

Healthy Kids, Healthy Schools

Addressing Childhood Obesity in Ohio

a collaborative of



Research

Impact of School Breakfast on Children's Nutrition and Health

The School Breakfast Program improves children's health, increases school attendance, and develops healthier eating habits (*Katz, D.L. 2009*).

School Breakfast Programs continue to be underutilized, with only 35.2% of low-income students in Ohio receiving school breakfasts (*2008 School Breakfast Report Card. Food and Research Action Center, 2009*).

A Dramatic Decrease in Physical Activity

Sixty-two percent (62%) of children aged 9-13 years do not participate in any organized physical activity during in-school hours, and nearly 23% do not engage in any free-time physical activity (*Centers for Disease Control and Prevention, 2002*).

Physical activity diminishes throughout middle school. By age 15, 70% of youth are inactive and likely to remain so into adulthood (*Gordon-Larsen, P. et al. 2004*).

Economic Impact of Child Obesity on Ohio

The health problems that many children will develop will not only endanger their lives and well-being but will contribute to the heavy financial costs of the health care delivery system. A recent report by the Partnerships to Fight Chronic Disease projects that by 2019 more than half of Ohioans will be obese. Ohio's health care costs related to obesity over the next decade are projected as follows:

Year	Cost of Obesity Per Adult	Total Cost of Obesity in Ohio
2008	\$433	\$3,658,000
2018	\$1,877	\$16,222,000

Source: Kenneth E. Thorpe, *The Future Costs of Obesity*. 2009.

A School Based Approach

Schools are the ideal venue for promoting healthy living, as no other institution has as much continuing contact with young people. Schools provide one third to one half of children's daily nutritional intake and play a vital role in developing lifelong dietary behaviors. Schools also provide numerous opportunities for physical activity through physical education classes, extracurricular sports, and access to playing fields, gymnasiums, and playgrounds (*Wechsler, H. et al. 2000*).

American Dairy Association Mideast
Scott Higgins, President and CEO
www.drink-milk.com

Children's Hunger Alliance
Mary Lou Langenhop, CEO
www.childrenshungeralliance.org

Ohio Action for Healthy Kids
Shelly Beiting, Chair
www.ohioactionforhealthykids.org