
South Dakota School Height and Weight Report

*South Dakota Students
2008-2009 School Year*



For the full report, go to <http://doh.sd.gov/SchoolWeight>
For additional information, visit www.HealthySD.gov

**South Dakota Department of Health
November 2009**

The South Dakota Department of Health, in cooperation with the South Dakota Department of Education has analyzed height and weight data on students since the 1998-1999 school year. This pamphlet summarizes the report of the data collected during the 2008-2009 school year.

Schools voluntarily submit height and weight measurements. Data submitted for the 2008-2009 school year was collected on 29.3 percent of the state's students from 223 schools.

While American Indian students comprise 15.9 percent of the South Dakota enrollment population, they represent 11.7 percent of the respondents in this report. Schools and/or school districts who submitted measurements on 100 or more students are receiving school specific and/or district specific data along with the aggregate data in the full report.



Overweight And Obese

Data is analyzed for short stature, underweight, overweight and obesity using the current national standards. This pamphlet focuses on excess weight as South Dakota students as a whole are neither short nor underweight.

The South Dakota Department of Health began using the new definitions of overweight and obese beginning with the 2006-2007 report to describe elevated BMI-for-age for children and adolescents. BMI-for-age is the preferred term to describe children and adolescents.



BMI-for-age is an excellent screening tool and the data presented here is for surveillance purposes. To determine if an individual student who is above the 95th percentile BMI-for-age is obese, the child's physician should make that determination.

Risk of Pediatric Obesity

Obesity in children and adolescents is associated with increased risk of psychological or psychiatric problems, cardio-vascular risk factors, chronic inflammation, type 2 diabetes mellitus, and asthma. Excess weight usually persists into adulthood. The higher the BMI in childhood the greater the chance the child will be obese when an adult.

Health Goals

The national Healthy People 2010 objective is to reduce the percentage of children aged 6 to 19 who are obese to 5%. The South Dakota Department of Health 2010 Initiative performance indicator is to "reverse the trend and reduce the percentage of school-age children and adolescents above the 95th percentile from 17% in 2003 to 15% by 2010". This report shows another increase in the prevalence of overweight and obese children from the 2007-2008 school year. South Dakota has much work to do in order to reach these goals.

Eating smart and moving more are the cornerstone of a healthy lifestyle and provide a solid foundation for children and youth in South Dakota to succeed in school and in life.

School Year 2008-2009 Overweight and Obese Body Mass Index for Age				
Age	Number of Students	Overweight	Obese	Overweight and Obese Combined
5-8 years	14,430	16.7%	13.9%	30.6%
9-11 years	12,795	17.2%	18.1%	35.3%
12-14 years	10,136	17.6%	18.5%	36.1%
15-19 years	2,841	16.1%	17.0%	33.1%
Total	40,202	17.0%	16.6%	33.6%

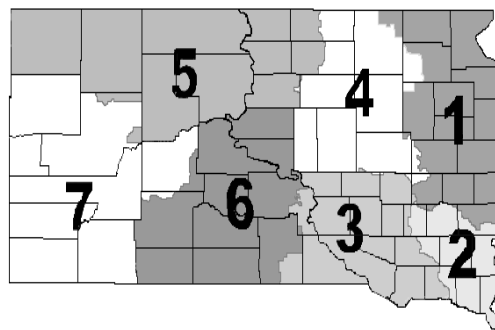
School Year 2008-2009 Overweight and Obese Body Mass Index, by Race				
Race	Number of Students	Overweight	Obese	Overweight and Obese Combined
White	31,534	16.8%	15.0%	31.8%
American Indian	4,503	19.3%	26.4%	45.7%
Other Races	3,031	16.0%	17.8%	33.8%
Race Unknown	1,131	17.7%	16.4%	34.1%
Total	40,202	17.0%	16.6%	33.6%

School Year 2008-2009 Overweight and Obese Body Mass Index, by Gender				
Gender	Number of Students	Overweight	Obese	Overweight and Obese Combined
Female	19,412	17.1%	15.5%	32.6%
Male	20,790	17.0%	17.6%	34.6%

Regional Data

This report provides data reported by seven educational service agency regions as they existed in the 2008-2009 school year. The composition of the regions varies in racial and age distribution. See the full report for school locations and additional information.

Education Service Agency Regions 1 and 7 are the only regions that are significantly below the state high confidence interval rate of 17 percent. Regions 3 and 5 are significantly higher than the state rate. Regions 2, 4, and 6 are not significantly different as they fall into the statewide range.



Source:
South Dakota Department of Education

School Year 2008-2009 Overweight and Obese Body Mass Index, by Region				
Region	Number of Students	Overweight	Obese	Overweight and Obese Combined
1	5,657	18.1%	14.8%	32.9%
2	11,664	16.5%	16.6%	33.1%
3	4,425	17.1%	18.4%	35.5%
4	6,356	17.9%	17.8%	35.7%
5	1,223	17.1%	21.2%	38.3%
6	2,554	17.3%	17.5%	34.8%
7	8,323	16.2%	15.1%	31.3%
Total	40,202	17.0%	16.6%	33.6%

What We Can Do To Influence Youth

- **Set an example** by modeling good eating and physical activity behaviors on a regular basis.
- **Involve** the whole family in physical activities. Children need 60 minutes or more most days of the week; Adults need 75 minutes of vigorous-intensity physical activity or 150 minutes of moderate-intensity physical activity per week.
- **Encourage** schools and communities to provide time for physical activity during the school day.
- **Advocate** for the use of school facilities before school, after school and during vacations for physical activity opportunities for all members of the community.
- **Support** physical education in schools.
- **Advocate** for quality health education in schools.
- **Eat** the recommended servings of fruits and vegetables every day. Children need 1 to 1 1/2 cups, adults need 2 1/2 to 3 cups.
- **Advocate** for the adoption of school policies that guide the types of foods offered for sale or free promotion on school property during the school day and at school functions (includes school lunch, snacks, and vending machines).
- **Decrease** screen hours for all. This includes TV, video, and computer.



ACTION PLAN

List a person/s or school & community group/s that you will share this information with:

- 1.
- 2.
- 3.
- 4.

List three things you will do to influence youth personally or through your work:

- 1.
- 2.
- 3.