

# Simple Resources and Strategies to Help Kids Move More

Ava Young - Alliance for a Healthier Generation  
Duane C. Sergent – EduTech Consulting

Everyone Has A Story

Hard Facts



2007, THE ASSOCIATED PRESS

**A new study published online today in the journal Lancet has determined more than 2 billion people worldwide are now overweight or obese.**

## Report: Nearly a third of world is overweight

The Associated Press

LONDON — Almost a third of the world is now fat, and no country has been able to curb obesity rates in the past three decades, according to a new global analysis.

Researchers found more than 2 billion people worldwide are now overweight or obese. The highest rates were in the Middle East and North Africa, where nearly 60 percent of men and 65 percent of women are heavy. The U.S. has about 13 percent of the world's fat population, a greater percentage than any other country. China and India combined have about 15 percent.

"It's pretty grim," said Christopher Murray of the Institute for Health Metrics and Evaluation at the University of Washington, who led the study.

He and colleagues reviewed more than 1,700 studies covering 188 countries from 1980 to 2013. "When we realized that not a single country has

had a significant decline in obesity, that tells you how hard a challenge this is."

Murray said there was a strong link between income and obesity; as people get richer, their waistlines also tend to start bulging. He said scientists have noticed accompanying spikes in diabetes and that rates of cancers linked to weight, such as pancreatic cancer, are also rising.

The new report was paid for by the Bill & Melinda Gates Foundation and published online today in the journal Lancet.

Last week, the World Health Organization established a high-level commission tasked with ending childhood obesity.

"Our children are getting fatter," Dr. Margaret Chan, WHO's director-general, said bluntly during a speech at the agency's annual meeting in Geneva. "Parts of the world are quite literally eating themselves to death."

- One third of the world is overweight (that's 2 billion people)
- One in three children in the U.S. is overweight or obese
- U.S. has 13% of the world's fat population; China and India combined have about 15%
- Three countries' populations
  - China 2013 population 1.35 billion
  - India 2013 population 1.27 billion
  - U.S. 2013 population 315 million
- Strong link between income and obesity
- One in three Americans die from heart disease
- One in ten Japanese die from heart disease
- Recent increase in weight of crash test dummies

This may be the first generation of children in the U.S. to live shorter lives than their parents.

# Resources

# The National Afterschool Association

<http://naaweb.org/resources>

# The Alliance for A Healthier Generation

[healthiergeneration.org](http://healthiergeneration.org)

**Be Well Books**  
**(Spanish and English)**

**[bewellbook.org](http://bewellbook.org)**



ALLIANCE FOR A  
HEALTHIER  
GENERATION



LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY:



