

2010

# Latino Community Report on Latino Childhood Obesity

for the 128<sup>th</sup> General Assembly



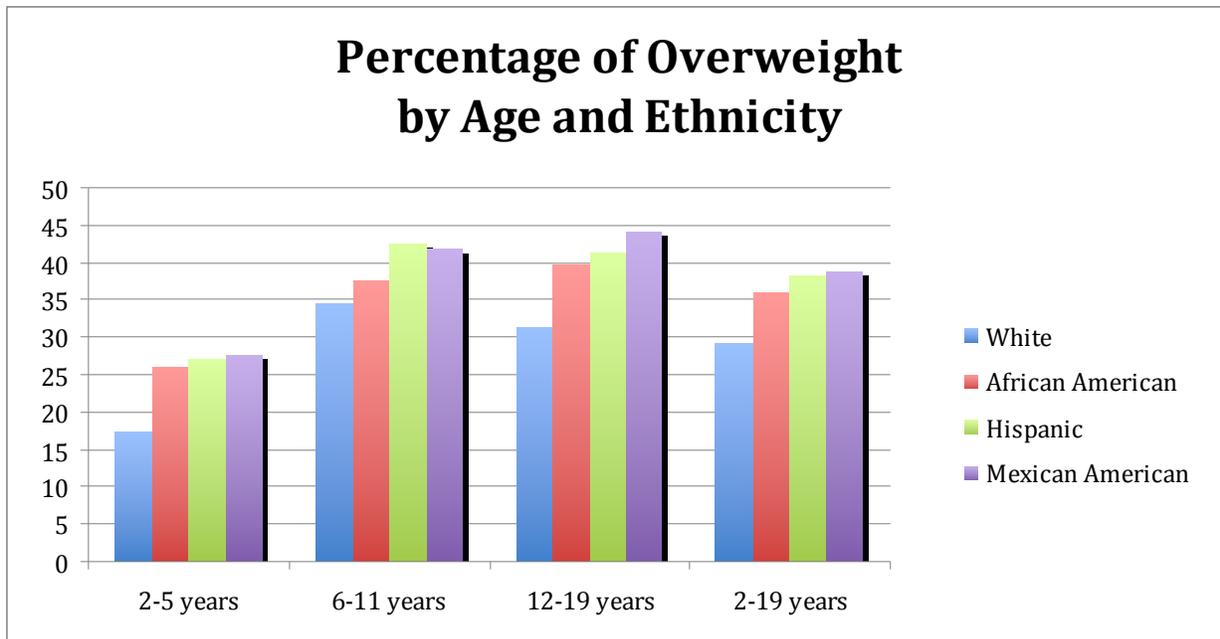
Latino Affairs  
Commission

**Ted Strickland**, Governor  
**Lilleana Cavanaugh, MBA**, Director



# Latino Childhood Obesity Epidemic

Childhood obesity represents a health crisis for many young Latinos in this country. More than **38 percent** of Latino youth ages 2 to 19 are overweight or obese—a higher percentage than among Black or White youths.



Graph depicting data from the latest report of the National Health and Nutrition Examination Survey (NHANES). Reference: Ogden, C. L., Carroll, M. D., Curtin, L. R., Lamb, M. M., & Flegal, K. M. (2010). Prevalence of high body mass index in US children and adolescents, 2007-2008. *Journal of the American Medical Association*, 303, 242-249.

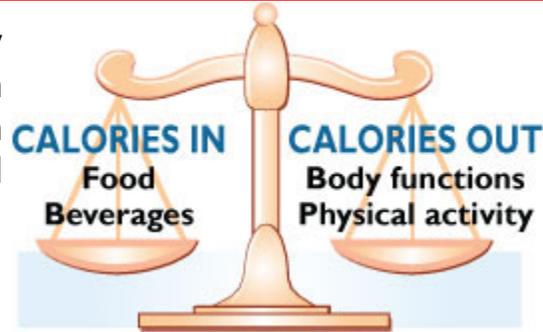
Obese children are likely to develop serious, chronic diseases including, asthma, cardiovascular disease, sleep apnea, social stigmatization, poor school performance and poor self-image. Another disturbing development is Type II diabetes. Hispanic children are more likely to develop diabetes than other children. Among children born in 2000, white boys have a 26.7 percent risk of being diagnosed with diabetes during their lifetimes, while **Hispanic boys have a 45.4 percent lifetime risk**. White girls born in 2000 have a 31.2 percent risk of being diagnosed with diabetes during their lifetimes, while Hispanic girls have a 52.5 percent lifetime risk.

