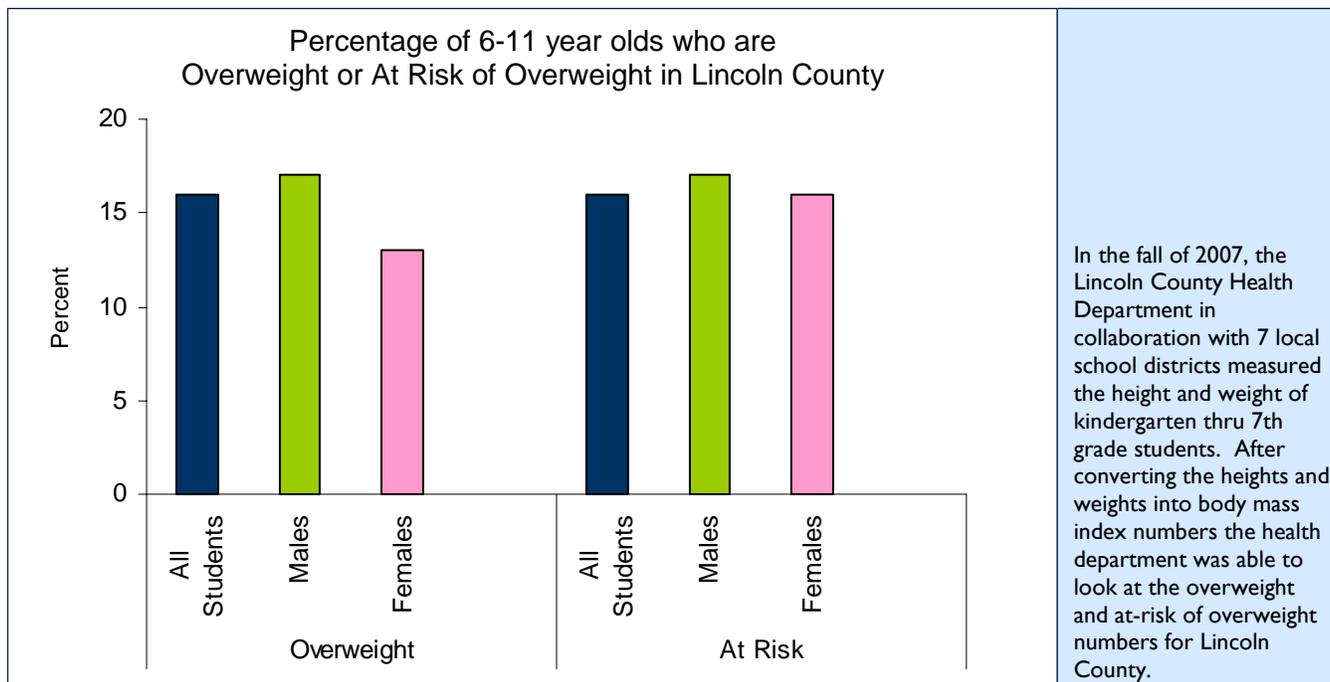
### How can Schools, Communities & Families work together?

#### Schools

- Balanced and healthy school meal options
- Physical activity programs; expanded beyond team sports
- After school programs designed to keep youth active and safe
- Continued community access to school facilities for the purpose of physical activity

#### Communities & Families

- Commitment to modeling healthy lifestyles
- Active participation in available programs and activities
- Support funding for community facilities and programs that encourage active lifestyles: community pools, walking trails, safe sidewalks and bike paths, etc
- Volunteer to serve your community by participating on a committee or group



The Health Department has chosen to track the percent of 6-11 year olds who were overweight and at-risk for overweight. This age group has also been monitored with data from the National Health and Nutrition Examination Survey. The most recent data (2003-2006) shows that the prevalence of children, 6-11 years of age, who are overweight is 17%. Lincoln County's rates for the same age group are the same as the nation's. Considering that national numbers have risen more than 10 percentage points over the past two decades this is a topic that commands attention. The fight against obesity in adults and in children can start with just one simple move. Decide how you can make a difference and do it.

**Available Resources**

**Lincoln County Health Department**  
509-725-1001  
[www.co.lincoln.wa.us/health](http://www.co.lincoln.wa.us/health)

**Washington State Department of Health**  
[www.doh.wa.gov](http://www.doh.wa.gov)

**Washington Health Foundation**  
"Healthiest State in the Nation" campaign  
[www.whf.org](http://www.whf.org)

**Centers for Disease Control and Prevention**  
[www.cdc.gov](http://www.cdc.gov)

**VERB™ It's what you do.**  
The VERB campaign encourages young people ages 9-13 (tweens) to be physically active every day. [www.verbnow.com](http://www.verbnow.com)  
[www.cdc.gov/youthcampaign](http://www.cdc.gov/youthcampaign)

Definition of BMI for Children and Adults	
For Children	For Adults
At risk for overweight = 85th to less than the 95th percentile on the CDC growth chart	Overweight = BMI of 25 or greater
Overweight = Equal to or greater than the 95 <sup>th</sup> percentile on the CDC growth chart	Obese = BMI of 30 or greater