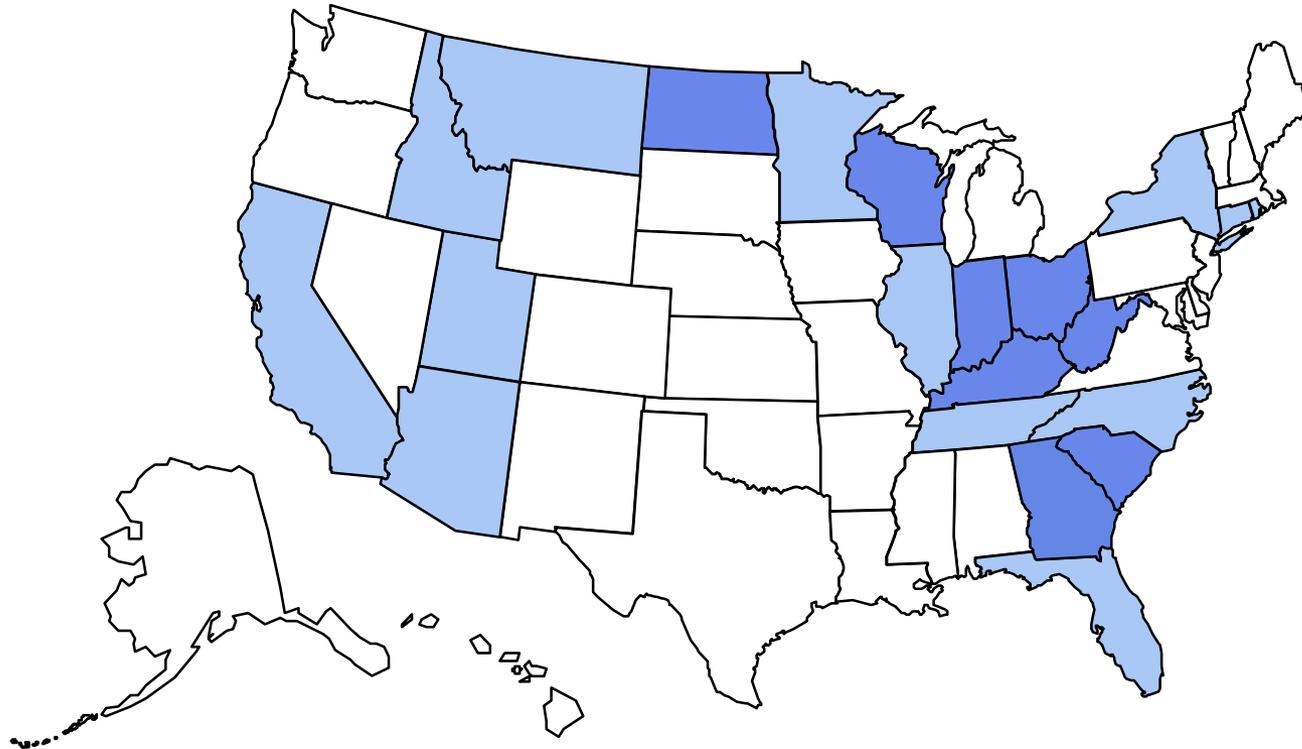


**Alliance for a Healthier Generation  
Healthy Out-of-School Time Manager  
Washington DC Metro**

# Obesity Trends\* Among U.S. Adults

BRFSS, 1985

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

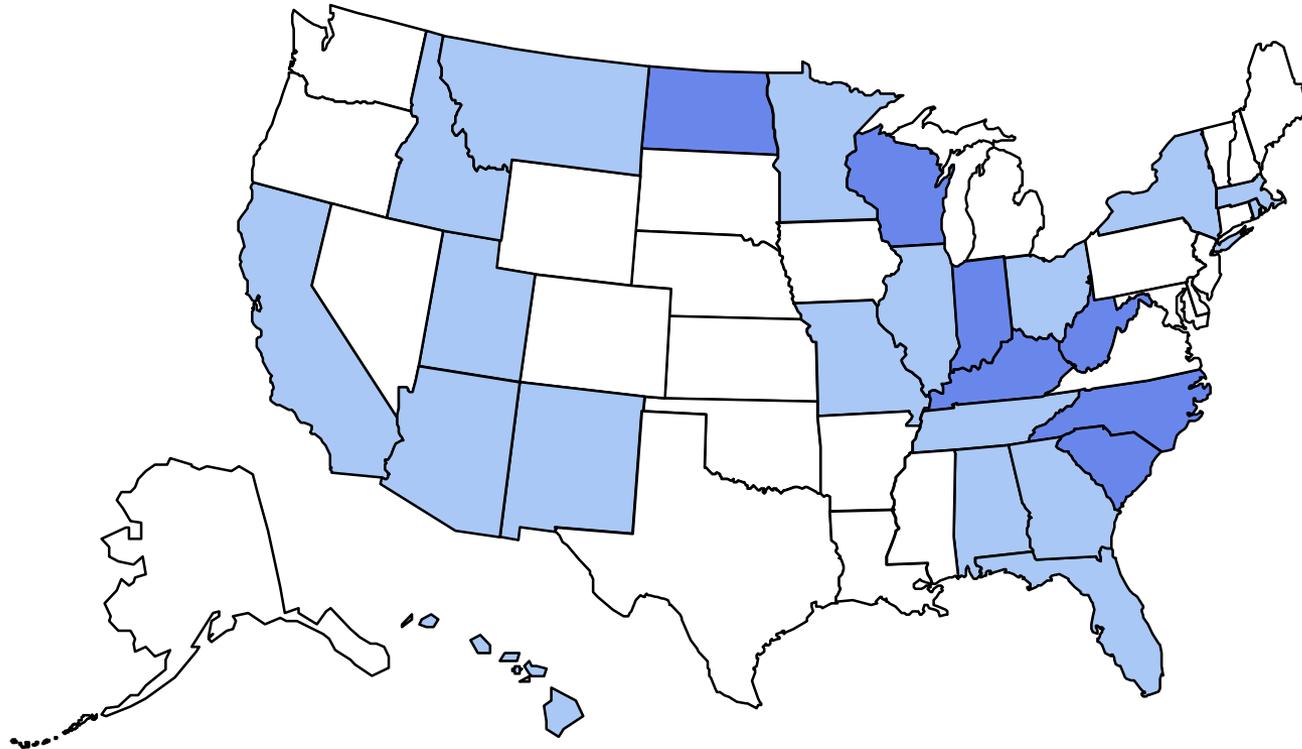


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 1986

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

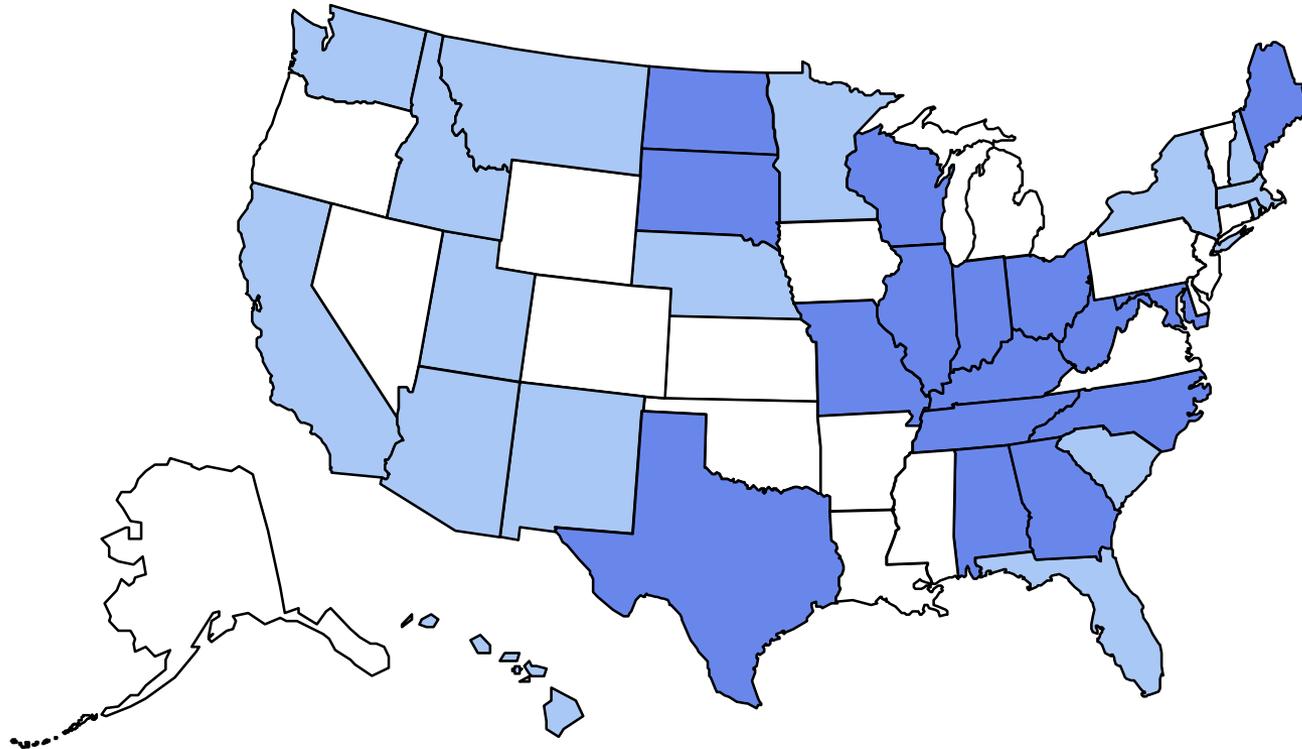


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 1987

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

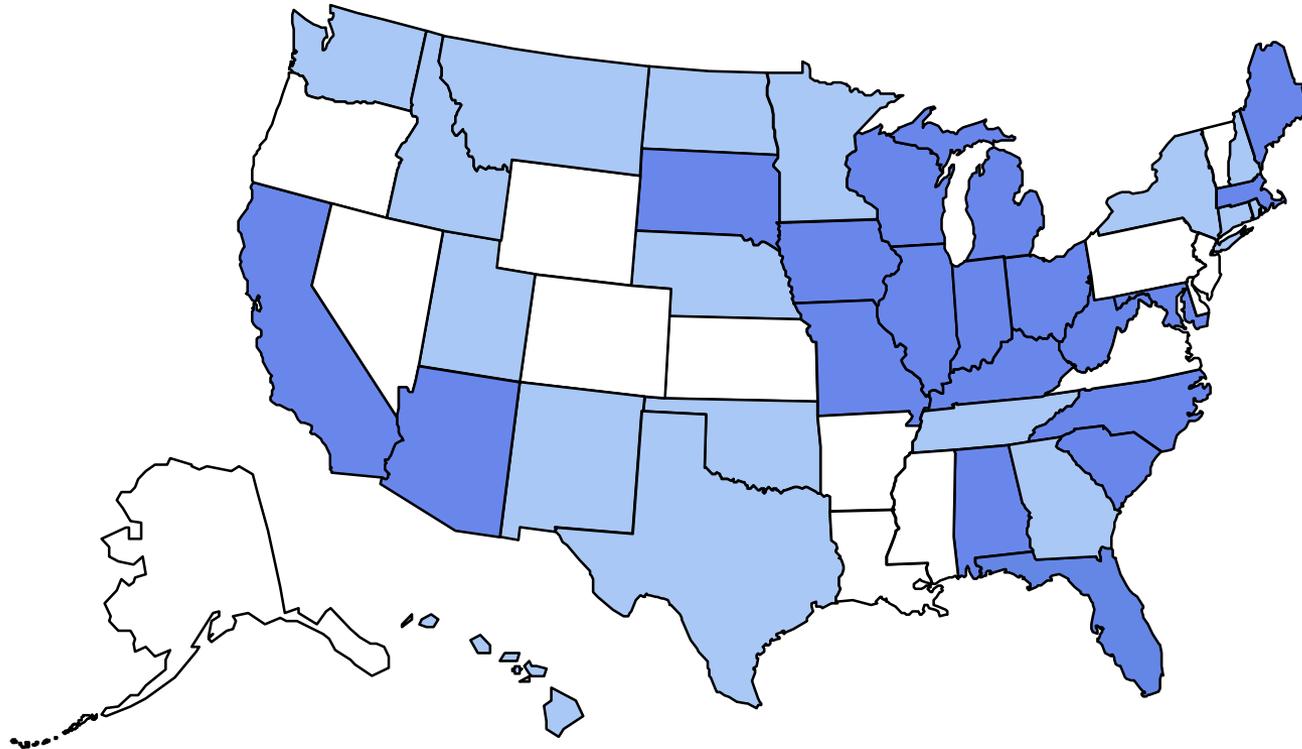


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 1988