<http://care.diabetesjournals.org/content/31/11/2211.full>



# Causation

In the simplest terms, childhood obesity results from energy imbalance—children consuming more calories than they burn through physical activity and normal growth.



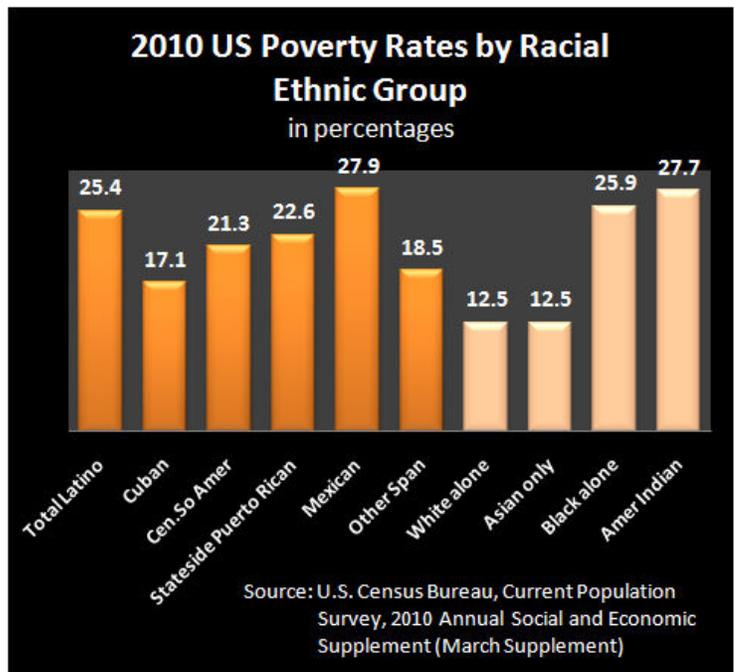
There are also significant disparities in terms of access to healthy food and safe places to play. A study of more than 200 neighborhoods found four times as many supermarkets in predominantly white neighborhoods as in black neighborhoods and Latino neighborhoods.

<http://www.rwjf.org/childhoodobesity/challenge.jsp>

# Role of Poverty



Communities with high levels of poverty are significantly less likely to have places where young people can be physically active, such as parks, green spaces, and bike paths. According to Current Population Survey (CPS), while the poverty rate for the entire United States in 2010 was 14.5 percent, the **Latino poverty rate was 25.4 percent** compared to 12.5 percent for Whites and Asians, and 25.9 percent for Blacks. The 12.4 million Latinos living in poverty make up 28.3 percent of the US poverty population, in comparison to 16 percent to the general population. <http://www.census.gov/hhes/www/poverty/poverty.html>





## Eradication Efforts in Ohio

Many Ohio legislators, organizations, universities, and agencies are making strides at tackling the childhood obesity epidemic. Here are just a few efforts to address the problem:

- Healthy Students Act - Senator Teresa Fedor - Senate Bill 59 has had one hearing in the Senate Education Committee.
- Healthy Choices for Healthy Children - Senate Bill 210/HB 373 became law in 2010
- H. Res 996 - Introduced by Rep. Marcia Fudge established September as National Childhood Obesity Awareness Month
- The Ohio State University Extension created a program titled “Choose It! Use It!” Program. The Extension created the program to tackle childhood obesity and is bringing it to schools, churches, after-school programs and other organizations across the state this fall.
- Ohio Department of Education established “Promising Practices”, a web-based tool for collecting and presenting profiles of nutrition and wellness promoting activities, projects and programs in Ohio



## Other States Efforts

Several organizations rank states' legislative efforts to address childhood obesity. States that consistently rank highly have programs or task forces dedicated to childhood obesity, mandated BMI screening, and a statewide overall approach to eradicating childhood obesity. States rankings can be found here: <http://www.statehealthfacts.org/comparetable.jsp?ind=52&cat=2>

The Robert Wood Johnson issued a report titled “F as in Fat: How Obesity Threatens America's Future” 2010 report ranking and reporting states efforts to tackle obesity. States that ranked highly have nutritional standards in schools and vending machines, test BMI levels, and safe access to streets. The instructive report can be accessed here: <http://healthyamericans.org/reports/obesity2010/>

Another instructive website for model legislation titled, “Leadership for Healthy Communities” lists databases tracking healthy eating, active living and childhood obesity prevention policies and programs nationwide. <http://www.leadershipforhealthycommunities.org/content/view/238/117/>



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# Partners in Fighting Childhood Obesity

