

The problems of obesity and being overweight in U.S. children and adolescents, along with co-occurring conditions such as hypertension and diabetes, are a major concern. The 2007-2008 National Health and Nutrition Examination Survey found that 17% of children and adolescents ages 2-19 years are obese based on measurements of their height and weight.<sup>1</sup> In Ohio, approximately 14.8% of children are overweight according to the U.S. Department of Health and Human Services, while the numbers seem much more serious for Cuyahoga County.<sup>2</sup> Calculated from the self reported height and weight of the Youth Risk Behavior Survey for Cuyahoga County, 13.7% of middle school students are obese with BMIs in the 95th percentile while 19.9% would be considered overweight.<sup>3</sup> Many studies, including two longitudinal studies of cardiovascular disease risk factors, the



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- <sup>16</sup> Levy, LZ and Petty K. (2008). Childhood obesity prevention: Compelling challenge of the twenty-first century. *Early Child Development and Care*. 178(6), 609-615.
- <sup>17</sup> Beilin, L and Huang, R. (2008). Childhood obesity, hypertension, the metabolic syndrome and adult cardiovascular disease. *Clinical and Experimental Pharmacology and Physiology*. 35, 409-411.
- <sup>18</sup> *Ibid.*
- <sup>19</sup> Lavizzo-Mourey, R. (2007). Childhood obesity: What it means for physicians. *Journal of the American Medical Association*. 298(8), 920-922.
- <sup>20</sup> Levy, LZ and Petty K. (2008). Childhood obesity prevention: Compelling challenge of the twenty-first century. *Early Child Development and Care*. 178(6), 609-615.
- <sup>21</sup> First Lady Michelle Obama's "Let's Move" campaign is an example of such a comprehensive strategy. Retrieved from <http://www.letsmove.gov/>
- <sup>22</sup> American Academy of Pediatrics. (n.d.) Policy Tool. Retrieved from [http://www.aap.org/obesity/matrix\\_1.html](http://www.aap.org/obesity/matrix_1.html)
- <sup>23</sup> Centers for Disease Control (n.d.). School-based obesity prevention strategies for state policymakers. Retrieved from [http://www.cdc.gov/HealthyYouth/policy/pdf/obesity\\_prevention\\_strategies.pdf](http://www.cdc.gov/HealthyYouth/policy/pdf/obesity_prevention_strategies.pdf)
- <sup>24</sup> Alliance for a Healthier Generation (n.d.). A vision of a physically active school. Retrieved from <http://www.healthiergeneration.org/schools.aspx?id=4245>
- <sup>25</sup> The Food Trust. (n.d.) Homepage. Retrieved from <http://www.thefoodtrust.org/>



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