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

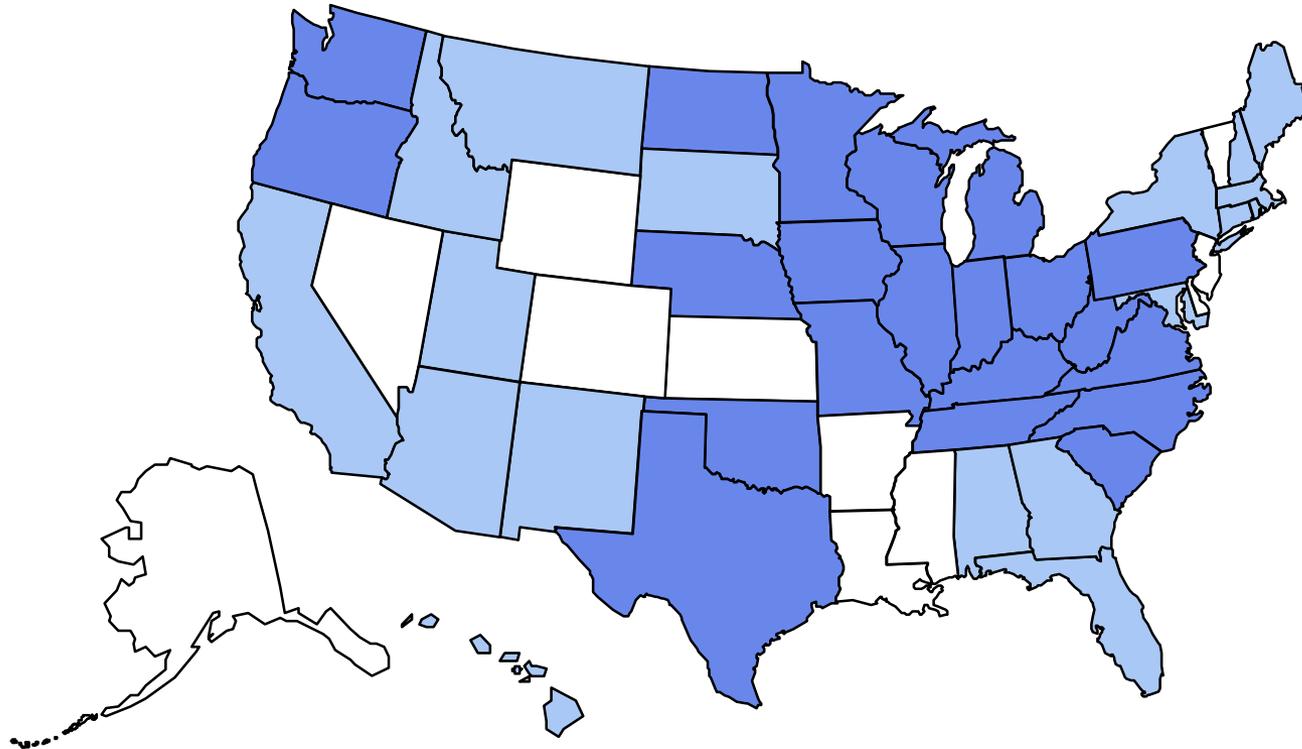


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 1989

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

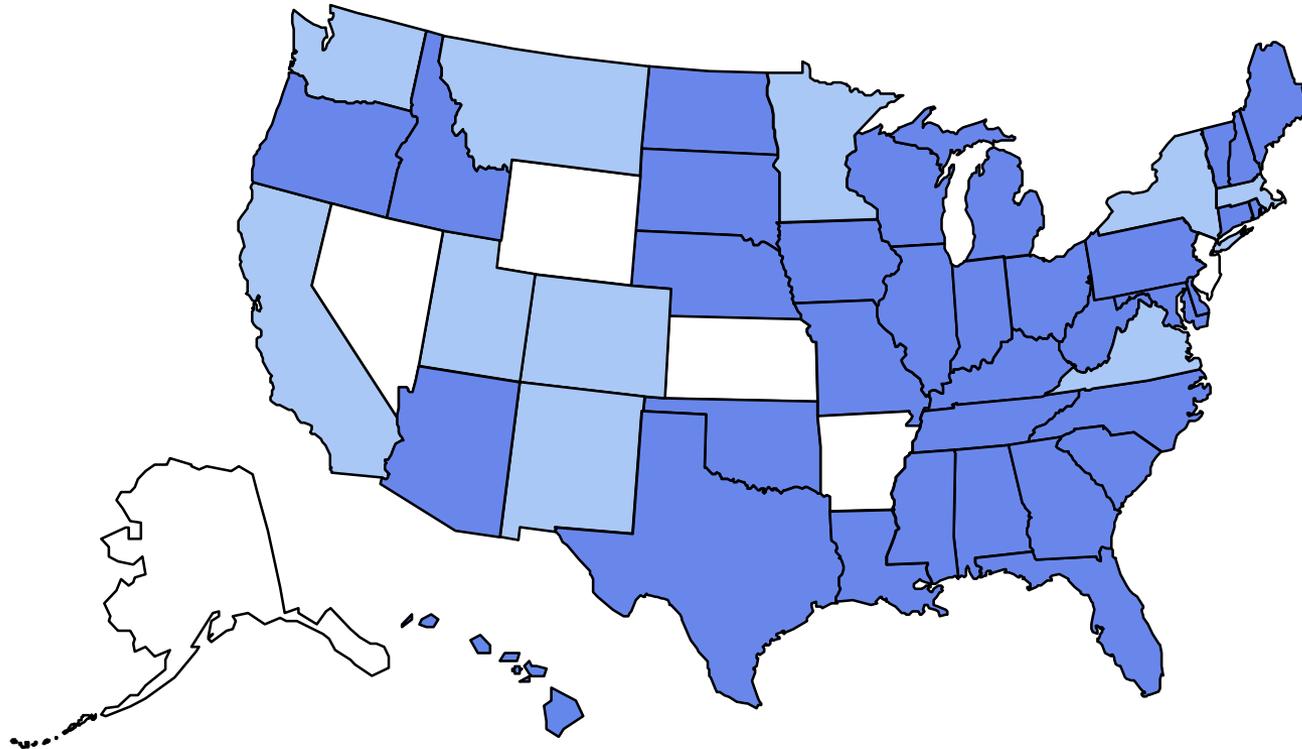


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 1990

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

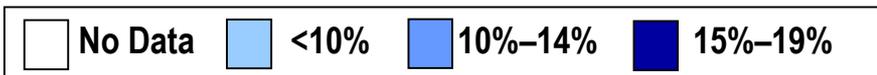
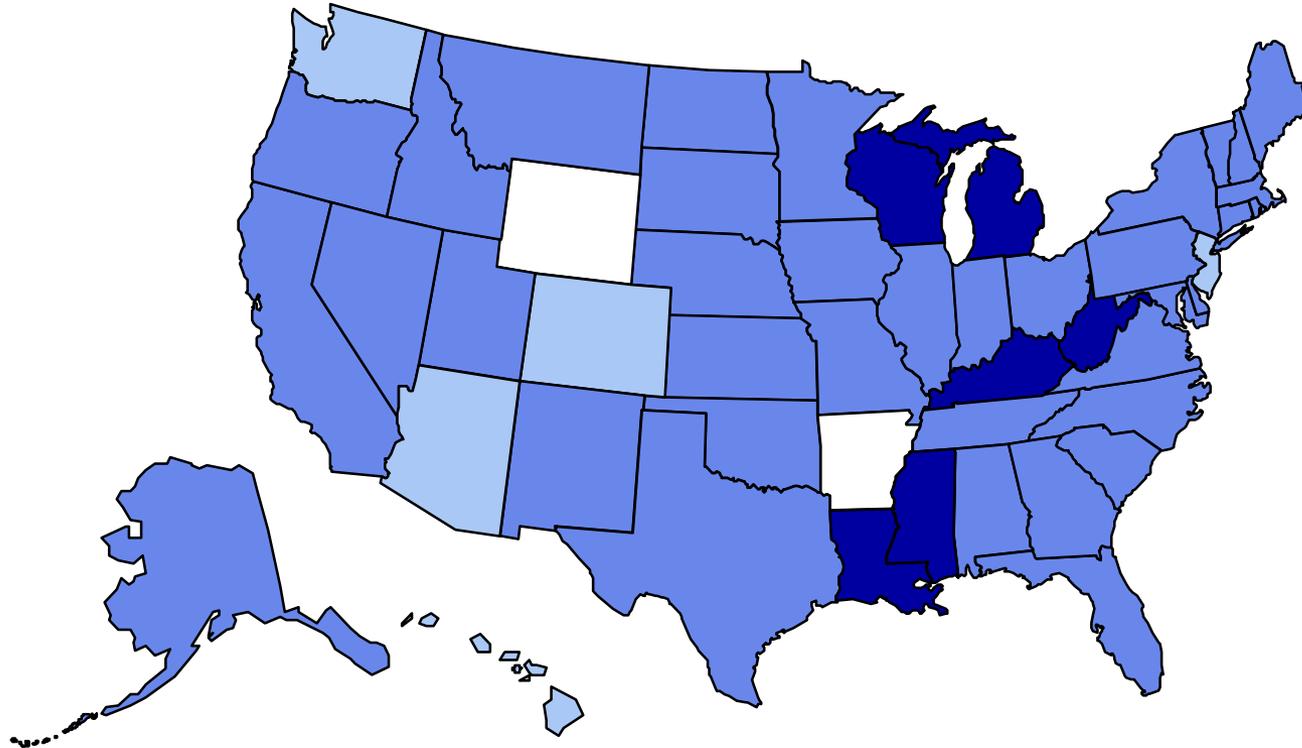




# Obesity Trends\* Among U.S. Adults

BRFSS, 1992

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

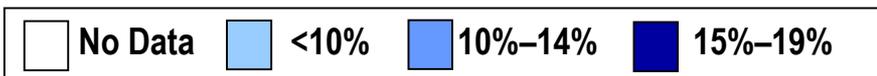
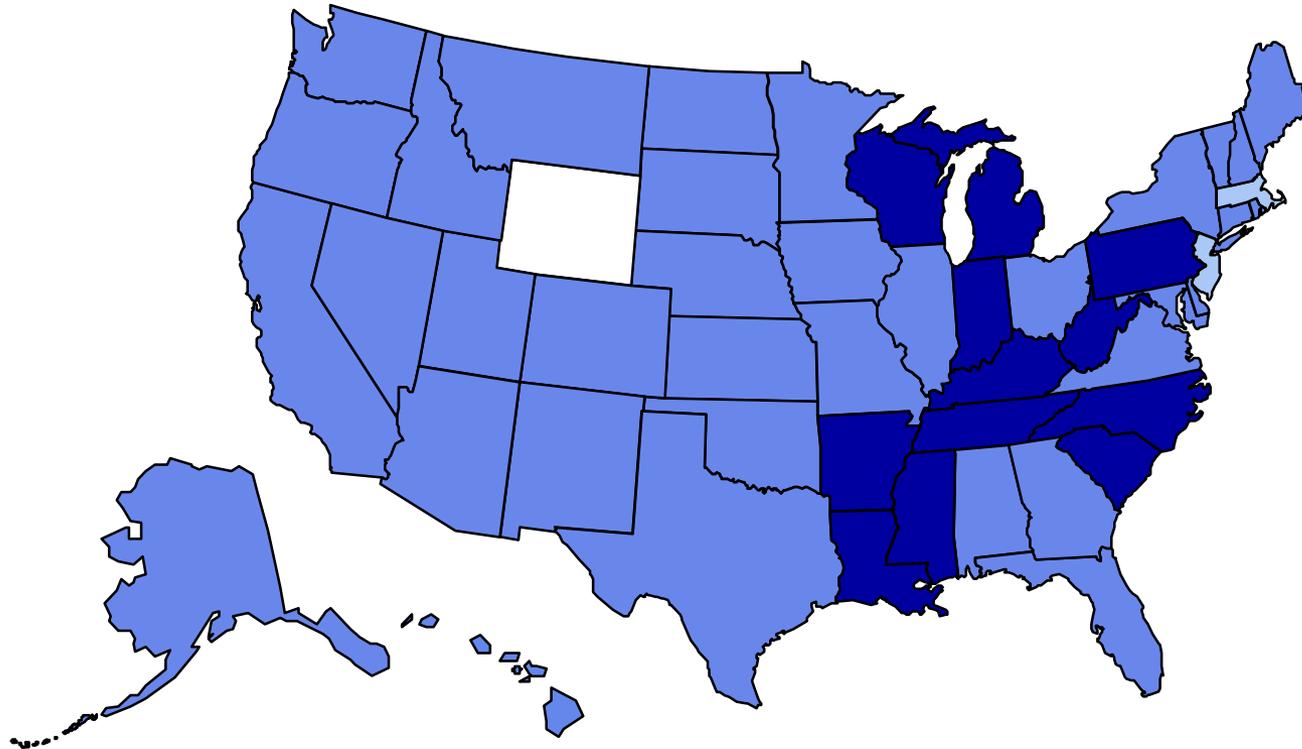


