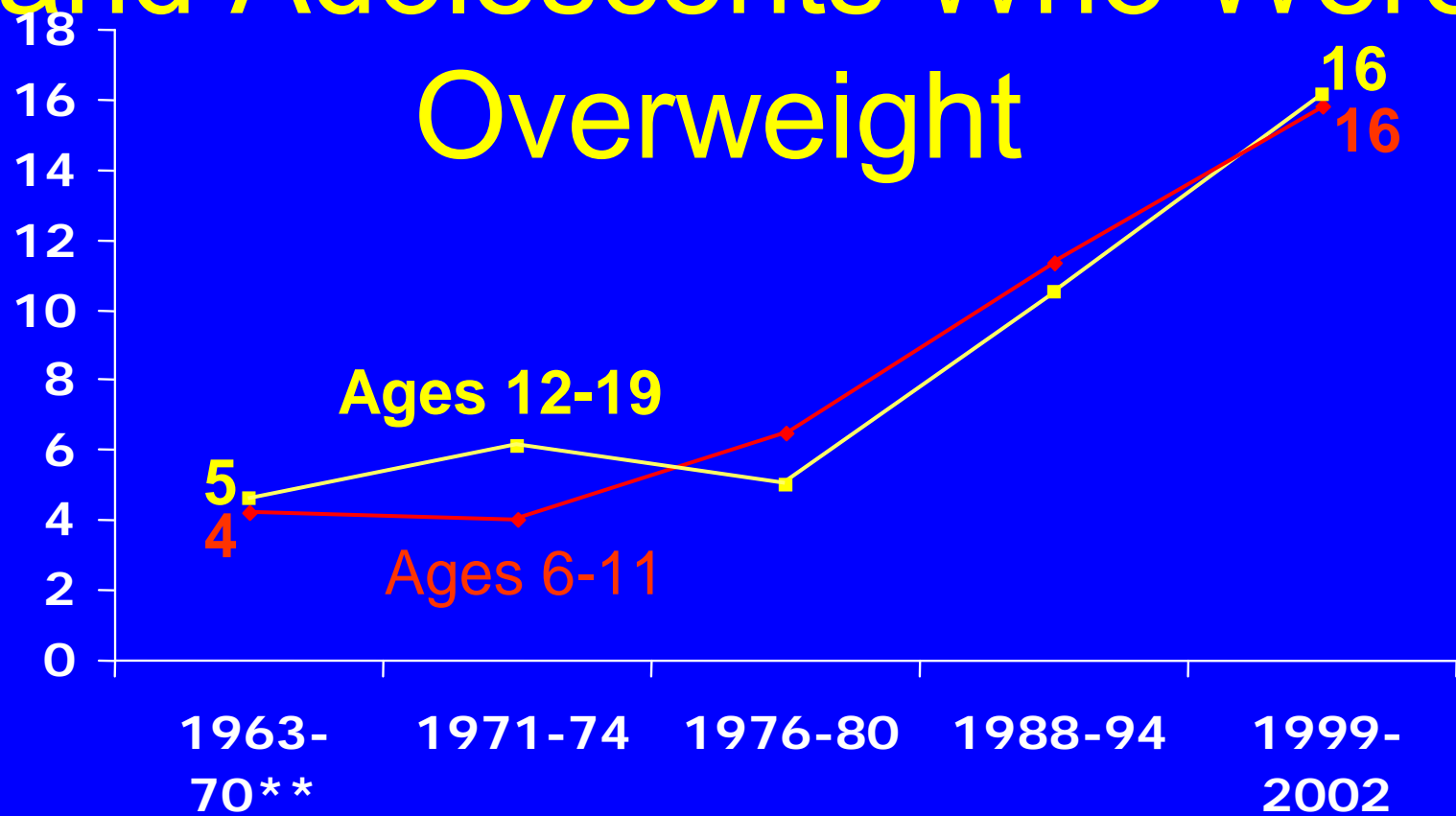


MONTANA CHILDREN AND NATURE SUMMIT 2008

Joan Miles, Director

Montana Department of Public
Health and Human Services

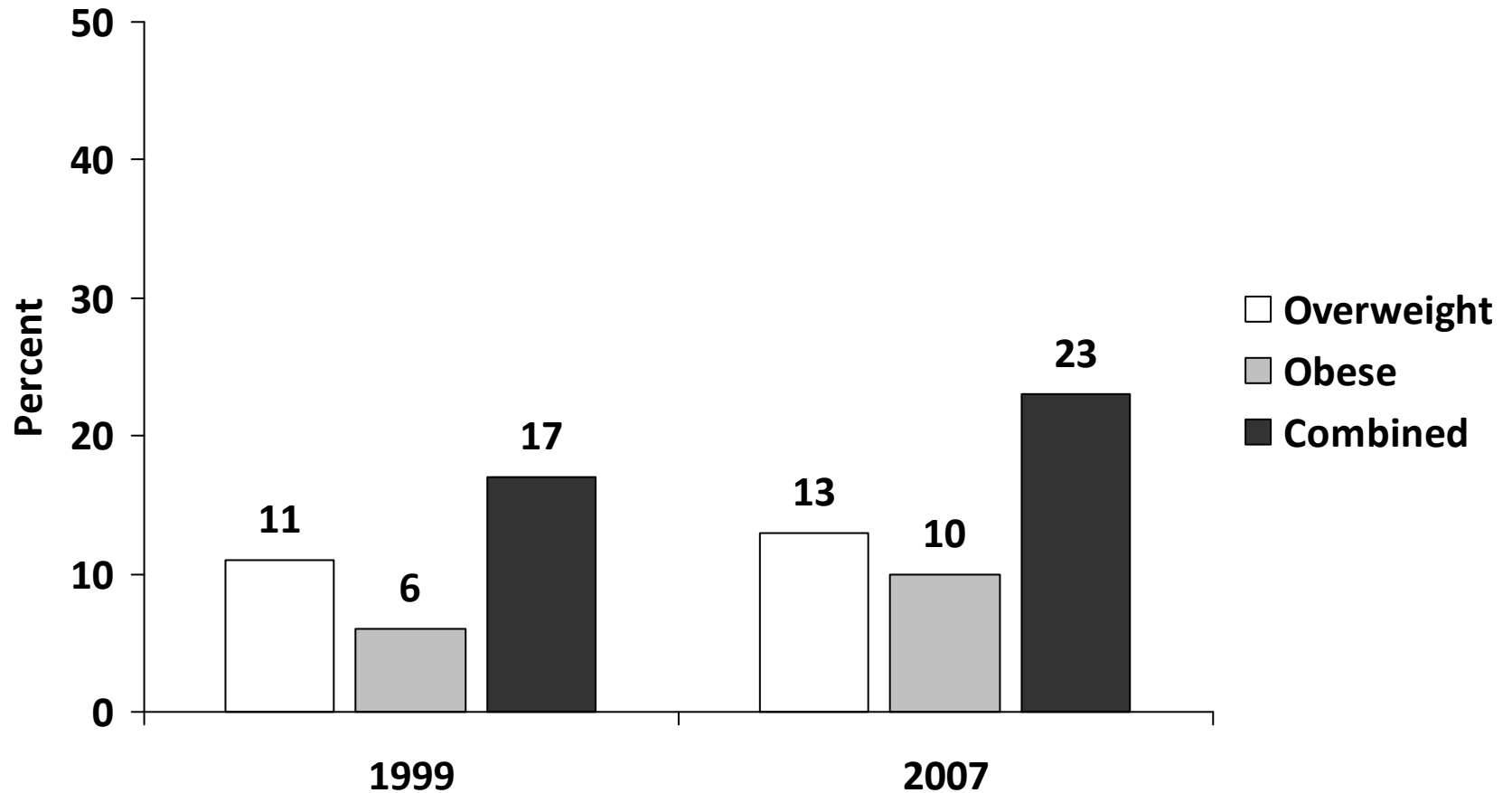
Percentage of U.S. Children and Adolescents Who Were Overweight



\geq 95th percentile for BMI by age and sex based on 2000 CDC BMI-for-age growth charts
**Data from 1963-65 for children 6-11 years of age and from 1966-70 for adolescents 12-17 years of age Source: National Center for Health Statistics



Prevalence of overweight and obesity among high school youth, Montana, 1999 and 2007.

