



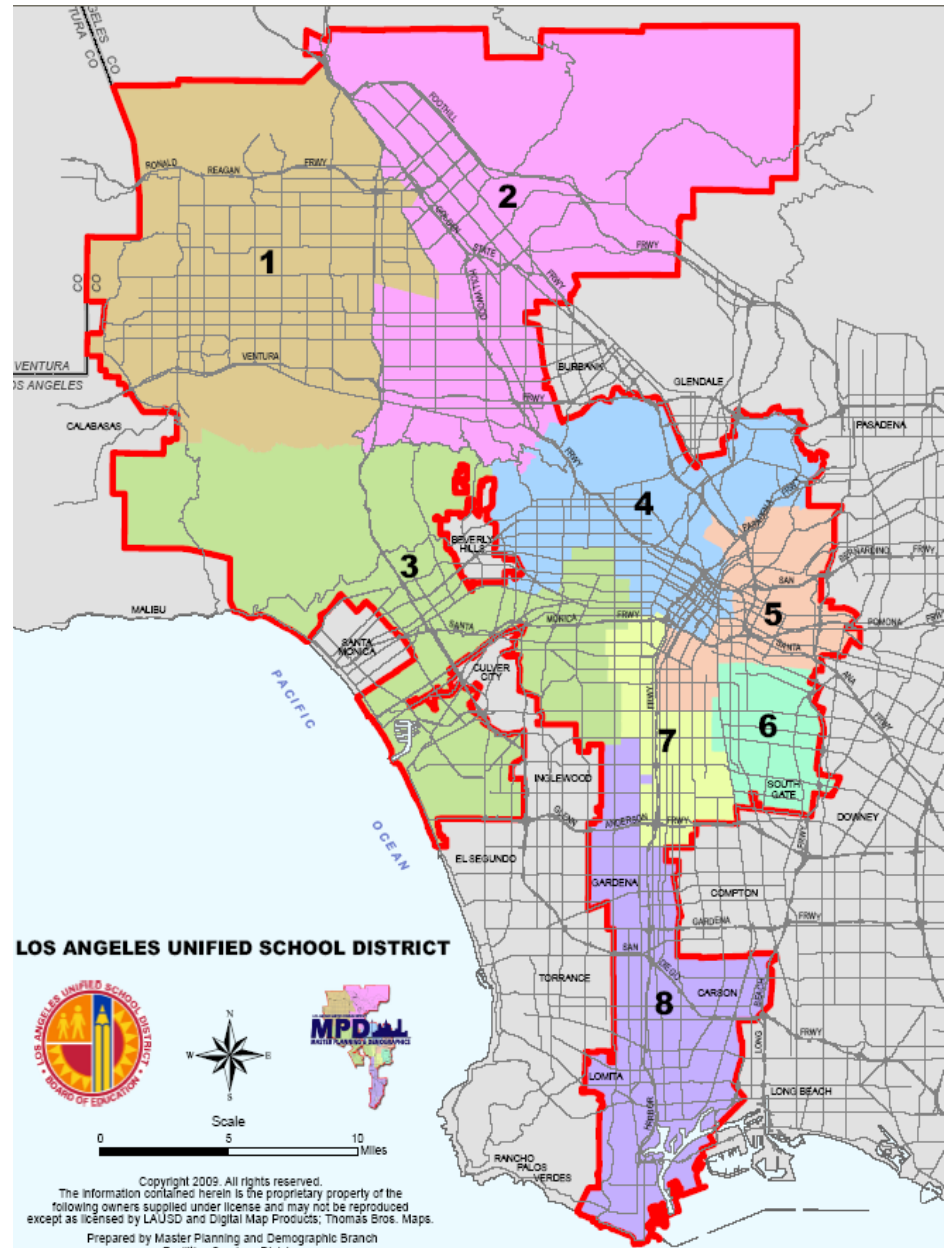
Childhood Obesity:

A shifting paradigm in school-based assessment and management

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Director Student Medical Services
July 25, 2011

Overview

- LAUSD is the 2nd largest school district in the nation
- 640,000 K-12th grade students enrolled
- Schools can play a significant role in obesity:
 - Assessment
 - Management
 - Prevention



Assessment via Physical Fitness Testing-- www.cde.ca.gov/ds

DataQuest (CA Dept of Education) - Windows Internet Explorer

http://dq.cde.ca.gov/dataquest/

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California Department of EDUCATION **DataQuest**

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DataQuest helps you find facts about California schools and districts.