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 1993

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

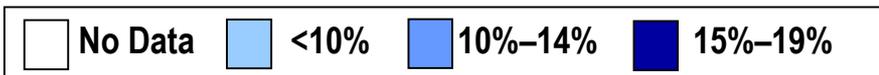
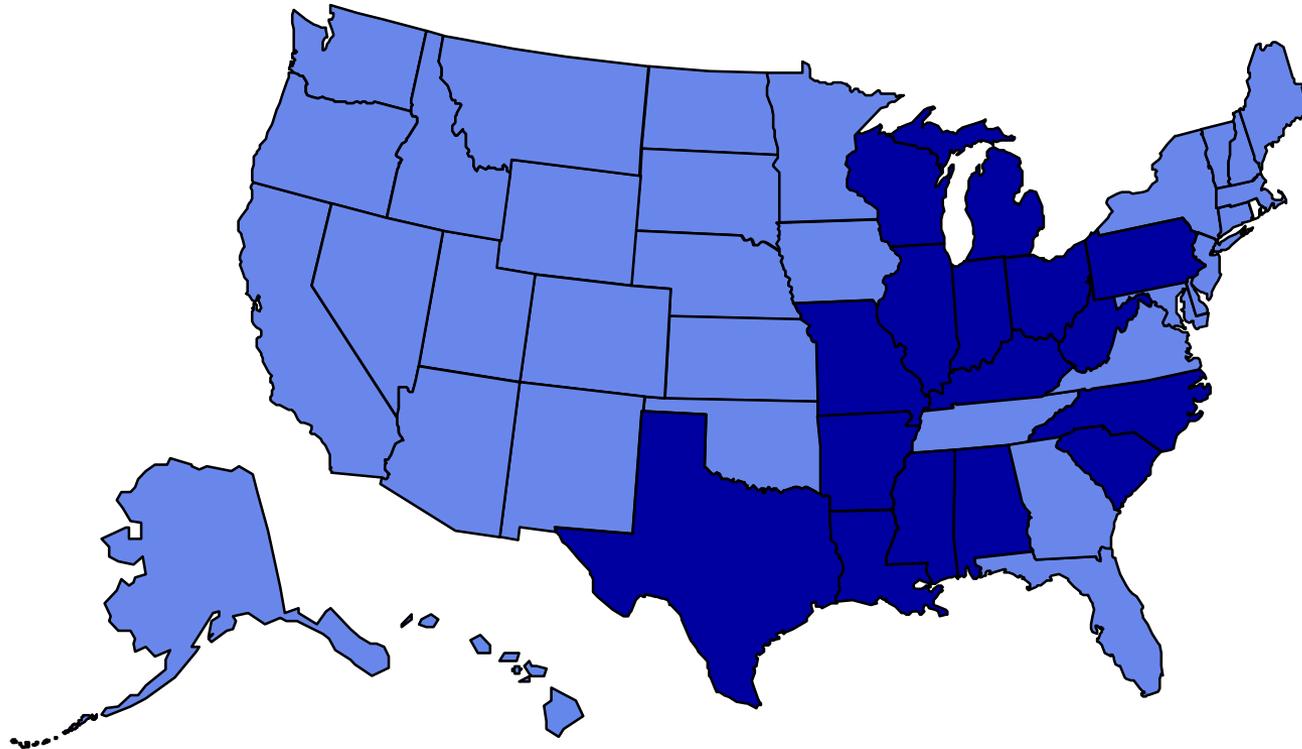


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 1994

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

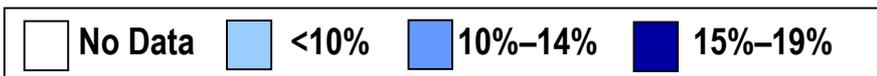
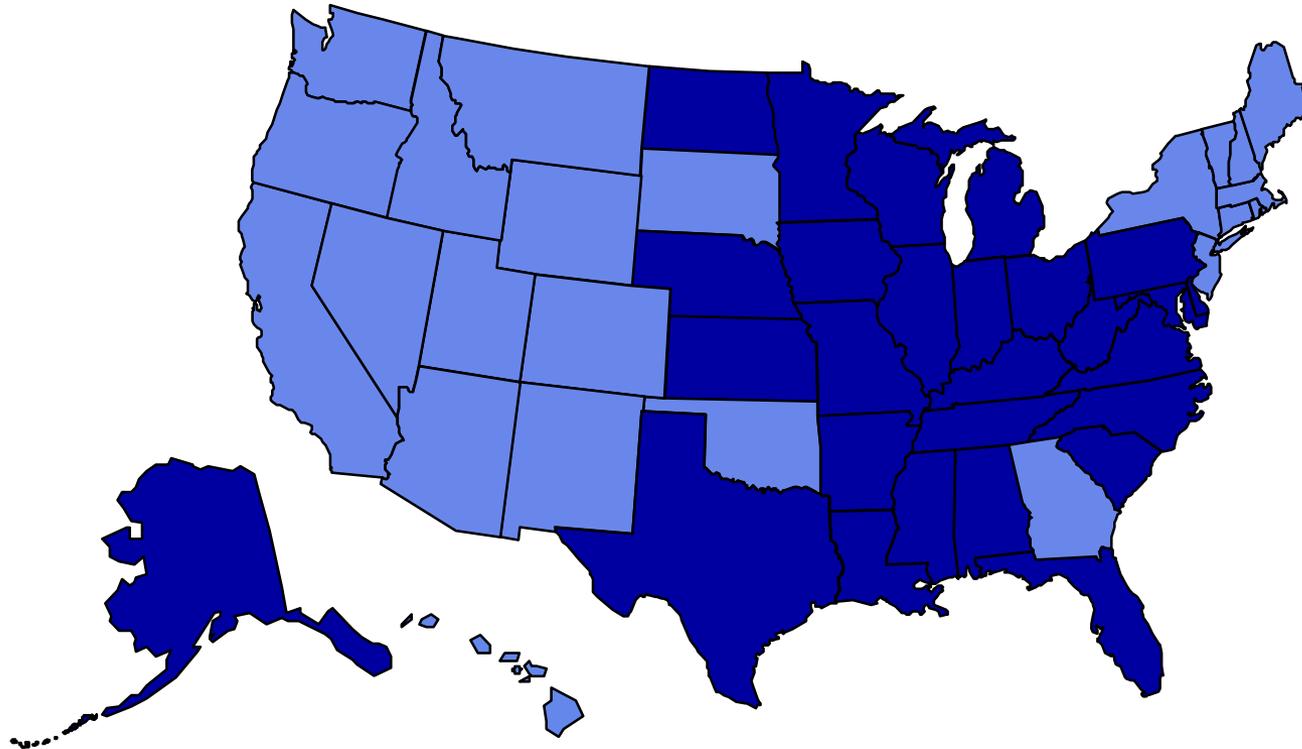


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 1995

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

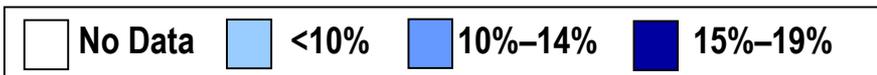
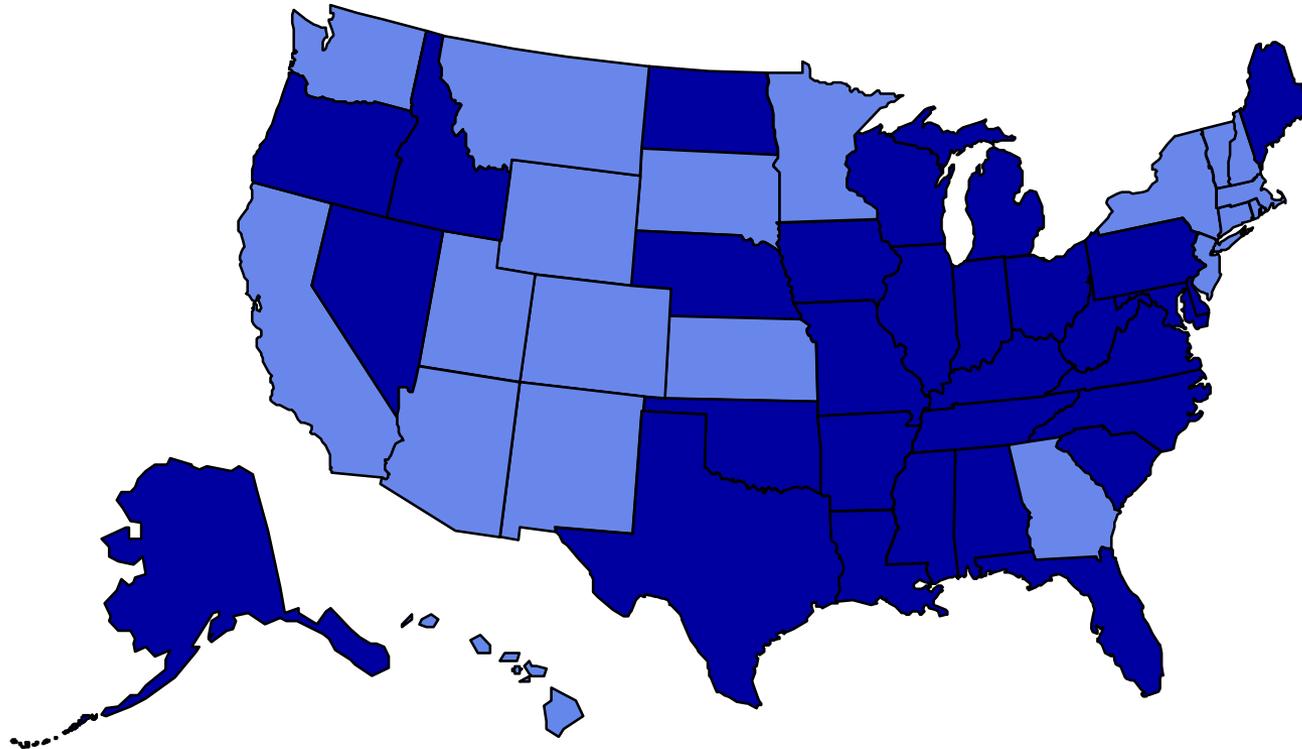


