

# DISTRICT 11 MEDINAH PRIMARY SCHOOL KINDERGARTEN



## CHILDHOOD OBESITY IN DUPAGE COUNTY 2017-2018 ANNUAL REPORT

The obesity rate continues to hold steady among school-aged youth in DuPage County. In 2017-2018, more than 1 in 7 (14.5%) DuPage kindergarten, sixth grade, and ninth grade public school students had obesity. Additionally, 42.5% of students with obesity had an elevated blood pressure reading.

Having obesity during childhood increases immediate and future health risks. Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of developing obesity and related diseases. The dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, and **schools play a particularly critical role** by establishing a safe and supportive environment with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.

### Healthy Students Are Better Learners

*We all can play a part in reducing these rates; see the reverse side for ideas on what schools can do!*

## FINDINGS

The percent of kindergarteners with obesity at **Medinah Primary** was **17.1%** (kindergarten rates among participating public schools ranged from 0.0% to 50.0%).

Out of the 141 participating public schools with kindergarten classes in DuPage County, **115** had **lower obesity rates than Medinah Primary**.

## SCHOOL, COUNTY, AND NATIONAL OBESITY COMPARISONS

% Obese (BMI ≥95th percentile)

Medinah Primary  
Kindergarteners  
(n=70), 2017-2018

**17.1%**

DuPage County  
Public School  
Kindergarteners  
(n=8,913), 2017-2018

**11.6%**

United States  
2-5 year olds  
2015-2016\*

**13.9%**

\*Most recent U.S. data available

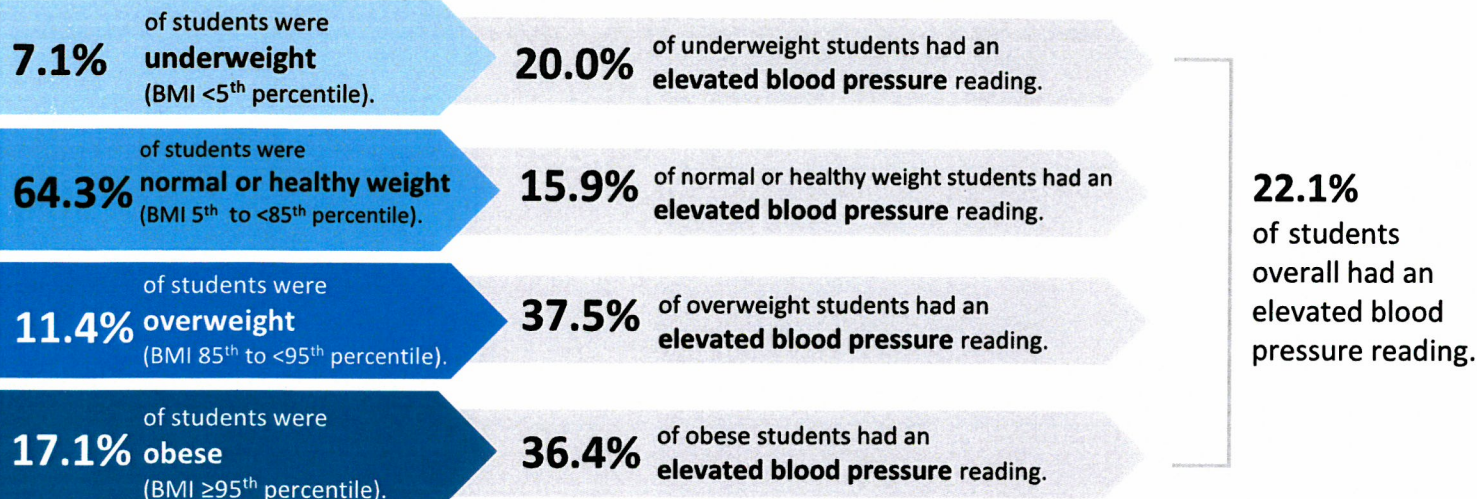


**DUPAGE COUNTY  
HEALTH DEPARTMENT**

*Everyone, Everywhere, Everyday*



# WEIGHT STATUS AND ELEVATED BLOOD PRESSURE<sup>†</sup> AMONG KINDERGARTENERS AT MEDINAH PRIMARY



Total number of valid body mass index (BMI) records: 70      Total number of valid blood pressure (BP) records: 68

<sup>†</sup>A single elevated BP reading does not imply a diagnosis of hypertension; further evaluation is recommended.

N/A indicates no BP data were submitted. Only classes that submitted valid BMI records for ≥75% of the reported Illinois State Board of Education (ISBE) class enrollment and valid BP records for ≥75% of the valid BMI records submitted are included in the county-wide analyses.

