

HEALTH OF IOWA'S CHILDREN

The health of Iowa's children, the most precious gift, is being compromised. The Iowa Dietetic Association urges you to support the formation of an Iowa task force, **S.F. 2251**, to look at the health of Iowa's children.

SOME NUMBERS



- Obesity is at a crisis level in children. The mean weight for children 6-11 years old has increased 9# over the last 40 years.¹ Based on 2002 data, over 31 % of this age group is overweight or at risk of becoming overweight (BMI > 85th percentile).²
- Obese children show danger signs of heart disease as early as 6 years of age. Obesity in children can lead to high blood fats, high blood pressure, diabetes, coronary plaque formation, asthma, sleep apnea and social discrimination.^{3,4,5}
- Nationwide, 43.8% of students were trying to lose weight.²
- In Iowa, 31% of low-income children between 2 and 5 years of age are overweight or at risk of becoming overweight.⁶
- Overweight adolescents have a 70% chance of becoming overweight or obese adults.⁷
- Based on mandated school fitness and nutrition policies, healthy lifestyles, safe playgrounds, participation in youth sports, and the number of fast-food restaurants, Iowa ranks as one of the ten worst states to raise fit children.⁸
- In Iowa, the total cost for obesity was estimated to be \$783 million in 2004.⁹

¹ Ogden, C. et al., *Mean Body Weight, Height, and Body Mass Index, United States 1960-2002*, CDC Advance Data From Vital and Health Statistics No. 347 (Oct. 27, 2004).

² Center for Disease Control. National Center for Health Statistics. Prevalence of Overweight Among Children and Adolescents; United States 1999-2002.

³ American Academy of Pediatrics, Committee on School Health Policy Statement, *Soft Drinks in Schools*, 113 PEDIATRICS 152 (2004).

⁴ Belamarich PF, et al. *Do obese inner-city children with asthma have more symptoms than non obese children with asthma?* 106 PEDIATRICS 1436 (2000).

⁵ Mallory GB, et al. *Sleep-associated breathing disorders in morbidly obese children and adolescents*, 115 J PEDIATRICS 892 (1989).

⁶ Center for Disease Control's Pediatric Nutrition Surveillance System, 2003.

⁷ US Surgeon General, *The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity* Overweight in Children and Adolescents, available at http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm, accessed Mar 03, 2006.

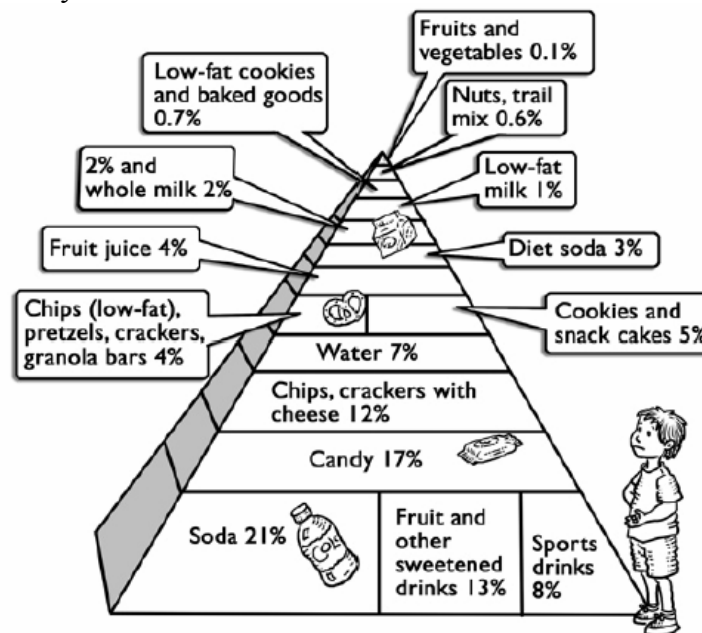
⁸ Worrell, J. *The 10 best and worst states for fit kids*. CHILD MAGAZINE 105 (April 2005).

⁹ Finkelstein, E. et al., *State-level estimates of annual medical expenditures attributable to obesity*. 12 OBESITY RESEARCH 18 (2004).

CHILDREN'S DIETS NEED HELP

- Only 2 out of every 100 children ages 2-19 meet the food guide pyramid standards for a healthy diet.¹⁰
- 5.6% of Iowans reported eating <1 serving of fruits or vegetables per day. Only 13% of children eat >5 servings of fruits or vegetables per day.¹⁰
- The average child, aged 2-3 eats 14 teaspoons of added sugar per day. Children aged 4-5 eat 17 teaspoons of added sugar per day.¹¹
- Soda is liquid candy. One 20 ounce soda has 16 teaspoons of sugar and 250 Calories. One 20 oz soda per day for a week requires 8 ¾ hours of walking to burn off the calories.¹²
- Teenage boys who drink soda (14-17) average 913 cans each year. Girls (14-17) who drink soda average 730 cans each year.¹³
- Food and beverage advertisers collectively spend \$10-12 billion a year to reach children and youth.¹⁴
- Children consume too many French fries.¹⁵

Age	Eat French fries at least once in 2 days
2-5 years	33%
12-19 years	42%



School Vending Machine Pyramid

www.cspinet.org

¹⁰ USDA, Office of Analysis, Nutrition, and Evaluation. Changes in Children's Diets: 1989-1991 to 1994-1996, Report No. CN-01-CD1, Washington, DC (2001).

¹¹ Kranz, S., et al., *Adverse effect of high added sugar consumption on dietary intake in American preschoolers*. 146 THE JOURNAL OF PEDIATRICS 105 (2005).

¹² California Center for Public Health Advocacy. The negative effects of soda consumption (2004).

¹³ French SA, et al., *National Trends in Soft Drink Consumption Among Children and Adolescents age 6-17 Years: Prevalence, Amounts and Sources, 1977/1978 to 1994/1998*, 103 JADA 1326 (2003).

¹⁴ Institute of Medicine, National Academy of Science. Advertising, marketing, and the media: Improving messages. (September 2004).

¹⁵ Smiciklas-Wright, H., et al., *Foods Commonly Eaten in the United States Quantities Consumed Per Eating Occasion and in a Day, 1994-96*. Available at <http://www.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/Portion.pdf>, accessed on Mar 03, 2006.