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Physical Fitness Summary by District

California Physical Fitness Test Results - Windows Internet Explorer

http://dq.cde.ca.gov/dataquest/PhysFitness/PFTTestDst2007.asp?cSelect=1964733^~^~^LOS^ANGELES^L

2009-10 California Physical Fitness Report
Summary of Results

Additional information can be found at the Statewide Assessment Division's [California Physical Fitness Test site](#).

Physical Fitness Area	Grade 5			Grade 7			Grade 9		
	Total ¹ Tested	% In HFZ	% Not in HFZ	Total ¹ Tested	% In HFZ	% Not in HFZ	Total ¹ Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	48,997	60.7	39.3	45,404	56.1	43.9	49,182	56.5	43.5
Body Composition	48,997	61.3	38.7	45,404	62.3	37.7	49,182	63.4	36.6
Abdominal Strength	48,997	76.8	23.2	45,404	76.4	23.6	49,182	80.8	19.2
Trunk Extensor Strength	48,997	90.0	10.0	45,404	87.5	12.5	49,182	90.7	9.3
Upper Body Strength	48,997	64.8	35.2	45,404	62.9	37.1	49,182	72.7	27.3
Flexibility	48,997	66.0	34.0	45,404	76.7	23.3	49,182	83.3	16.7

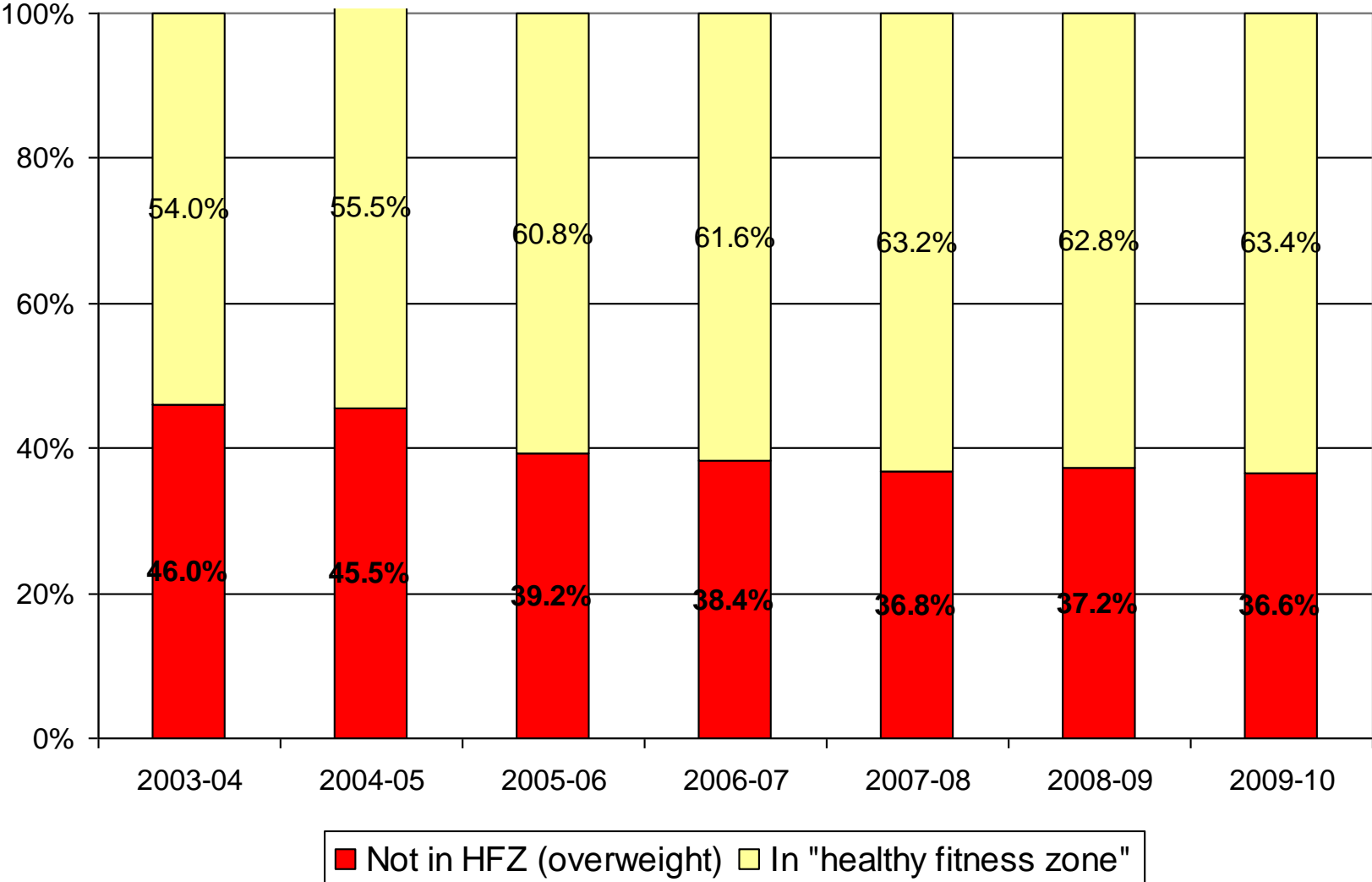
Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Grade 5			Grade 7			Grade 9		
	Number	Percent	Cum. Percent	Number	Percent	Cum. Percent	Number	Percent	Cum. Percent
6 of 6 fitness criteria	10,756	22.0	22.0	10,929	24.1	24.1	15,584	31.7	31.7
5 of 6 fitness criteria	12,869	26.3	48.3	11,530	25.4	49.5	13,446	27.3	59.0
4 of 6 fitness criteria	10,664	21.8	70.1	9,268	20.4	69.9	8,457	17.2	76.2
3 of 6 fitness criteria	7,522	15.4	85.5	6,920	15.2	85.1	5,605	11.4	87.6
2 of 6 fitness criteria	4,655	9.5	95.0	4,262	9.4	94.5	3,413	6.9	94.5
1 of 6 fitness criteria	2,128	4.3	99.3	2,006	4.4	98.9	1,828	3.7	98.2