## PREVALENCE OF OVERWEIGHT AND OBESITY<sup>§</sup> AT MEDINAH PRIMARY

	Overweight (BMI 85 <sup>th</sup> to <95 <sup>th</sup> percentile)		Obese (BMI ≥95 <sup>th</sup> percentile)		Overweight or Obese (BMI ≥85 <sup>th</sup> percentile)
2013-2014 (n=46)	10.9%	+	15.2%	=	26.1%
2014-2015 (n=58)	17.2%	+	39.7%	=	56.9%
2015-2016 (n=52)	13.5%	+	11.5%	=	25.0%
2016-2017 (n=62)	21.0%	+	14.5%	=	35.5%
2017-2018 (n=70)	11.4%	+	17.1%	=	28.5%

<sup>§</sup>N/A indicates a year of non-participation

This report was generated by DuPage County Health Department to provide Medinah Primary with personalized information for initiating and/or continuing school wellness initiatives. Created December 2018



## RECOMMENDATIONS

Now is the time to make being active and eating healthy an easy, everyday part of life to improve the health of children and their families. Schools are encouraged to use this report as a catalyst for change:

- Share this report widely within your school community including administrators, teachers, parents, and students.
- Assess your district's wellness policy and incorporate improvements. Learn more at [www.wellsat.org](http://www.wellsat.org).
- Pursue a healthy schools program recognition. Learn more at [www.healthiergeneration.org/take-action/schools](http://www.healthiergeneration.org/take-action/schools).
- Conduct the School Health Index (SHI) assessment at [www.cdc.gov/healthyschools/shi/index.htm](http://www.cdc.gov/healthyschools/shi/index.htm) and implement an action plan.
- Adopt the 5-4-3-2-1 Go!<sup>®</sup> message in your school:
  - Eat more fruits and vegetables. Get at least 5 servings a day.
  - Drink more water. Get at least 4 servings daily. Limit sugar-sweetened beverage consumption.
  - Eat calcium-rich foods. Try for 3 servings of low-fat dairy daily.
  - Walk away from the screen. Limit screen time to no more than 2 hours a day.
  - Move more. Aim for at least 1 hour of physical activity daily.
  - Learn more at <http://www.dupagehealth.org/54321go>.



<sup>®</sup>The 5-4-3-2-1 Go! message was created by the Consortium to Lower Obesity in Chicago Children (CLOCC). 5-4-3-2-1 Go! is a registered trademark and Copyright © 2004 Ann & Robert H. Lurie

Learn more about resources, methods, statistics, and references at:

[www.dupagehealth.org/dupagebmi](http://www.dupagehealth.org/dupagebmi)

(630) 682-7400



# DISTRICT 11

## MEDINAH MIDDLE SCHOOL

### SIXTH GRADE



## CHILDHOOD OBESITY IN DUPAGE COUNTY 2017-2018 ANNUAL REPORT

The obesity rate continues to hold steady among school-aged youth in DuPage County. In 2017-2018, more than 1 in 7 (14.5%) DuPage kindergarten, sixth grade, and ninth grade public school students had obesity. Additionally, 42.5% of students with obesity had an elevated blood pressure reading.

Having obesity during childhood increases immediate and future health risks. Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of developing obesity and related diseases. The dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, and **schools play a particularly critical role** by establishing a safe and supportive environment with policies and practices that support healthy behaviors. Schools also provide opportunities for students to learn about and practice healthy eating and physical activity behaviors.

### Healthy Students Are Better Learners

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## FINDINGS

The percent of sixth graders with obesity at **Medinah Middle** was **15.2%** (sixth grade rates among participating public schools ranged from 5.0% to 36.7%).

Out of the 71 participating public schools with sixth grade classes in DuPage County, **33 had lower obesity rates than Medinah Middle.**

## SCHOOL, COUNTY, AND NATIONAL OBESITY COMPARISONS

% Obese (BMI ≥95th percentile)