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 1996

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

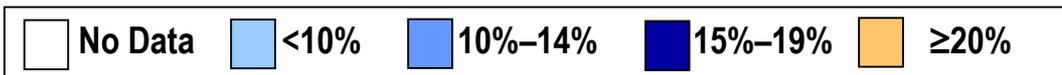
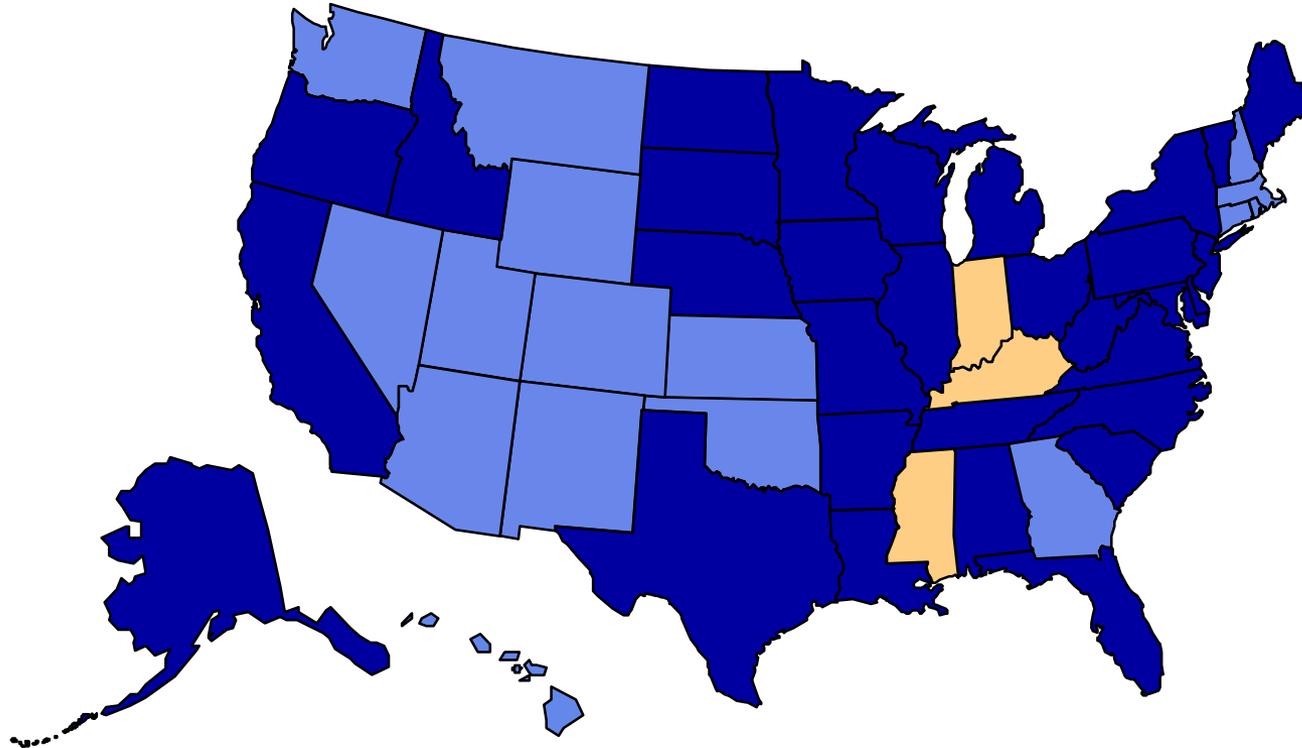


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 1997

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



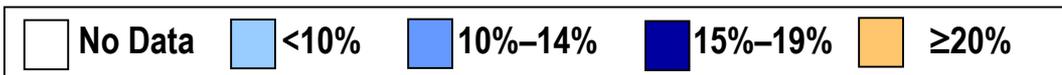
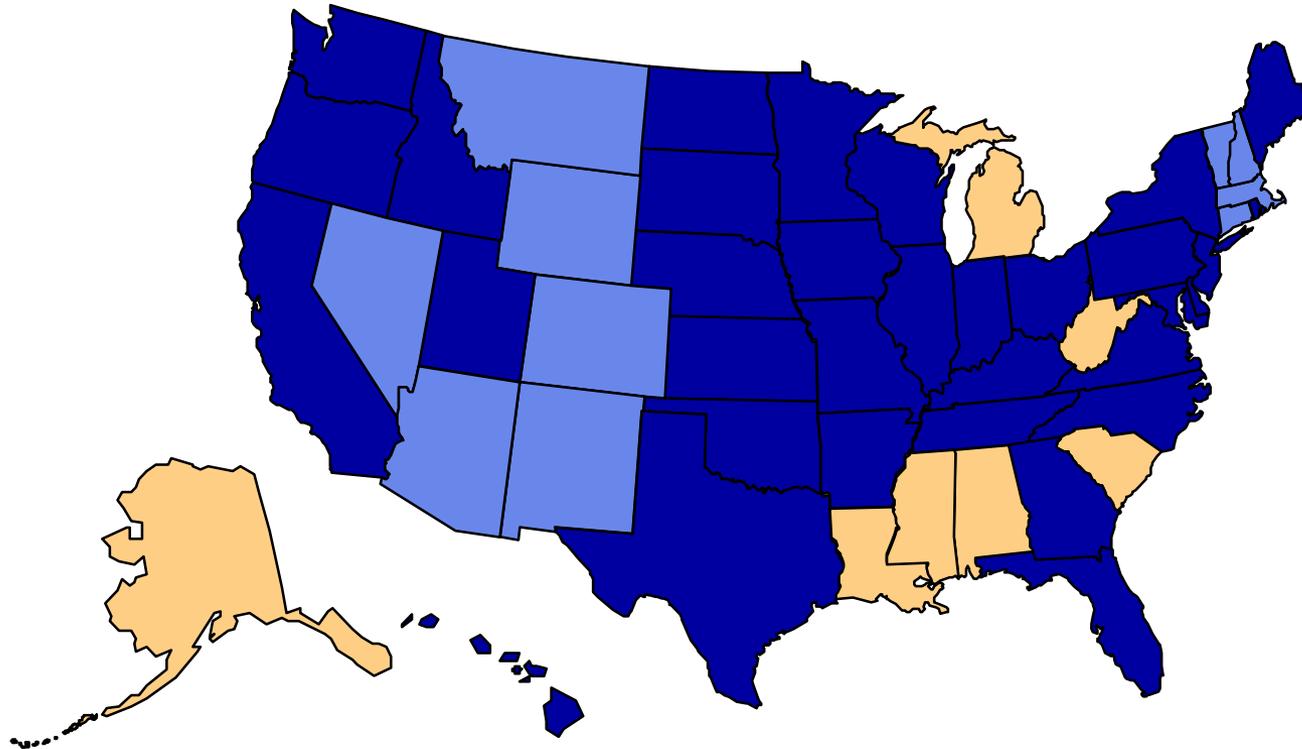
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

BRFSS, 1998

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



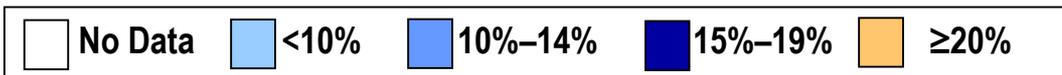
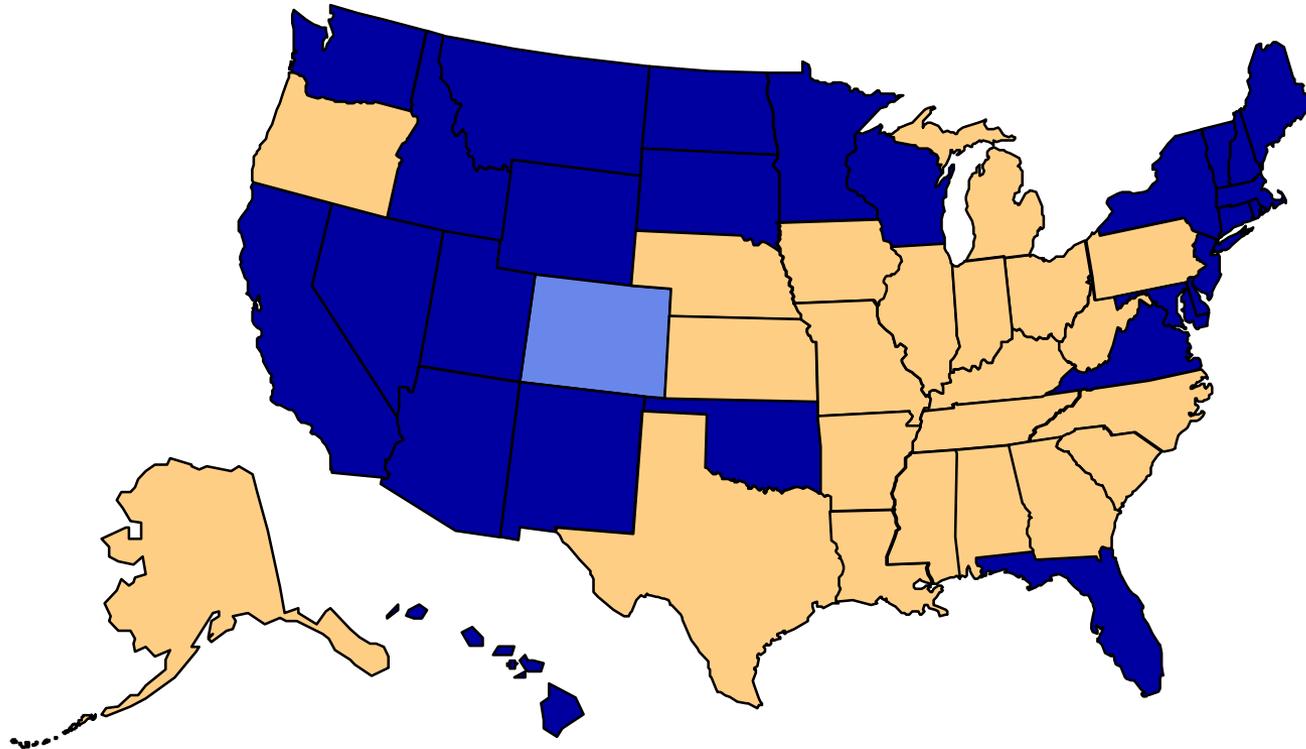
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

