

2007 New Orleans Youth Risk Behavioral Survey (YRBS) Results

OBESITY & DIETING

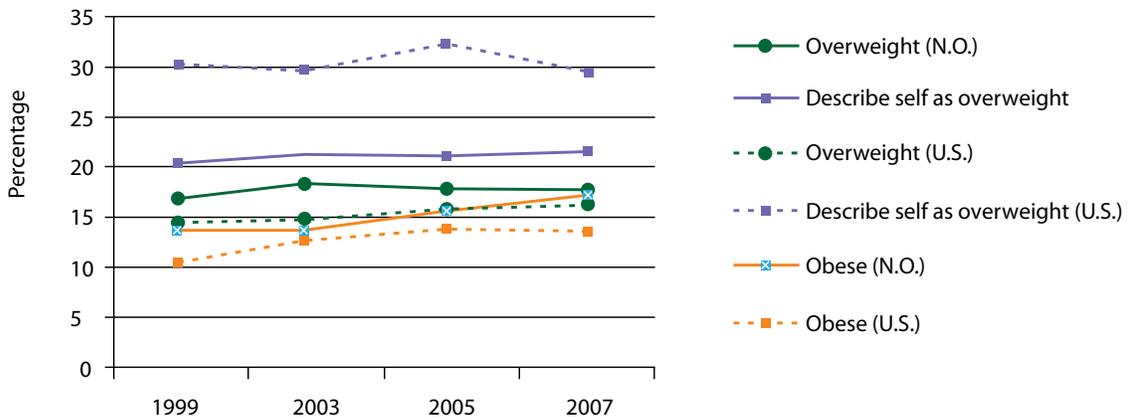
About Obesity

Childhood obesity has reached epidemic proportions in the United States. Children aged 6-11 are now twice as likely to be obese as they were 20 years ago; adolescents aged 12-19 are now three times as likely to be obese. Children who are overweight or obese are more likely to develop chronic conditions such as high blood pressure, diabetes, stroke, and some cancers.

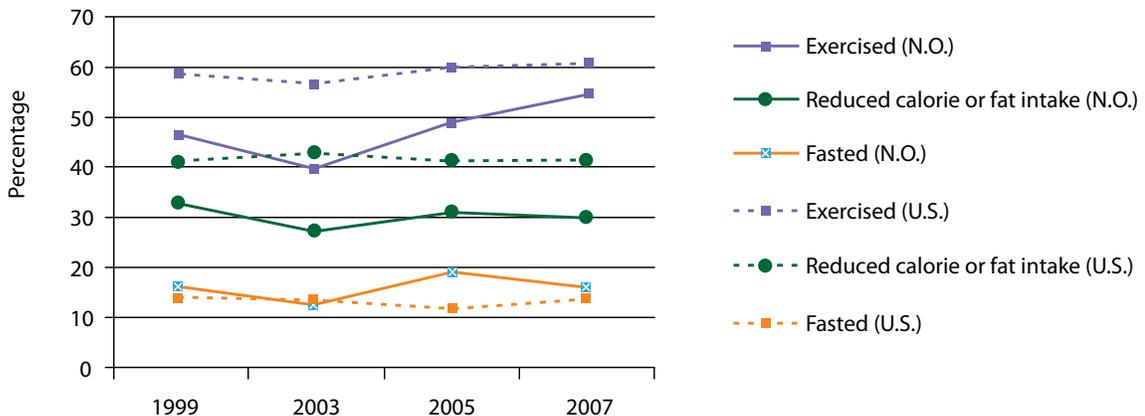
New Orleans

New Orleans students are more overweight than other students in the United States, but much less likely to perceive themselves as overweight. New Orleans students have historically been less likely to engage in healthy weight loss activities, but more likely to try unhealthy methods. However, New Orleans students made significant progress toward adopting healthier weight loss methods between 2005 and 2007.

Overweight, Perception of Overweight and Obese



Weight Loss Behaviors



EVIDENCE-BASED STRATEGIES

The best way to reach and maintain a healthy weight is usually not to start a “program” or “diet”, but to develop healthy habits that include eating plenty of fresh fruits and vegetables and regular exercise.

Schools can contribute to obesity prevention by promoting healthy nutrition and physical activity. The CDC recommends 10 key strategies for schools to implement to help prevent obesity. (Adapted from: <http://www.cdc.gov/healthyyouth/keystrategies/index.htm>)

Build a Strong Foundation (Strategies 1-4)

1. Address a physical activity and nutrition through a Coordinated School Health Program (CSHP).
2. Designate a school health coordinator and maintain and active school health council.
3. Assess the school's health policies and programs and develop a plan for improvements.
4. Strengthen the school's nutrition and physical activity policies.

Take Action (Strategies 5-10)

5. Implement a high-quality health promotion program for school staff.
6. Implement a high-quality course of study in health education.
7. Implement a high-quality course of study in physical education.
8. Increase opportunities for students to engage in physical activity.
9. Implement a quality school meals program.
10. Ensure that students have appealing, healthy choices in foods and beverages offered outside of the school meals program.

The New Orleans Youth Risk Behavioral Survey (NOYRBS) is part of a national survey program conducted at a parish/city level by the Louisiana Public Health Institute and the City of New Orleans Health Department. The NOYRBS is a representative sample of 9th through 12th grade students in Orleans Parish public schools.

REFERENCES AND RESOURCES

CDC Information on Childhood Obesity: <http://www.cdc.gov/healthyyouth/obesity/index.htm>
<http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/>

Resources for Families and Communities

We Can! Ways to Enhance Children's Activity and Nutrition: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Resources for Children Aged 9-13

Body and Mind (BAM): <http://www.bam.gov/>

Action for Healthy Kids: <http://www.actionforhealthykids.org/>

Alliance for a Healthier Generation: <http://www.healthiergeneration.org/>

National School Boards Association's School Health Resource Database: <http://www.nsba.org/MainMenu/SchoolHealth/SearchSchoolHealth.aspx>

Youth Risk Behavior Survey: <http://www.cdc.gov/healthyyouth/yrbs/index.htm>

Steps to a Healthier US: <http://www.cdc.gov/steps/>



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Louisiana Public Health Institute