Medinah Middle  
Sixth Graders  
(n=66), 2017-2018

**15.2%**

DuPage County  
Public School  
Sixth Graders  
(n=10,295), 2017-2018

**16.9%**

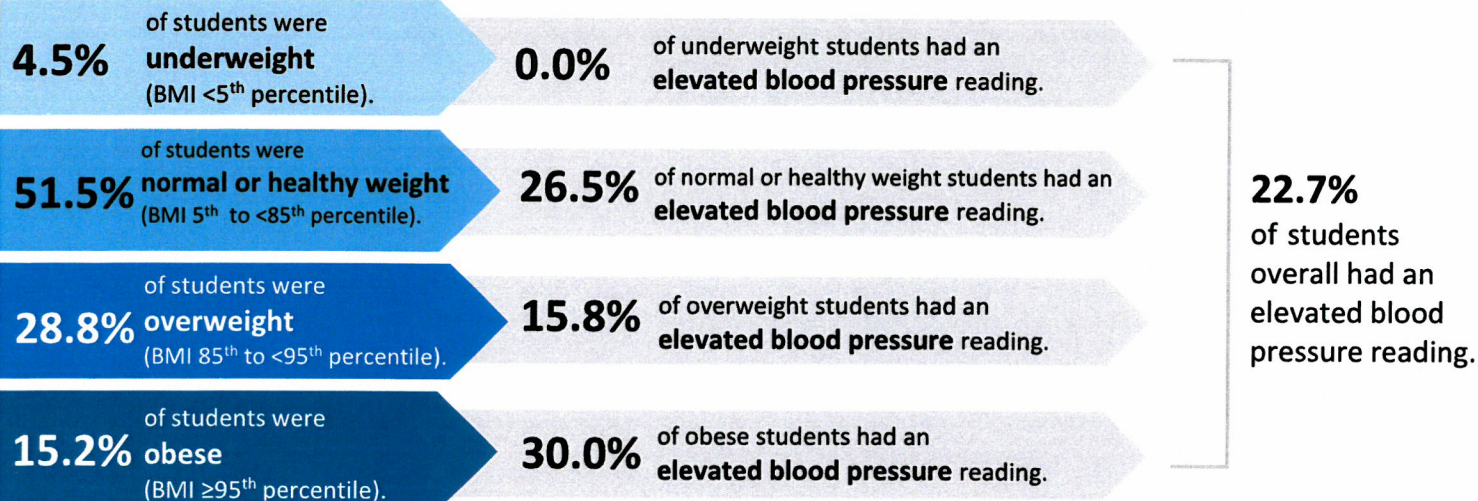
United States  
6-11 year olds  
2015-2016\*

**18.4%**

\*Most recent U.S. data available



# WEIGHT STATUS AND ELEVATED BLOOD PRESSURE<sup>†</sup> AMONG SIXTH GRADERS AT MEDINAH MIDDLE



Total number of valid body mass index (BMI) records: 66      Total number of valid blood pressure (BP) records: 66

<sup>†</sup>A single elevated BP reading does not imply a diagnosis of hypertension; further evaluation is recommended.

N/A indicates no BP data were submitted. Only classes that submitted valid BMI records for ≥75% of the reported Illinois State Board of Education (ISBE) class enrollment and valid BP records for ≥75% of the valid BMI records submitted are included in the county-wide analyses.

## PREVALENCE OF OVERWEIGHT AND OBESITY<sup>§</sup> AT MEDINAH MIDDLE

	Overweight (BMI 85 <sup>th</sup> to <95 <sup>th</sup> percentile)		Obese (BMI ≥95 <sup>th</sup> percentile)		Overweight or Obese (BMI ≥85 <sup>th</sup> percentile)
2013-2014 (n=70)	20.0%	+	22.9%	=	42.9%
2014-2015 (n=82)	19.5%	+	31.7%	=	51.2%
2015-2016 (n=49)	14.3%	+	30.6%	=	44.9%
2016-2017 (n=71)	25.4%	+	19.7%	=	45.1%
2017-2018 (n=66)	28.8%	+	15.2%	=	44.0%

<sup>§</sup>N/A indicates a year of non-participation

This report was generated by DuPage County Health Department to provide Medinah Middle with personalized information for initiating and/or continuing school wellness initiatives. Created December 2018



## RECOMMENDATIONS

Now is the time to make being active and eating healthy an easy, everyday part of life to improve the health of children and their families. Schools are encouraged to use this report as a catalyst for change:

- Share this report widely within your school community including administrators, teachers, parents, and students.
- Assess your district's wellness policy and incorporate improvements. Learn more at [www.wellsat.org](http://www.wellsat.org).
- Pursue a healthy schools program recognition. Learn more at [www.healthiergeneration.org/take-action/schools](http://www.healthiergeneration.org/take-action/schools).
- Conduct the School Health Index (SHI) assessment at [www.cdc.gov/healthyschools/shi/index.htm](http://www.cdc.gov/healthyschools/shi/index.htm) and implement an action plan.
- Adopt the 5-4-3-2-1 Go!<sup>®</sup> message in your school:
  - Eat more fruits and vegetables. Get at least 5 servings a day.
  - Drink more water. Get at least 4 servings daily. Limit sugar-sweetened beverage consumption.
  - Eat calcium-rich foods. Try for 3 servings of low-fat dairy daily.
  - Walk away from the screen. Limit screen time to no more than 2 hours a day.
  - Move more. Aim for at least 1 hour of physical activity daily.
  - Learn more at <http://www.dupagehealth.org/54321go>.