Done

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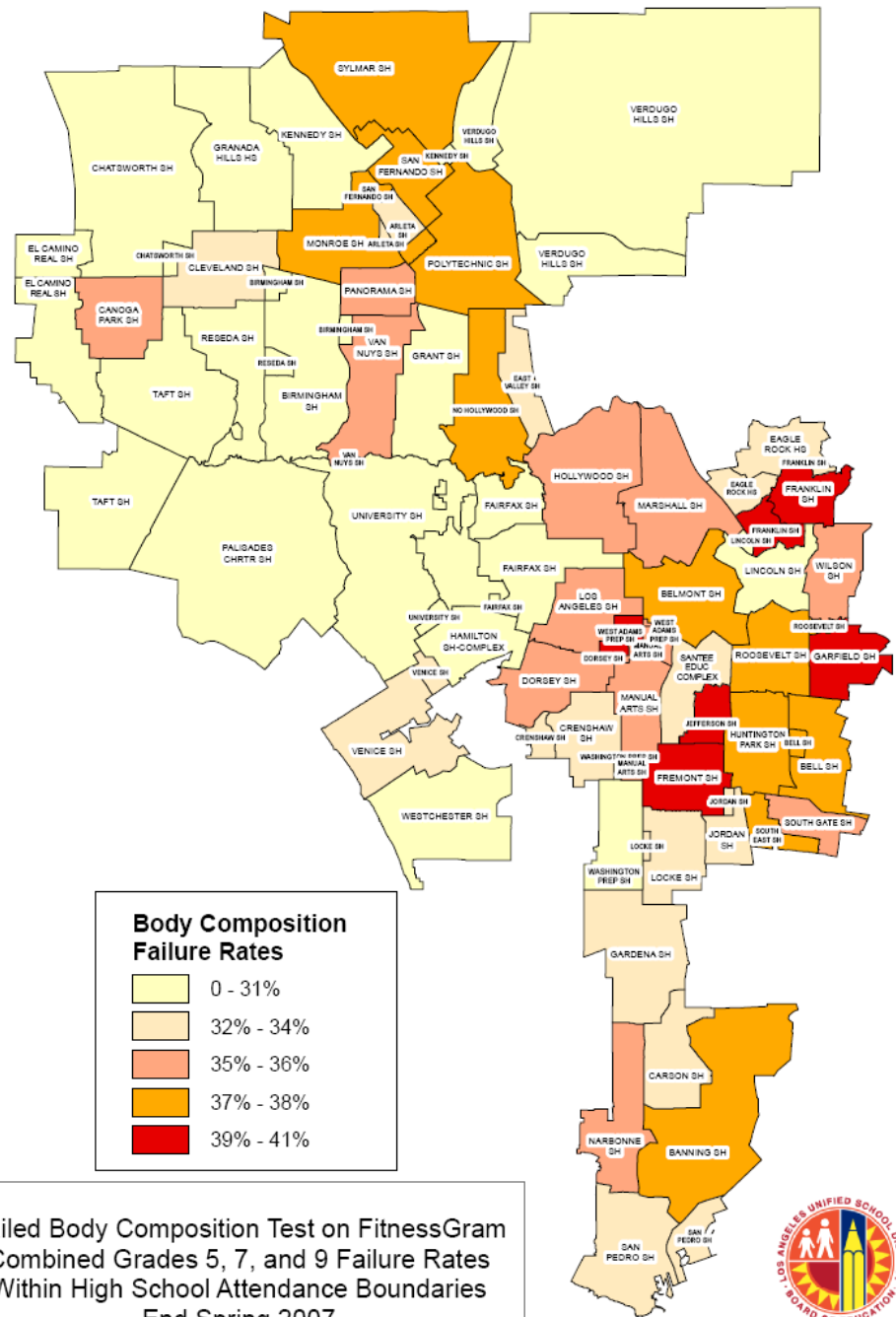
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Assessment results from the 9th grade body composition testing- LAUSD (2003-10)



