

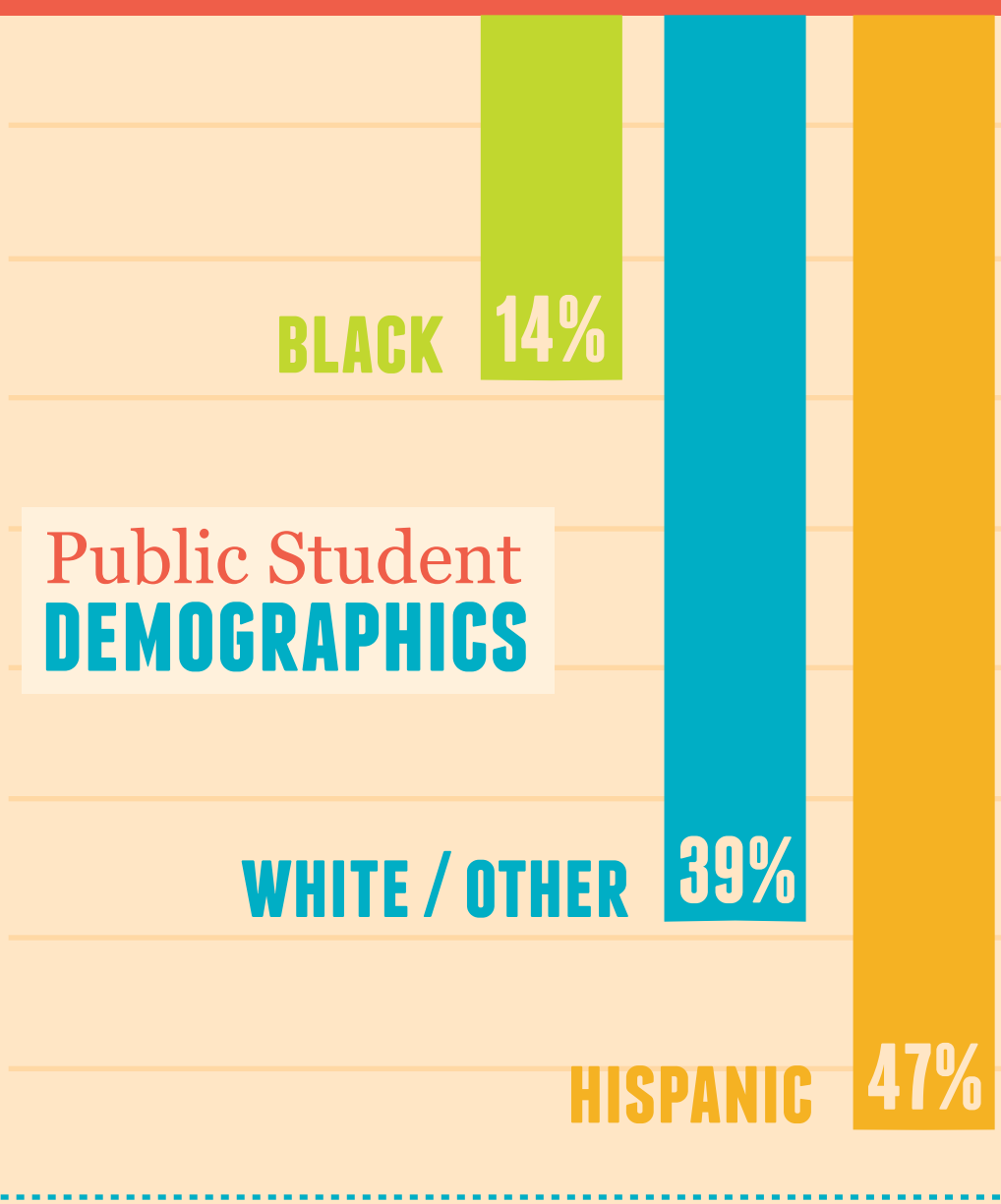
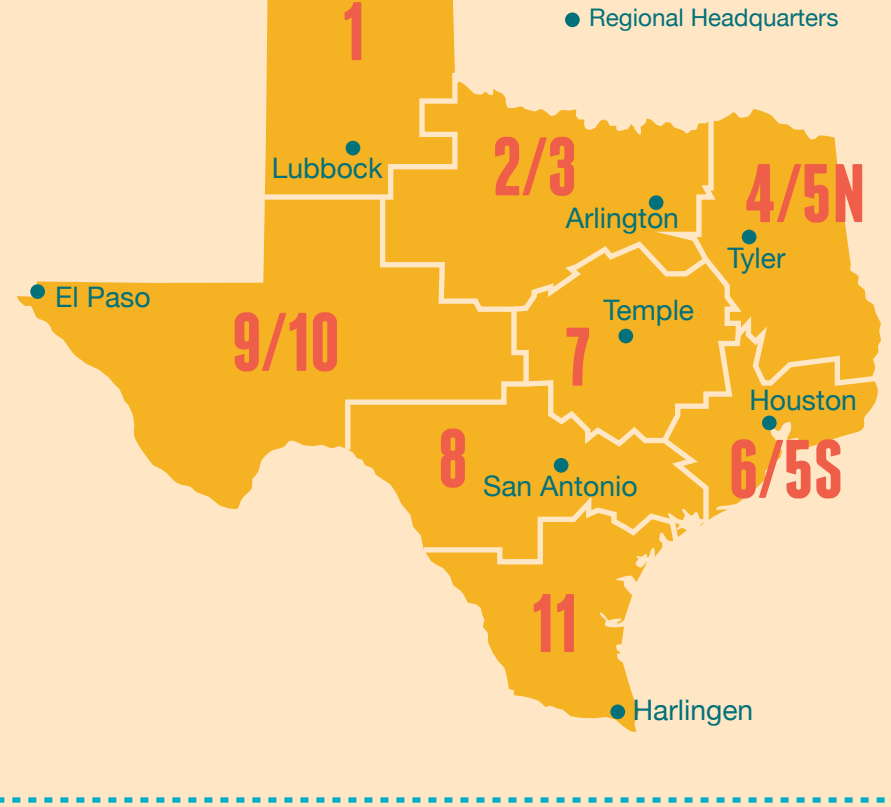
CHILD OBESITY

