

Updated Facts:

Physical Education

- 3.8% of elementary schools, 7.9% of middle schools, and 2.1% of high schools provided daily physical education or its equivalent (150 minutes per week in elementary schools; 225 minutes per week in middle schools and high schools) for the entire school year (36 weeks) for students in all grades in the school.
- 68.1% of schools that required physical education taught dodgeball or bombardment, and more than half of elementary schools that required physical education taught king of the hill or steal the flag, elimination tag, and duck duck goose.

About SHPPS: *SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Comprehensive results from SHPPS 2006 are published in the Journal of School Health, Volume 77, Number 8, October 2007.*

Screen Time

- The average 6-11 year old watches over 28 hours of TV per week, including computers and video games.
- The average **2-5 year old watches over 32 hours of TV per week**, including computers and video games. (1)
- The American Academy of Pediatrics (AAP) recommends that kids under 2 years old not watch any TV and that those older than 2 watch no more than 1 to 2 hours a day of quality programming (2)

1. *Patricia McDonough, SVP Insights, Analysis and Policy, The Nielsen Company 2009*
2. <http://pediatrics.aappublications.org/cgi/content/abstract/118/5/e1303>

Childhood Obesity in the United States

- In the United States, childhood obesity affects approximately 12.5 million children and teens (17% of that population). Changes in obesity prevalence from the 1960s show a rapid increase in the 1980s and 1990s, when obesity prevalence among children and teens tripled, from nearly 5% to approximately 15%. (*CDC- January 2011*)
- In Oregon, nearly 1 in 4 children and young people are overweight or obese. 23.2% of 11th grade students are overweight/obese – representing a 13% increase since 2001 and 26% of 8th grade students are overweight/obese – representing a 17% increase since 2001. (1)
- 70% of overweight adolescents will become overweight adults.
- If current trends continue, today's young people could be the first generation to live shorter lives than their parents. (2)

- The prevalence of obesity among U.S. adults (34%) is twice that observed in children and translates into nearly 73 million adult men and women. On average, U.S. adults weigh 24 pounds more than they did in 1960. **(CDC- January 2011)**
 - Although obesity prevalence has remained mostly flat in the past 10 years, the costs associated with obesity have increased substantially during the same period. One study estimated that approximately 9% of all medical costs in 2008 were obesity-related and amounted to \$147 billion, compared with \$78.5 billion 10 years before. **(CDC- January 2011)**
 - Rise in obesity is the leading cause of the rise in private insurance spending. (3)
 - Obesity Costs Oregon more than \$781 million a year. (4)
 - One third of the increase in Oregon's health care spending between 1998 and 2005 is due to the obesity epidemic, according to a recent study for the Northwest Health Foundation by Emory University researchers. (5)
1. ***Prevalence of obesity/overweight data source is 2007 Oregon Healthy Teens Survey***
 2. ***Daniels SR, Arnett DK, Eckel RH, et al. Overweight in children and adolescents: pathophysiology, consequences, prevention, and treatment. Circulation. April 19 2005; 111 (15): 1999-2012***
 3. ***Thorpe KE, Florence CS, Howard DH, Joski P. The rising prevalence of treated disease: effects on private health insurance spending. Health Affairs, W5-317-25, 27 June 2005.***
 4. ***SB931: Task Force for a Comprehensive Obesity Prevention Initiative Obesity Research, 12:18-24***
 5. ***Thorpe, KE. "The Impact of Obesity on Rising Medical Spending in Oregon from 1998 to 2005. Emory University and Northwest Health Foundation; April 2009***

Soda Consumption

- The average American consumes 50 gallons of soda and other sweetened beverages each year. (5)
- Americans consume about 250–300 more daily calories today than they did several decades ago, and nearly half of this increase reflects greater consumption of sugar-sweetened beverages. (6)
- The average soda sold in the United States has more than doubled in size since the 1950s, from 6.5 oz to 16.2 oz. (8)

5. ***"Shifts in Patterns and Consumption of Beverages between 1965 and 2002." Obesity. 2007; 15: 2739-2747.***
6. ***Kelly D. Brownell and Thomas R. Frieden, "Ounces of Prevention — the Public Policy Case for Taxes on Sugared Beverages," New England Journal of Medicine, April 30, 2009.***
8. ***To What Extent Have Sweetened Beverages Contributed to the Obesity Epidemic? The Dr. Robert C. and Veronica Atkins Center for Weight and Health University of California Berkeley. January 2009 — unpublished.***