



# Make a difference in child obesity!

Use *prevention* messages during each CHDP Health Screening Exam



Ventura County Public Health

CHDP Fact Sheet

January 2013

## Did you know?

- In 2010, more than **1 in 3** Ventura County preschoolers, ages 2 to 4 years, who received CHDP health assessments were overweight or obese.
- Also, more than **2 in 5** Ventura County children and teens, ages 5 to 19 years, receiving these screening exams in 2010 were overweight or obese.<sup>1</sup>

## What's the difference between overweight and obesity?

Body Mass Index (BMI) is a reliable indicator of body fatness for most children and teens. Growth percentiles are used to evaluate the size and growth patterns in individual children. The percentile indicates the relative position of the child's BMI number among children of the same sex and age. Risk for associated health conditions rises as BMI-for-age percentile increases to the levels described as "overweight" and "obesity". Weight status categories and the corresponding percentiles for children and teens are shown in the following table:

Weight Category	Body Mass Index-for-age Percentile Range
Underweight	< 5th percentile
Healthy weight	5th - 84th percentiles
Overweight	85th - 94th percentiles
Obese	≥ 95th percentile

## Concerns continue about child overweight and obesity

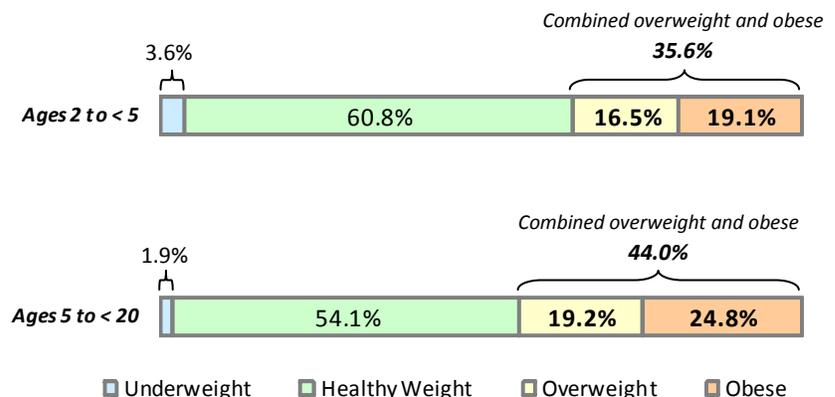
The high prevalence of overweight and obesity in Ventura County children and teens continues to be a concern, especially for those in low-income and minority groups. In 2010, over 35 % of Ventura County children, ages 2 to 4 years, who received CHDP health assessments were overweight or obese. The same year, 44 % of Ventura County children and adolescents, ages 5 to 19 years, receiving CHDP screening exams were overweight or obese.<sup>1</sup>

Body Mass Index-for-age percentile in the overweight or obese range increases the risks for diabetes, high blood pressure, elevated lipid levels, asthma, sleep apnea and orthopedic problems. The associated health consequences of these conditions may be urgent or may appear later in life. Over the last 10 years, the United States has made little progress towards reducing the prevalence of childhood overweight and obesity.<sup>2</sup>

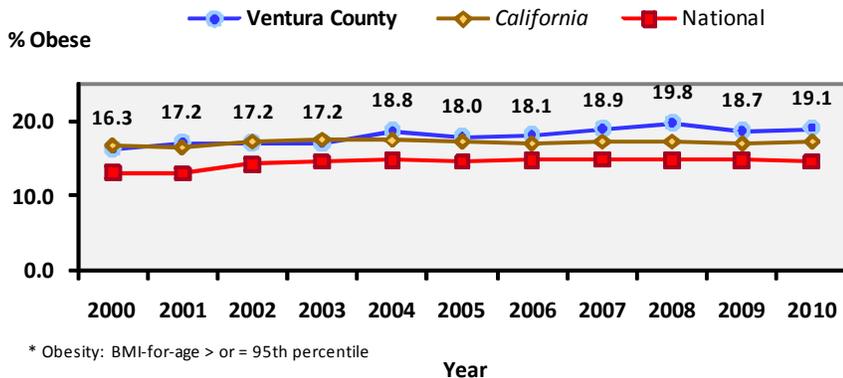
The Pediatric Nutrition Surveillance System (PedNSS) monitors indicators of nutritional status and health. In California, data is collected from children and teens who participate in the Child Health and Disability Prevention (CHDP) Program. For children over two years of age, Body Mass Index (BMI)-for-age percentile is used to identify overweight, obesity, and underweight prevalence. Data tables and reports are published online for the nation, state or tribal group, and by county or reporting area.