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# MEDINAH SCHOOL DISTRICT 11

## KINDERGARTEN AND SIXTH GRADE



### CHILDHOOD OBESITY IN DUPAGE COUNTY 2017-2018 ANNUAL REPORT

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#### *Healthy Students Are Better Learners*

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### FINDINGS

The percent of students with obesity in District 11 was 16.2%.

The percent of students with obesity in DuPage County public schools was 14.5%.

### DISTRICT, COUNTY, AND NATIONAL OBESITY COMPARISONS

% Obese (BMI ≥95th percentile)

District 11  
K and 6  
(n=136), 2017-2018

16.2%

DuPage County  
Public Schools  
K, 6, and 9  
(n=30,833), 2017-2018

14.5%

United States  
2-19 year olds  
2015-2016\*

18.5%

\*Most recent U.S. data available

The following schools in District 11 participated in 2017-2018:  
Medinah Middle and Medinah Primary

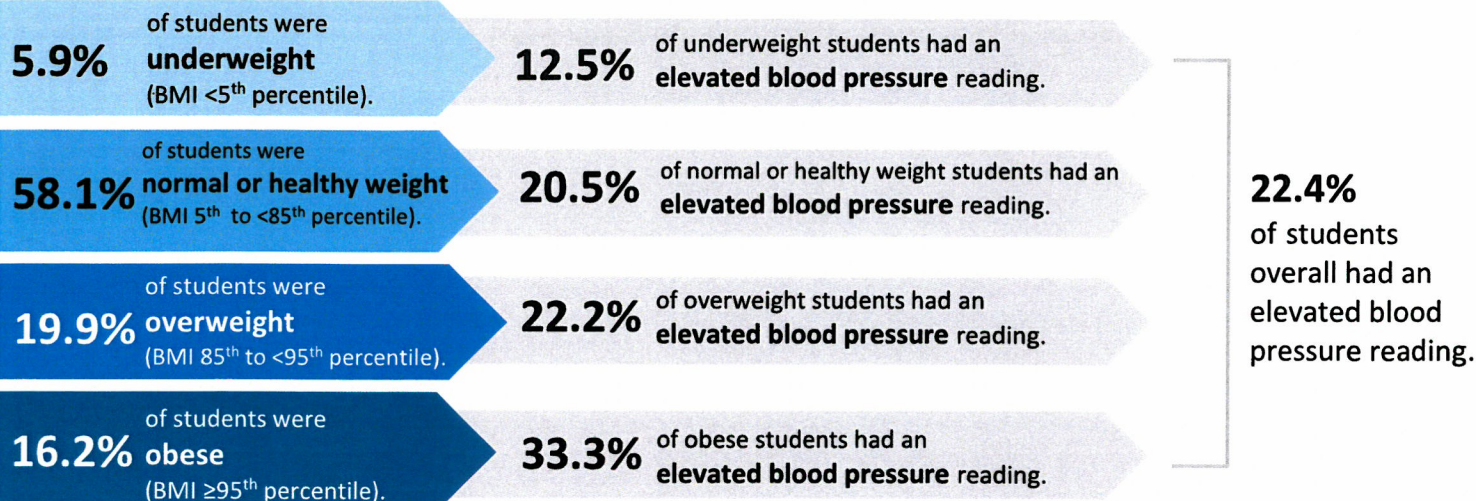


DUPAGE COUNTY  
HEALTH DEPARTMENT

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# WEIGHT STATUS AND ELEVATED BLOOD PRESSURE<sup>†</sup> AMONG KINDERGARTENERS AND SIXTH GRADERS IN DISTRICT 11



Total number of valid body mass index (BMI) records: 136      Total number of valid blood pressure (BP) records: 134

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## PREVALENCE OF OVERWEIGHT AND OBESITY<sup>§</sup> IN DISTRICT 11

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2013-2014 (n=116)	16.4%	+	19.8%	=	36.2%
2014-2015 (n=140)	18.6%	+	35.0%	=	53.6%
2015-2016 (n=101)	13.9%	+	20.8%	=	34.7%
2016-2017 (n=133)	23.3%	+	17.3%	=	40.6%
2017-2018 (n=136)	19.9%	+	16.2%	=	36.0%

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