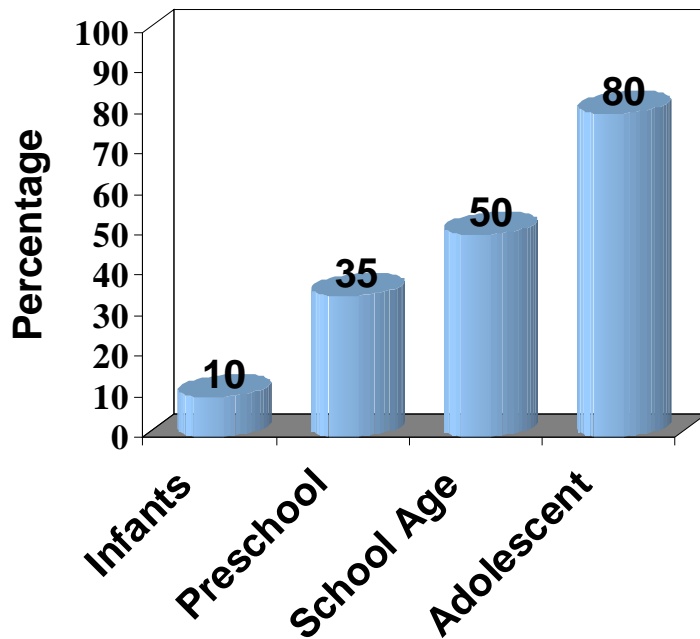


Obesity puts children at risk

- Cardiovascular disease risk factors (elevated cholesterol, triglycerides, blood pressure)
- Type 2 diabetes
- Other chronic conditions

Do overweight children grow up to be overweight adults?

% Overweight Children who Become Obese Adults



- The older the overweight child is, the more likely he/she will continue to be overweight as an adult.
- 8 out of 10 overweight teens will continue to be overweight as adults.

Physical Activity

- Physical activity is an important part of a healthy lifestyle, however, over half of Montana youth do not meet recommended levels of physical activity.



PHYSICAL ACTIVITY MISSOULA RESEARCH

Percentages of students meeting physical activity guidelines for Health (60+ minutes of moderate to vigorous physical activity most days of the week (4 out of 5 days for this study):

- All students = only 47% met physical activity health guidelines.
- Elementary school = 78%
- Middle School = 54%
- High School = 11%



The disappearing walk to school



Photo: www.pedbikeimages.org / Dan Burden

- Thirty years ago nearly 90% of children who lived within a mile of school used active transportation (i.e., walking or bicycling) as their primary mode of travel (USDOT, 1972).
- In 2001 only 63% used active transport to get to school (NHTS, 2001)



THE WALKING SCHOOL BUS

Many communities are solving the real and perceived barriers to children walking to school with innovative solutions.

Are Montana Children Sedentary?



22% of Montana high school students and nearly 30% of Montana 7th and 8th graders surveyed watch 3 or more hours of TV on a school night and that does not include videos, DVDs, & recreational computer use.

2007 YRBS DATA

THE NEED FOR PLAY

- A 2007 report from the American Academy of Pediatrics (AAP) says free and unstructured play is healthy and – in fact – essential for helping children reach important social, emotional, and cognitive developmental milestones as well as helping them manage stress and become resilient

GET OUTSIDE AND PLAY!

- Studies of young children have found that the amount of time a child spent outside was the most powerful correlate of his or her physical activity level (Klesges et al., 1990; Baranowski et al., 1993; Sallis et al., 1993).

Summit Focus

... to develop cooperative strategies to reconnect youth to Montana's outdoors to improve the health and well being of our citizens and our communities.