in Texas

Results from the 2009 - 2011 School Physical Activity and Nutrition (SPAN) Survey

funded by DSHS Title V Maternal and Child Health Block Grant

Texas HEALTH SERVICE Regions



2009 - 2011 SPAN SURVEY RESULTS

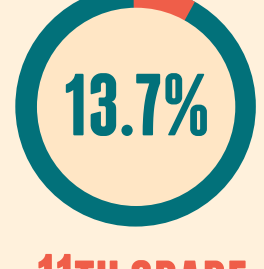
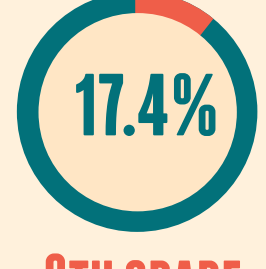
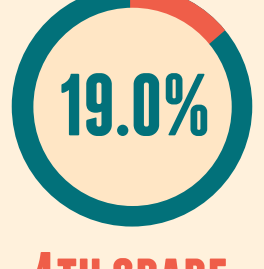
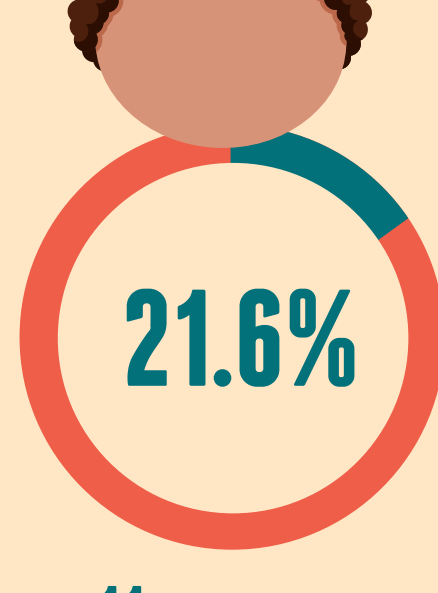
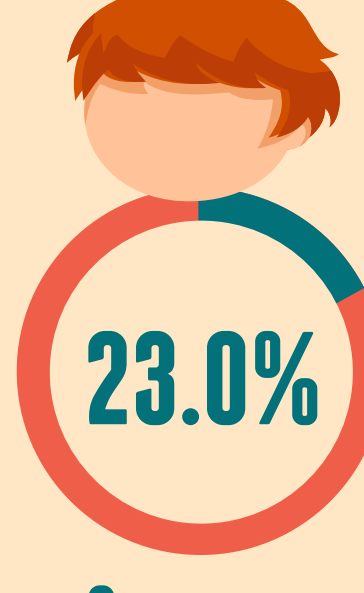
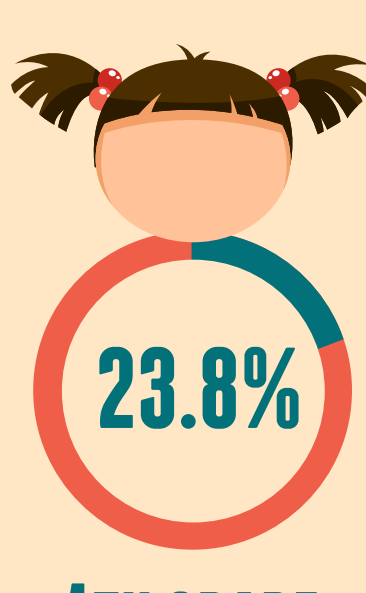