BRFSS, 2000

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



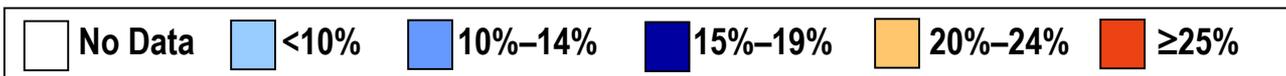
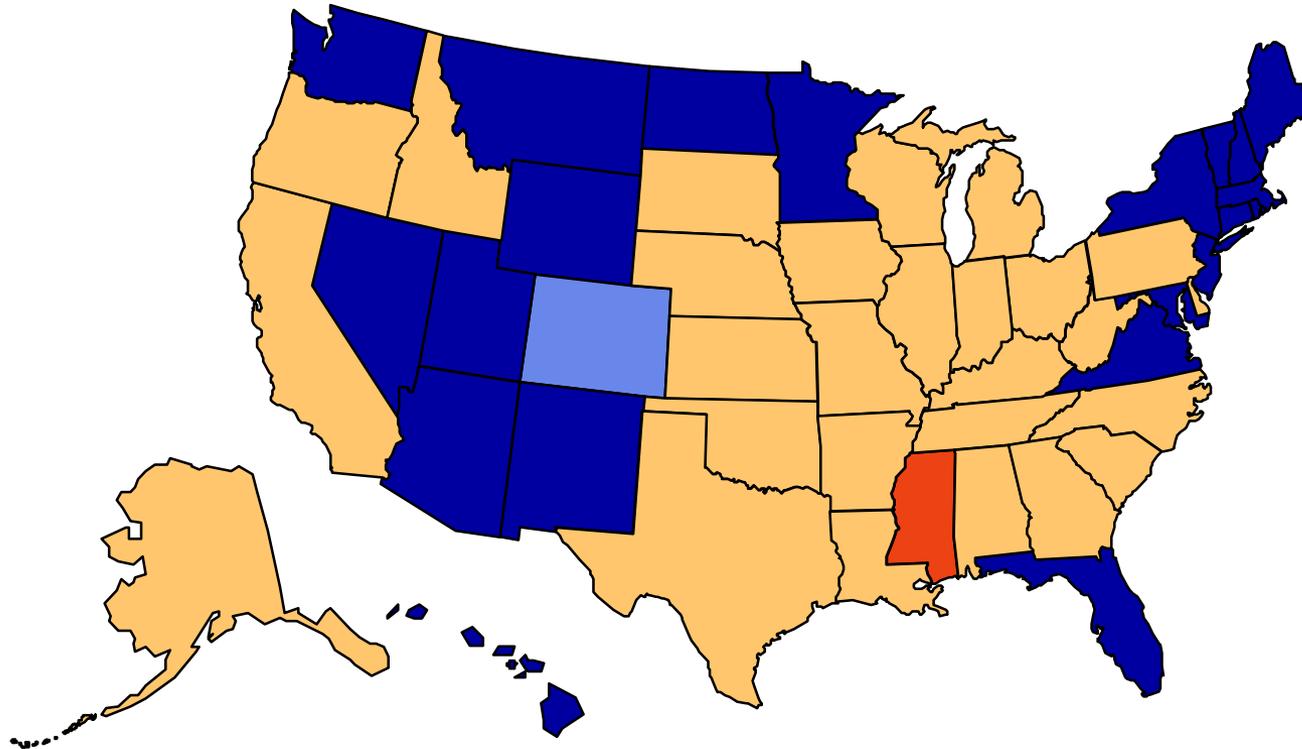
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

BRFSS, 2001

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.





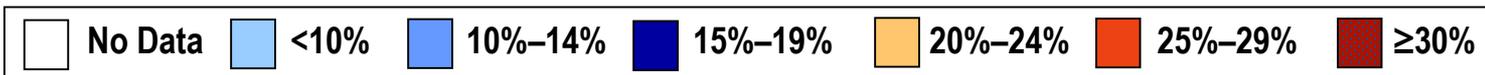
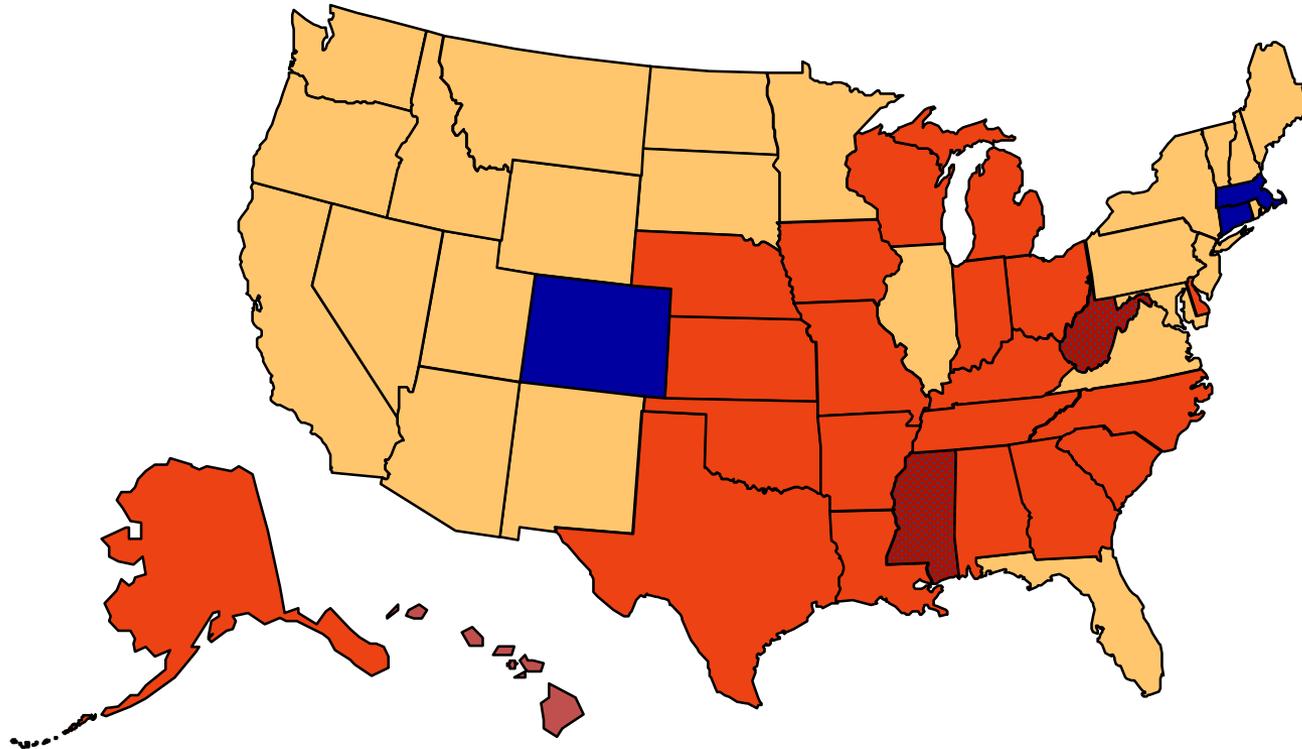




