

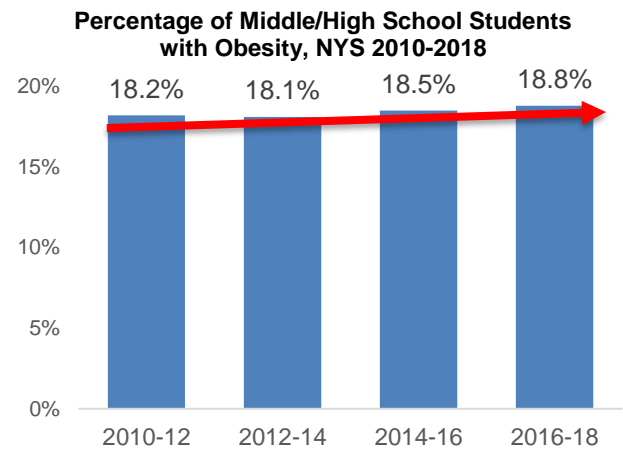
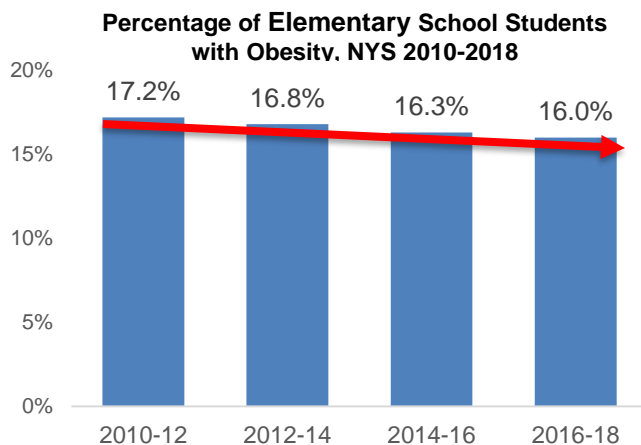
Obesity rates are decreasing among elementary school students but on the rise among middle and high school students

In New York State (NYS) outside New York City obesity rates in children and adolescents are monitored through the Student Weight Status Category Reporting (SWSCR).¹ School districts report aggregate data on the weight status of students in elementary (Pre-K, K, 2nd and 4th grades) and middle and high school (7th and 10th grades) to the New York State Department of Health every other school year.

Data collected between 2010 to 2018 show:

- Rates of obesity among elementary school students have **decreased** from 17.2% in 2010-12 to 16.0% in 2016-18.
- Rates of obesity among middle and high school students have **increased** from 18.2% in 2010-12 to 18.8% in 2016-18.

NYS has the 25th highest obesity rate for youth ages 10 to 17.² Currently, a range of policies, practices and programs exist to support good nutrition, physical activity, and overall health in child care centers and school districts. These policy, system, and environmental improvements positively impact infants, young children, school-age children, and adolescents. Long-term, continued focus on youth as they age through school and into adulthood is needed. Multi-sector collaborations and continued policy interventions will provide sustainability to the gains achieved thus far.



Public Health Opportunity

Obesity is linked to many serious health conditions including diabetes, hypertension, heart disease, and certain types of cancer. Schools and communities can promote opportunities for physical activity and access to healthier foods and beverages for children in preschool, kindergarten through grade 12, and into adulthood through:

- Implementing policies and improving environments that support at least 60 minutes of physical activity a day and increased daily fruit and vegetable consumption while avoiding fried and high sodium foods.
- Implementing policies and improving environments to support increased access to and consumption of water, and to restrict access to sugar-sweetened beverages.
- Educating state and local decision-makers on the successes of physical activity and nutrition grant programs in school and community settings and encouraging support for future endeavors.

¹ Public school districts in the five boroughs of New York City are not required to report as per NYS Education Law Sections 903 and 904.

² The State of Obesity, Better Policies for a Healthier America, Robert Wood Johnson Foundation, 2004-2018. <https://stateofobesity.org/states/ny/>
Data Source: New York State Student Weight Status Category Reporting (SWSCR).

For more information, please send an e-mail to BCDER@health.ny.gov with IFA #2019-02 in the subject line. To access other Information for Action reports, visit the NYSDOH public website: http://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action/index.htm