GET INVOLVED!14, 16

Youth
- Increase physical activity to 60 minutes or longer each day.

Parents
- Encourage your children to watch less television and increase their physical activity.
- Model physical activity and healthy eating for your children.
- Provide more nutritious meals and snacks.

School Personnel
- Increase access to free water throughout the school day.
- Position healthy foods and beverages in highly-visible areas in school cafeterias and check-out aisles.

Community
- Create agreements with local school districts and community-based organizations.
- Develop and implement a Safe Routes to School (SRTS)/Walking School Bus plan.
- Use a coordinated approach to develop, implement, and evaluate healthy eating and physical activity policies and practices.
- Partner with families and community members in the development and implementation of healthy eating and physical activity policies, practices and programs.
- Improve access to outdoor recreational facilities.
- Advocate for more healthy food establishments.

References and More!

Please visit http://www.houstonx.gov/health/hdhhhs-profiles for a full list of references.

Other Titles in this Series:
- Youth Sexual Health/STIs/HIV
- Youth Suicide Prevention
- Youth Mental Health
- Youth Violence Prevention
- Teen Dating Violence Prevention
- Teen Immunizations
- Teen Pregnancy & Prevention
- Youth Homelessness
- Youth Substance Abuse & Prevention
- Youth Bullying & Prevention
- Teen Pregnancy & Prevention
- Teen Violence
- Teen Suicide
- Teen Mental Health
- Teen Behavior Problems
- Overall Summary of Youth Health Profiles

For more information, please contact Adolescent Health and Injury Prevention (AHIP) via the Houston Youth Voice, Safety Coalition at: 4youthvoice@houstontx.gov
Facebook: 4youthvoicehouston Twitter: @4youthvoice

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Youth Obesity & Prevention
Profile of the City of Houston & Harris County, Texas

Obesity now affects 17% of all children and adolescents in the United States - triple the rate from one generation ago. There are immediate and long-term health effects from childhood obesity. Childhood obesity is on the rise, especially among Texas youth. In 2011, Texas had the 10th highest childhood obesity rate with 19.1% of 10 to 17 year olds considered obese.1 In 2013, Texas had the 5th highest obesity rate among high school students with 15.7% of high school student considered obese.

Overweight & Obesity: An Overview

A child’s weight status is determined using an age and sex specific percentile for Body Mass Index (BMI). Overweight is defined as a BMI between the 85th and 95th percentile for children of the same age and sex. Obesity is defined as a BMI at or above the 95th percentile for children of the same age and sex.2

Obesity leads to a number of adverse outcomes and puts children and adults at risk for diabetes, heart disease, asthma and cardiovascular disease.3

The 2013 Youth Risk Behavior Survey (YRBS) conducted by the CDC reported 17.9% of Houston high school students were obese, compared to 15.7% of high school students in Texas.7

Trends: Houston/Texas 2001-2013

79% of high school students in Texas eat fewer than five servings of fruits and vegetables per day.5

“Regular physical activity helps improve overall health and fitness, and reduces the risk for many chronic diseases.”10
Eating a healthy breakfast is associated with improved cognitive function (especially memory), reduced absenteeism, and improved mood.9

Eating Habits and Physical Activity

Eating Habits of Houston teens:
- 78% are not meeting the daily recommended fruit intake.
- 86% are not meeting the daily recommended vegetable intake.
- 1 in 4 consume at least one sugary drink per day.

Physical Activity:
- 66% of children are considered “inactive.”
- 78% of Houston high school students did not attend daily Physical Education (PE) classes.
- 32.7% of Houston high school students reported watching television for at least three hours per day.

Recommendations:
- Youth ages 6-17 should participate in at least 60 minutes of daily physical activity consisting of aerobic activity.8
- Follow proper dietary proportions as recommended by Choose My Plate.
- Screen time* should be limited to no more than 2 hours per day.10
- Increase the number of healthy food grocery stores and restaurants in undeserved communities.

WHAT WORKS?
The programs listed below are a compilation of initiatives, campaigns, and programs that are research informed, apply best practices and have the potential to be implemented in various settings. Below are some examples of these types of programs for obesity intervention and prevention.

<table>
<thead>
<tr>
<th>Program</th>
<th>What Is It?</th>
<th>Website</th>
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<tbody>
<tr>
<td>New Moves*</td>
<td>New Moves is a school-based physical education (PE) intervention aimed at preventing weight-related problems in adolescent girls by increasing their physical activity, improving their body image and self-worth, and improving their diet.</td>
<td><a href="http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=354">http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=354</a></td>
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<tr>
<td>Coordinated Approach to Child Health (CATCH)</td>
<td>The CATCH program for schools is based on the CDC coordinated school health model (as it relates to physical activity and diet) in which eight components work interactively to education youth people about and provide support for healthful lifestyle.</td>
<td><a href="http://catchinfo.org/about">http://catchinfo.org/about</a></td>
</tr>
<tr>
<td>JOIN for ME</td>
<td>JOIN is a community-based initiative focused on families with children dealing with excess weight. Parents and children meet in a supportive environment with an experienced health living coach and learn real-life skills for attaining and maintaining a healthy lifestyle.</td>
<td><a href="http://www.ymcagreaterprovidence.org/Programs/JOIN4ME/HealthyWeightforKids/teens/tabid/337/Default.aspx">http://www.ymcagreaterprovidence.org/Programs/JOIN4ME/HealthyWeightforKids/teens/tabid/337/Default.aspx</a></td>
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*Denotes evidence based program as listed by SAMHSA—National Registry of Evidence-based Programs and Practices.

Related Policies and Policy Implications:

Texas Physical Education (PE) Requirements:15
- Middle school students must take four semesters of PE. High school students must complete one credit of PE to graduate.
- School districts must establish wellness policies that help ensure students get the required amount of physical activity, proper nutrition and overall health.
- Promote food policy capacity as a way to improve the food environment at state and local levels.
- The US Preventive Service Task Force recommends that clinicians screen children aged 6 years and older for obesity, as well as offer or refer them to comprehensive, intensive behavioral interventions to promote improved weight and functioning.

“Seventy-seven percent of children ages 6 to 17 in Harris County are not getting the recommended physical activity to maintain a healthy weight.”12