# Obesity Trends\* Among U.S. Adults

BRFSS, 2006

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

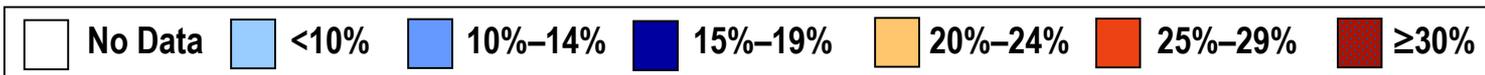
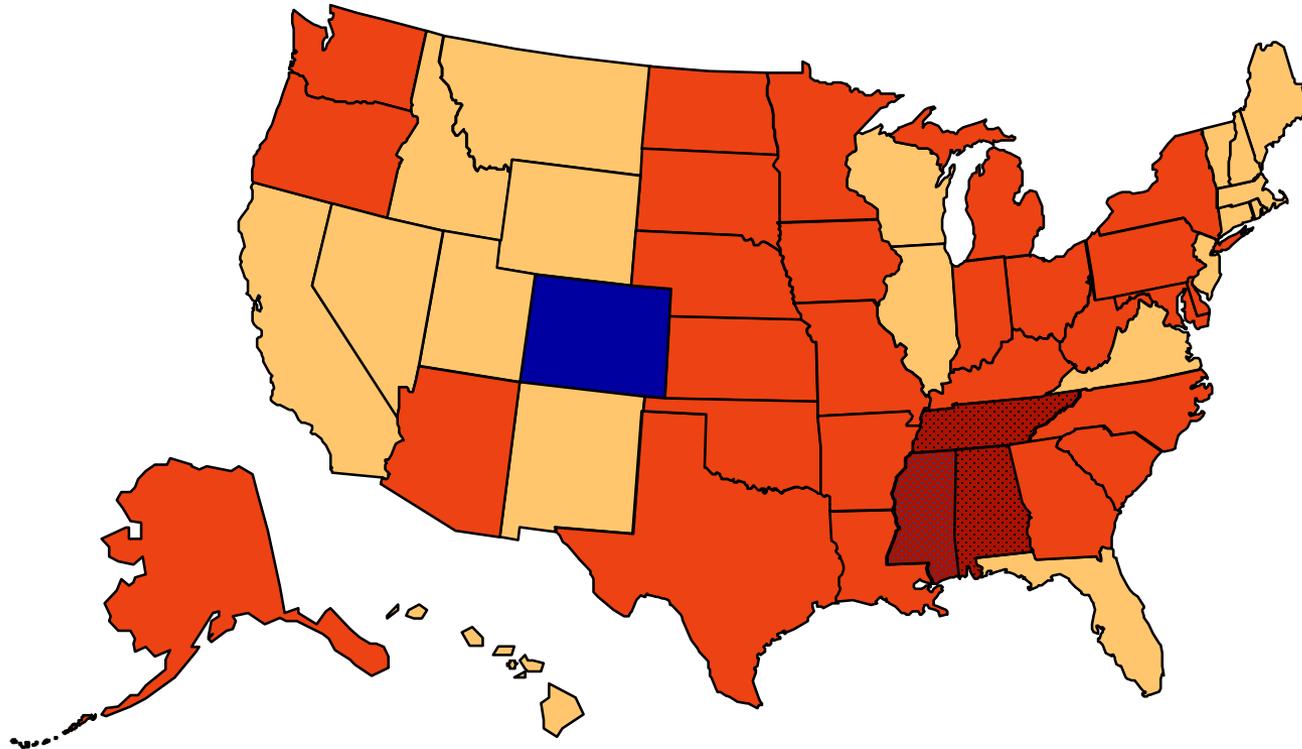


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 2007

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

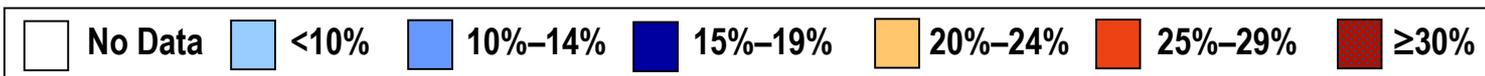
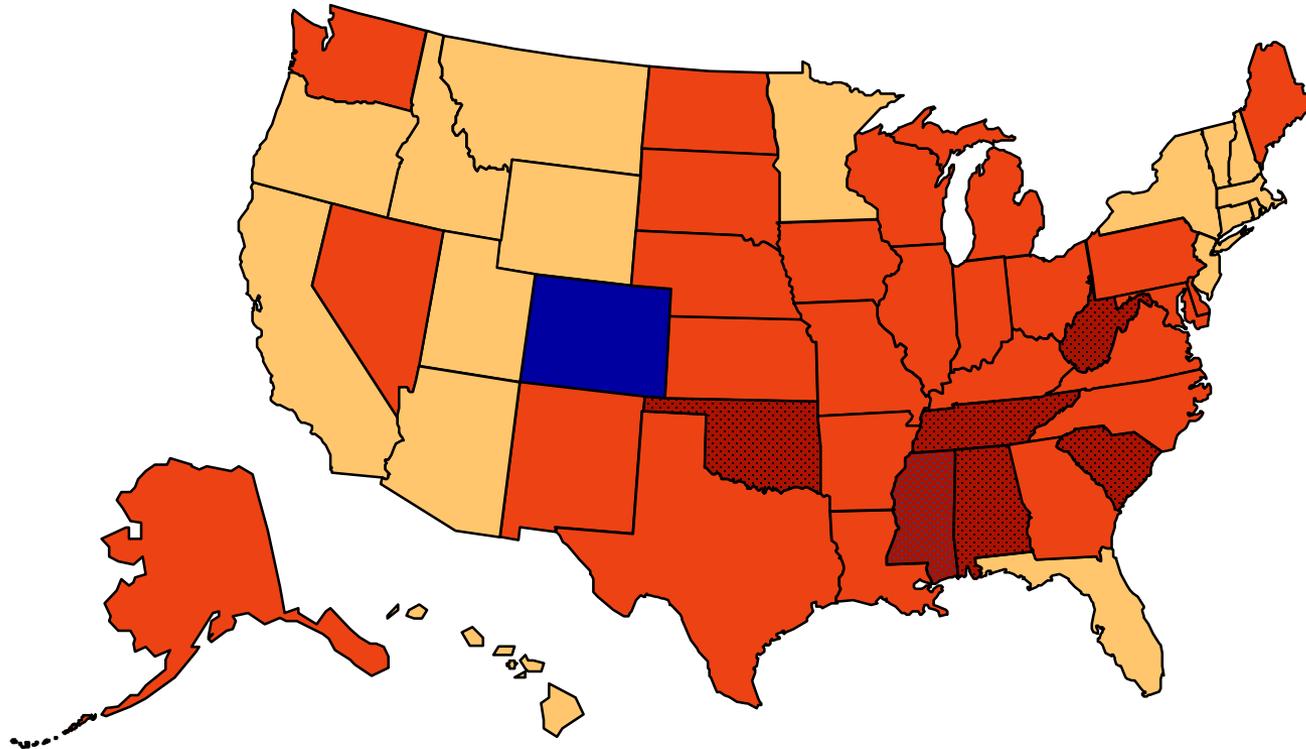


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 2008

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



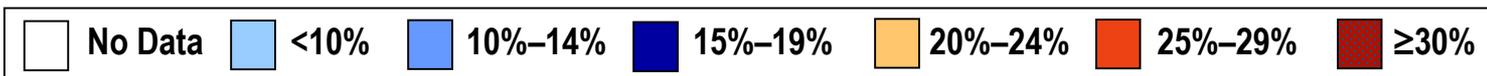
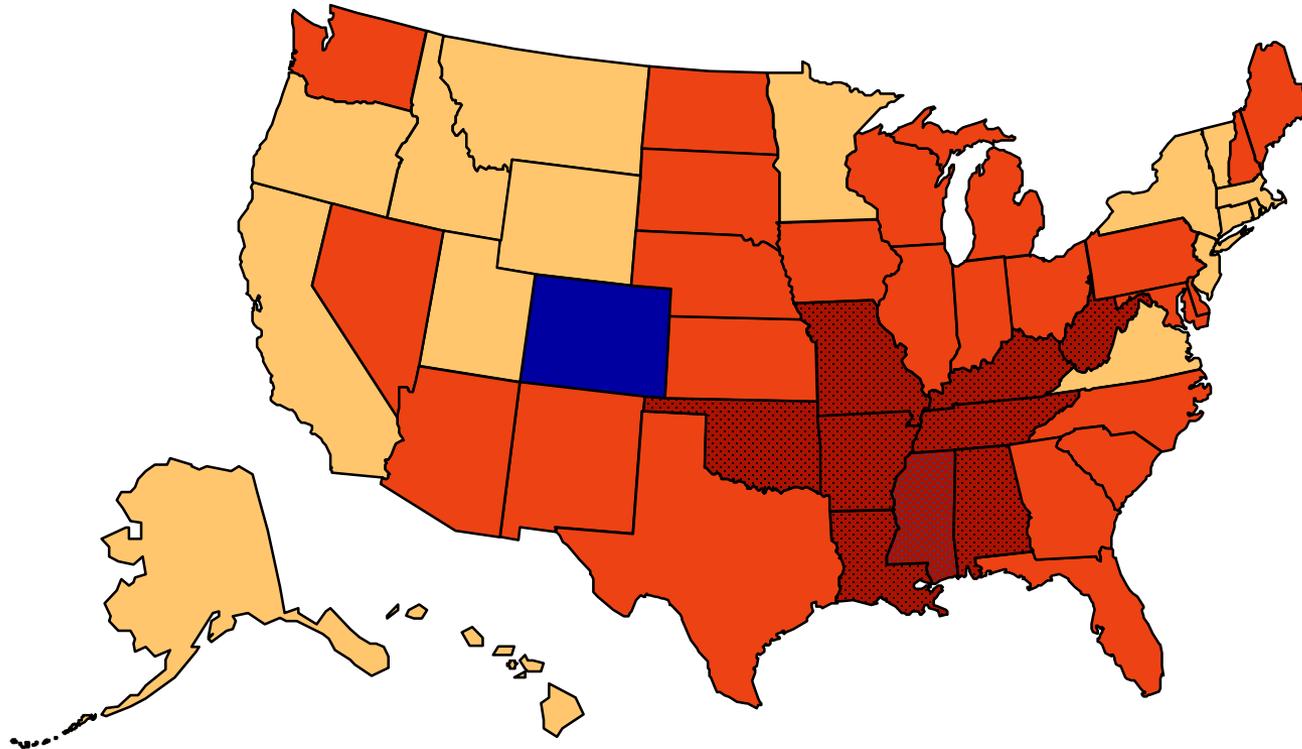
Source: Behavioral Risk Factor Surveillance System, CDC.