At this time, reports are provided by the Centers for Disease Control and Prevention (CDC). CDC announced last year that it will discontinue data management of the PedNSS following publication of the 2011 reports. The California Department of Health Care Services is looking forward to a partnership with a leading academic institution to maintain data management and publication of reports regarding child health indicators for California.

Body Mass Index-for-Age Distribution in Low-income Children and Teens Receiving CHDP Health Screening Exams in Ventura County in 2010<sup>3</sup>



**Trends in Obesity\* in Low-Income Children, Ages 2 to <5 Years  
Ventura County, California, and National Data, 2000 - 2010**



Data from PedNSS and the National Health and Nutrition Examination Survey (NHANES)<sup>4</sup> reveal that the upward trend in the prevalence of childhood overweight and obesity in the United States may be leveling off. In Ventura County, the prevalence of obesity in preschoolers receiving CHDP exams has shown a slight increase since 2003. However, the trend in obesity prevalence in Ventura County’s school-aged children and adolescents obtaining CHDP health screenings has stabilized, similar to national and state trends for this age group.<sup>1</sup> This information suggests that prevention efforts begun in early childhood by CHDP providers and other health care staff can help reduce the prevalence of childhood overweight and obesity.

**What is CHDP?**

The Ventura County Public Health CHDP program provides complete health assessments for the early detection and prevention of disease and disabilities for low-income children and teens. A screening exam consists of a health history, physical examination, developmental assessment, nutritional assessment, dental assessment, vision and hearing tests, a tuberculosis risk assessment, laboratory tests, immunizations, health education, anticipatory guidance, and referral for any needed diagnosis and treatment. Health assessments are provided by certified private physicians and clinics, Ambulatory Care clinics, Public Health clinics, and some local school districts.

The CHDP Gateway serves as the entry point for eligible children to enroll in ongoing health care coverage through Medi-Cal, Healthy Families, or other available health care programs.

**Child Health and Disability Prevention (CHDP) Program**

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**Clinical practices promote healthy eating and active living**

Incorporate the following points<sup>5</sup> in your health assessments and guidance:

- 5** Eat at least **5 servings of fruits and vegetables** a day
- 2** Allow less than **2 hours of screen time** per day
- 1** Include at least **1 hour of physical activity** each day
- 0** Drink **0 servings of sugar sweetened beverages** daily
- B** Encourage, teach, and support **breastfeeding**
- B** Use the **Body Mass Index** to screen for overweight and obesity

**Share resources ▪ Make referrals**

- Partnership for a Healthy Ventura County (formerly known as A LEAN VC) <http://healthyventuracounty.org/>
- Breastfeeding Coalition of Ventura County <http://www.breastfeedventura.org/>
- Network for a Healthy California--Gold Coast Region  
*Nutrition & Physical Activity Directory*  
[www.goldcoastnetwork.org/](http://www.goldcoastnetwork.org/) > Resources > Physical Activity



**References:**

1. Pediatric Nutrition Surveillance System (PedNSS). State of California, Department of Health Care Services, CHDP, 2012. [www.dhcs.ca.gov/services/chdp/Pages/PedNSS2010.aspx](http://www.dhcs.ca.gov/services/chdp/Pages/PedNSS2010.aspx)
2. HP 2010 Midcourse Review. US Department of Health and Human Services, Office of Disease Prevention and Health Promotion, 2007. [www.healthypeople.gov/data/midcourse/](http://www.healthypeople.gov/data/midcourse/)
3. Pediatric Nutrition Surveillance System. US Department of Health and Human Services, Centers for Disease Control and Prevention, 2010. [www.cdc.gov/pednss/](http://www.cdc.gov/pednss/)
4. Ogden CL, Carroll MD, Flegal KM. High Body Mass Index for Age Among US Children and Adolescents, 2003-2006. JAMA 2008;299:2401-2405. [jama.ama-assn.org/cgi/reprint/299/20/2401](http://jama.ama-assn.org/cgi/reprint/299/20/2401)
5. Policy Opportunities Tool. American Academy of Pediatrics. [http://www2.aap.org/obesity/matrix\\_1.html](http://www2.aap.org/obesity/matrix_1.html)

Photographs: Ventura County CHDP Program and Mandalay Bay Women and Children’s Medical Group, August 19, 2011. Ventura County Health Care Agency. <http://www.vchca.org/>