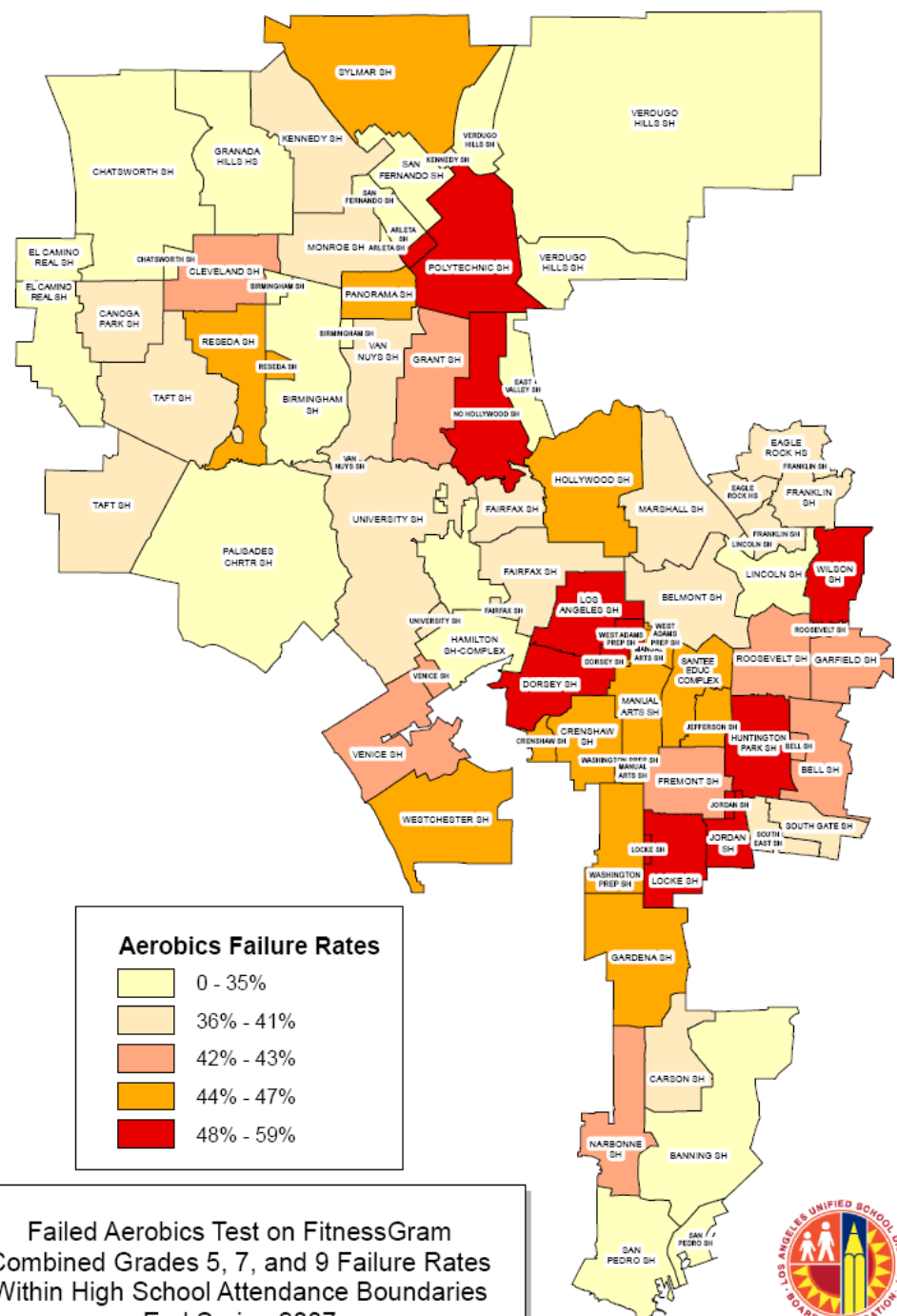
Assessment

Body Mass Index by high school complex



Assessment

Aerobic Fitness by high school complex



What impact does obesity have on schools?

- Health problems, increased absences:
 - Asthma
 - Orthopedic problems
 - Hypertension and diabetes
- Mental health problems
 - Low self esteem
 - Depression
- School performance
 - Lower academic achievement
 - Compromised arousal if sleep problems (apnea)

Management: What can schools do?

- Assess
- Refer
- “Treat”



Referral and treatment

- Student Medical Services– Nutritionist
- Medical programs– PowerPlay, Kids-N-Fitness, Kid Shape, KP Kids...
- PCP or Medical Home
- But...
 - Low follow-up rates
 - High attrition
 - Other barriers (time, money, transportation)



Wellness Centers in LAUSD

- 13 new wellness centers
- Serving students, families and community
- Focused on health and prevention
- Place-based: working on health issues in context of community



Final Exterior Render - 10.18.2010

Prevention

- Population health focus
 - Policies
 - Systems
 - Programs



Nutrition policies enacted

- LAUSD resolutions:
 - Healthy Beverages (Soda ban): K-12, effective Jan 2004
 - Obesity Prevention (Junk food ban): K-12, effective July 2004
- SB 677 (Ortiz, 2003) Healthy beverages/soda ban: K-8, effective July 2004
- Wellness Policy 2006
- Cafeteria Improvement Motion 2006



Physical Activity and PE

- Physical education: mandated at 200-400 minutes every 2 weeks
- District faces:
 - lack of teacher training in physical education,
 - lack of time in the scheduled day,
 - lack of adequate space, equipment, facilities
- Consider after-school programs, integration of physical activity into curriculum and dedicated funding



