

### Terms Used

**BMI:** Body Mass Index  
**Obesity:** BMI-for age  $\geq$  95<sup>th</sup> percentile. In 2009, 14% [95% Confidence Interval (CI): 14.2, 19.4] of Iowa 3<sup>rd</sup> graders were obese. An additional 16% [95% CI: 15.1, 20.6] of students were overweight. 63 percent of students had a BMI that was in the normal range.

**Overweight:** BMI-for age  $\geq$ 85<sup>th</sup> percentile to  $<$ 95<sup>th</sup> percentile.

**95% Confidence Interval:** If the survey were repeated 100 times, 95 of the intervals found would contain the true estimate. The width of the confidence interval gives an indication of the certainty around the estimated prevalence.

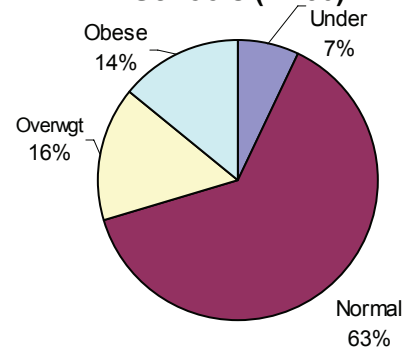
# Overweight and Obesity among Iowa 3<sup>rd</sup> Graders

Spring 2009

Childhood obesity is a major health problem in our state and nationwide. To track this problem and help plan solutions to the problem, the Iowa Department of Public Health collected statewide information from third grade students in public schools during the Spring, 2009. Below is a summary of findings.

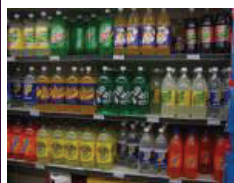
The measurement of BMI in Iowa's 3<sup>rd</sup> grade children

**BMI Categories among All Schools (N=30)**



was a collaborative effort between the Iowa Department of Public Health, Division of Health Promotion and Chronic Disease Prevention and the Center for Health Statistics. Funding for this project was provided by the Wellmark Foundation.

## Sugar Sweetened Beverages



Several studies have found an association between sugar sweetened beverages (SSB) and overweight/obesity in children. One study found that the number of SSB calories

consumed by children has increased from the previous decade; in particular, children ages six to 11 consumed 20 percent more calories from sugar-sweetened beverages in 1999-2004 compared with 1988- 1994. In 2006 a study published in *Pediatrics* described an *energy gap* contributing to the obesity epidemic.<sup>1</sup> This energy gap, the imbalance between the calories children take in each day and the calories expended to support normal growth, physical activity, and body function, is about 110-165 excess calories per day.<sup>1</sup> The study found that children consumed SSB in a variety of locations including homes, schools, fast food establishments, and other restaurants. The survey asked parents how many SSB their

child consumed each day. Of the 1,130 parents responding to the question, most indicated their child consumed one SSB or less daily (71%). However, 30% drank two or more SSB daily.

**BMI and Consumption of Sugar Sweetened Beverages among Iowa 3<sup>rd</sup> Graders, 2009**

BMI	0 SSB serving	1 SSB serving	2+ SSB
Underweight/ Normal	19%	31%	19%
Overweight/ Obese	8%	13%	11%

**24% of surveyed Iowa 3<sup>rd</sup> grade students who consumed 1 or more SSB daily were found to be overweight or obese.**

<sup>1</sup>Columbia University's Mailman School of Public Health (2008, June 6). Children's Consumption Of Sugar-sweetened Beverages. *ScienceDaily*