Weight Status

as defined by CDC Growth Charts

PERCENT OBESE

BMI at or above 95th percentile



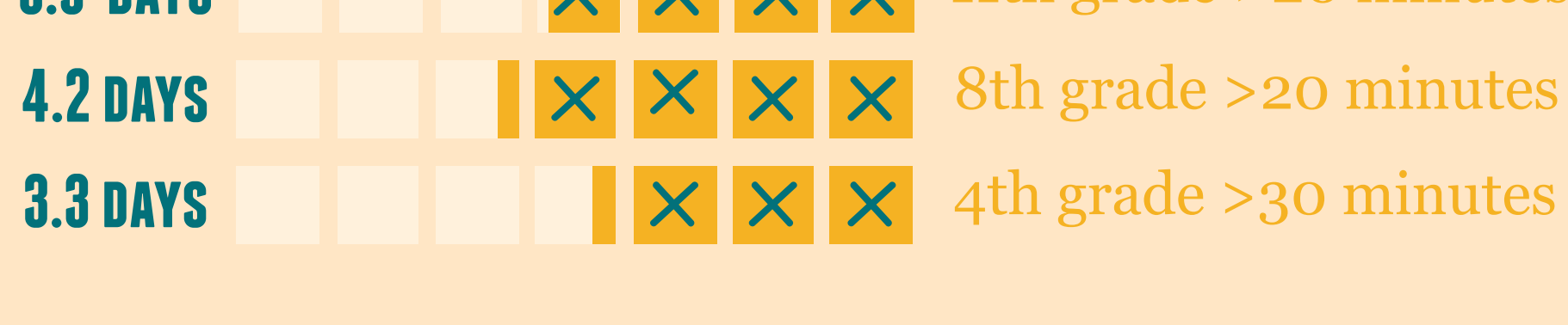
PERCENT OVERWEIGHT

BMI between the 85th and 94th percentile

*Percent normal weight: 4th grade 57.2%, 8th grade 59.6%, 11th grade 64.7%

How Active are Kids?

AVERAGE NUMBER OF DAYS PER WEEK OF PHYSICAL ACTIVITY



How Much Time do Kids Spend Watching Screens?



● playing video games ● watching TV or movies

What Do Kids Eat?

number of times consumed yesterday

*when surveyed

NUMBER OF TIMES ATE FRUIT OR VEGETABLES PER DAY

(vegetables, beans, fruit, 100% fruit juice)



NUMBER OF TIMES DRANK A SUGARY DRINK PER DAY

(non-diet sodas and sports drinks)



ATE SWEETS OR SAVORY SNACKS

(chips, frozen desserts, cookies, candy)



GOALS & Recommendations

The American Academy of Pediatrics recommends parents limit their children's time spent playing video games and watching TV or movies



According to the U.S. Department of Agriculture, per day children should consume



2 CUPS OF VEGETABLES
2.5c for 11th grade



1.5 CUPS OF FRUIT

The 2008 U.S. Physical Activity Guidelines recommend children engage in moderate to vigorous physical activity



60 MINUTES PER DAY — 7 DAYS PER WEEK



The goal of Live Smart Texas is to **REDUCE** childhood obesity prevalence to **10% BY 2020**

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