Obesity Prevention Programs

- Students for Nutrition and Exercise (SNaX)
 - Pilot and RCT of school-based obesity prevention program
 - Water pilot and intervention
 - Community-based Participatory Research
 - Use existing LAUSD policy as guide



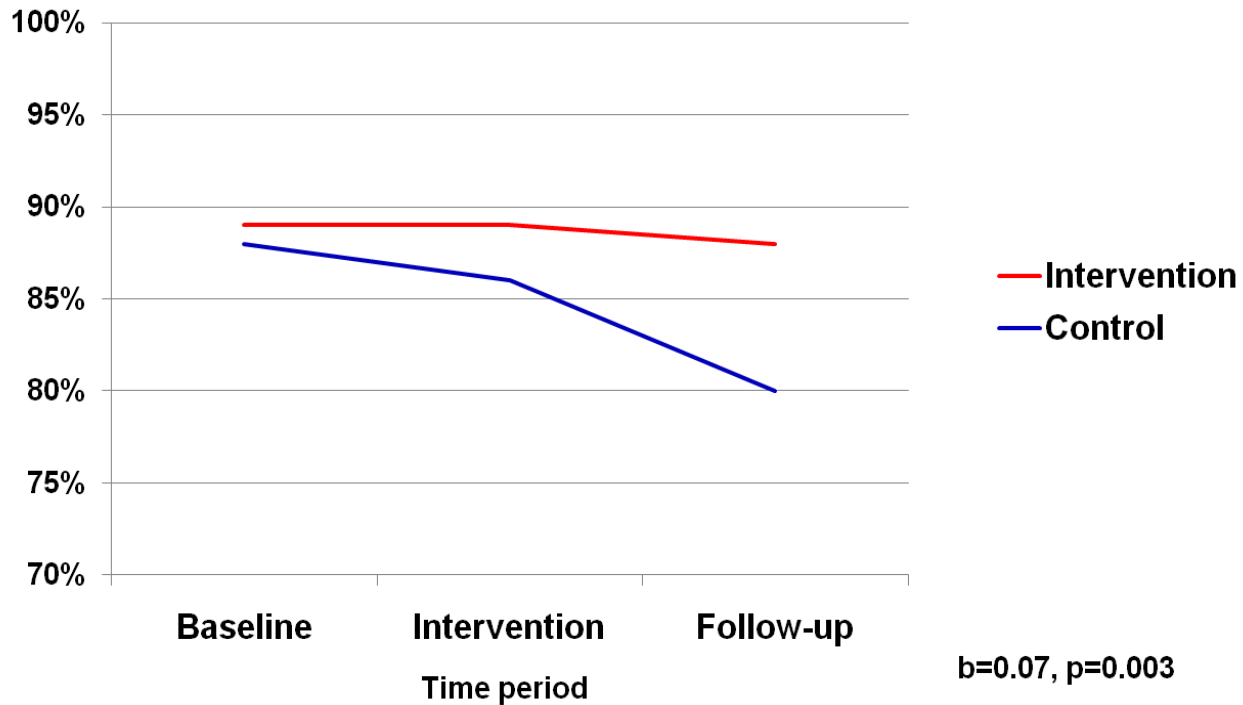
SNaX Intervention

- School environmental changes
 - Food signage/posters, point-of-sale nutritional information, free chilled water, additional fruit and vegetable options
- Social marketing
 - Peer leader club, lunchtime handouts, taste tests
- School-wide multimedia marketing
 - Posters, handouts, announcements, parent take-home activities, physical activity posters, video

Cafeteria Options



Proportion of fruit served in school cafeteria



Peer Leader Club and Asthma Education Programs

- Peer-to-peer learning
- Advocacy and leadership skills
- Consider combining curricula
- Consider opening to all types of children and youth (not just those affected)



Schools and good health

- >99% of children and adolescents attend school
- School has the most influence on their lives of any social institution, besides the family

“Schools not only teach our children to read and write, but also to take care of their bodies and minds. Schools are really ideal places to promote good health because most young people are in school five days a week during most of the school year.”
-- Tommy Thompson, former U.S. Secretary of Health and Human Services