

Hennepin County
Public Health
Assessment Team

FACT SHEET



Child Weight Status

Why is this indicator important?

Childhood obesity is a complex health issue and is associated with various health-related consequences including high blood pressure and high cholesterol, glucose intolerance, type 2 diabetes, and sleep apnea. Other consequences include psychological stress, low self-esteem, and social isolation. Children who are obese are more likely to become obese adults.¹

What is the current status?

In 2016, about one in five ninth graders in suburban Hennepin County reported a height and weight that classified them as overweight or obese.

Table 1. Overweight/Obese for 8th, 9th, and 11th grade students, 2016

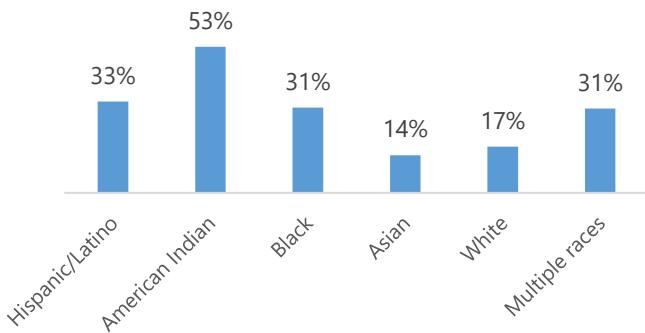
Suburban Hennepin County students attending school in public school districts	Overweight	Obese
8th grade	11.3%	6.2%
Boys	11.6%	7.8%
Girls	10.9%	4.7%
9th grade	12.8%	8.3%
Boys	13.3%	10.4%
Girls	12.2%	6.2%
11th grade	12.6%	9.6%
Boys	14.4%	12.7%
Girls	10.8%	6.6%

For more information on the health of Hennepin County residents, visit: www.Hennepin.us/PublicHealthData or email: PublicHealthData@hennepin.us

What is the current status?

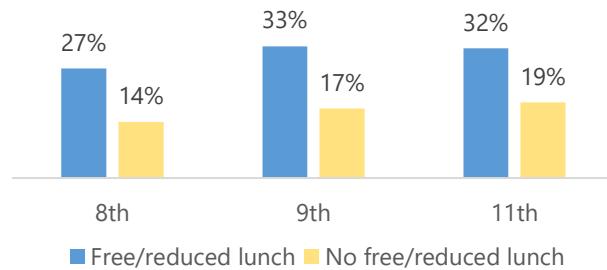
American Indian, Hispanic and black/African American, and multiracial 9th graders reported the highest rates of overweight and obesity (figure 1).

Figure 1. Ninth grade students who are overweight or obese by race/ethnicity (2016)



Students who report receiving free or reduced price lunch report higher overweight and obesity rates compared to their peers in all grades (figure 2).

Figure 2. Students weight status by income (2016)



According to the 2011-2012 National Survey of Children's Health, 31.3% of children age 10-17 years are currently overweight or obese, based on Body Mass Index (BMI) for age. The overall rate of children age 10-17 who are currently overweight or obese is slightly lower at 27.2%. ²

How do we compare?

Slightly more ninth graders were overweight or obese in 2016 and 2013 compared to 2010 in suburban Hennepin County (figure 3).

Figure 3. Ninth grade students who are overweight or obese by year, 2010-2016



The data on obesity and overweight (weight status) was drawn from the Minnesota Student Survey – 2013 and 2016 data file. These survey questions were asked of eighth, ninth and 11th grade students attending public schools in suburban Hennepin County: "How tall are you (in feet and inches)?" and, "How much do you weigh (in pounds)?" The combined responses were used to generate a BMI value for each student. Based on the BMI value, students were subsequently grouped as "overweight" (BMI value corresponding to the 85th percentile to the 95th percentile by gender) or as "obese" (BMI value corresponding to the 95th percentile or above by gender).

1. Childhood Obesity Causes & Consequences. Retrieved December 15, 2016 from <https://www.cdc.gov/obesity/childhood/causes.html>
2. Weight status of children based on body mass index for age (age 10-17). Accessed on December 22, 2016 from <http://childhealthdata.org/browse/survey/results?q=2612&r=1&r2=25>