# Obesity Trends\* Among U.S. Adults

BRFSS, 2009

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

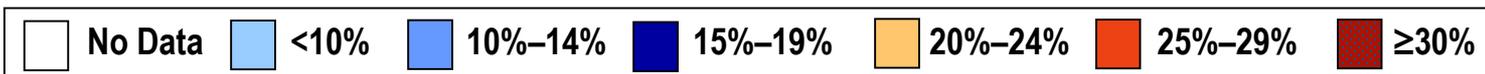
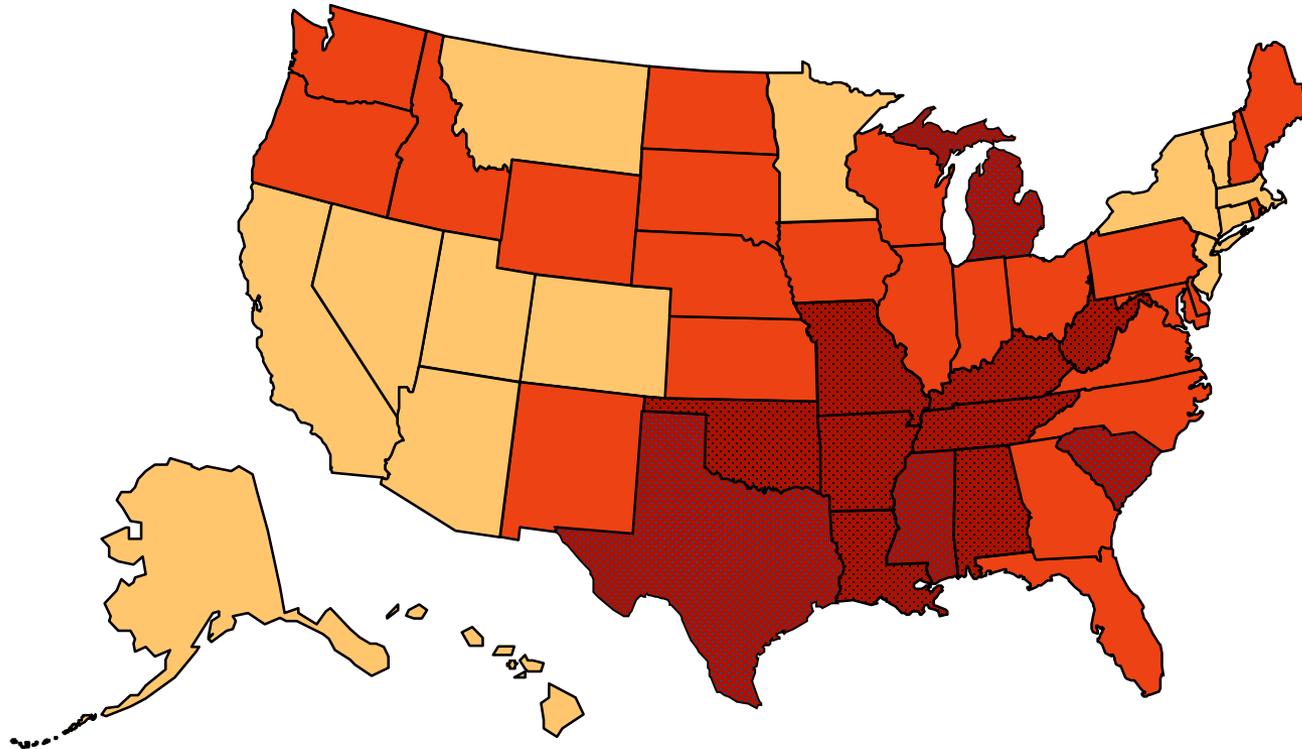


Source: Behavioral Risk Factor Surveillance System, CDC.

# Obesity Trends\* Among U.S. Adults

BRFSS, 2010

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

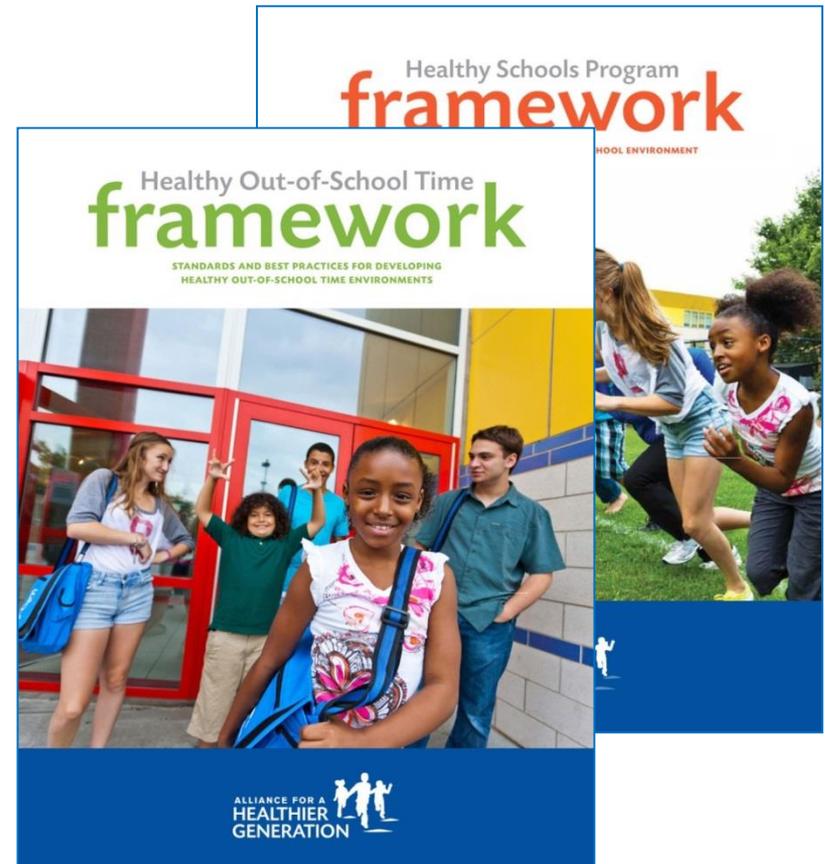
# Why Focus on OST?



- 15% of youth in VA participate in afterschool programming (vs 35%)
- Positive youth development approach
- Creative/engaging methods
- Program quality efforts
- Snacks and meals served
- Physical activity opportunities

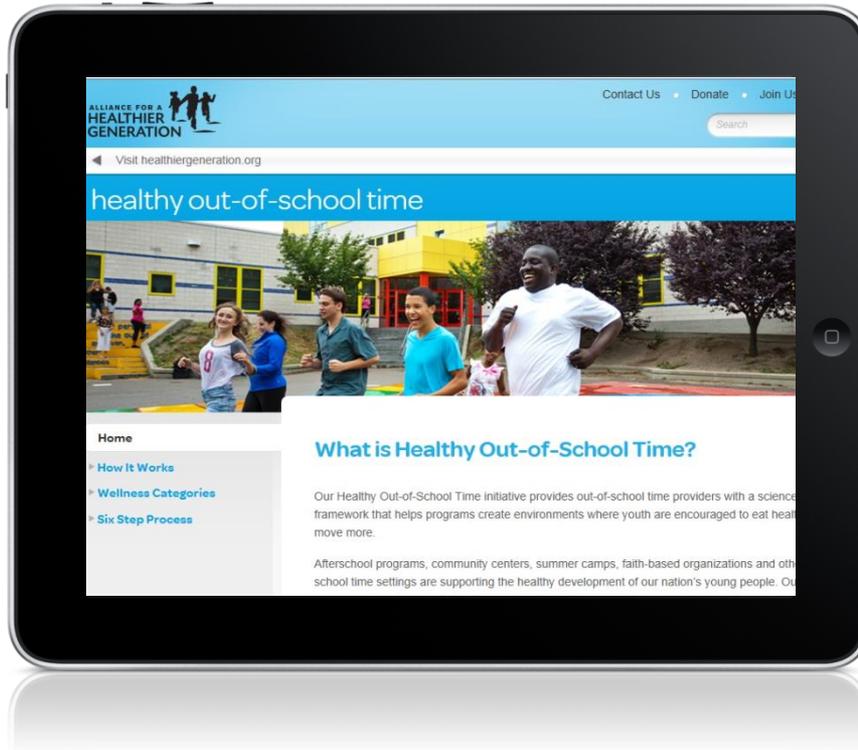
# A Framework for Change

- Outlines best practice guidelines for out-of-school time settings developed by national experts
- Comprised of content categories that address healthy eating and physical activity
- Provides a path to creating a healthier environment



# Healthy Eating and Physical Activity (HEPA) Standards

Healthy Eating (HE)	Physical Activity (PA)
HE 01. Content and Quality (of foods served)	PA 01. Content and Quality (of physical activity offered )
HE 02. Staff Training	PA 02. Staff Training
HE 03. Nutrition Education Curriculum	PA 03. Social Support
HE 04. Social Support	PA 04. Organizational Support
HE 05. Organizational Support	PA 05. Environmental Support
HE 06. Environmental Support	



HOST.HealthierGeneration.org

ALLIANCE FOR A  
**HEALTHIER  
GENERATION**



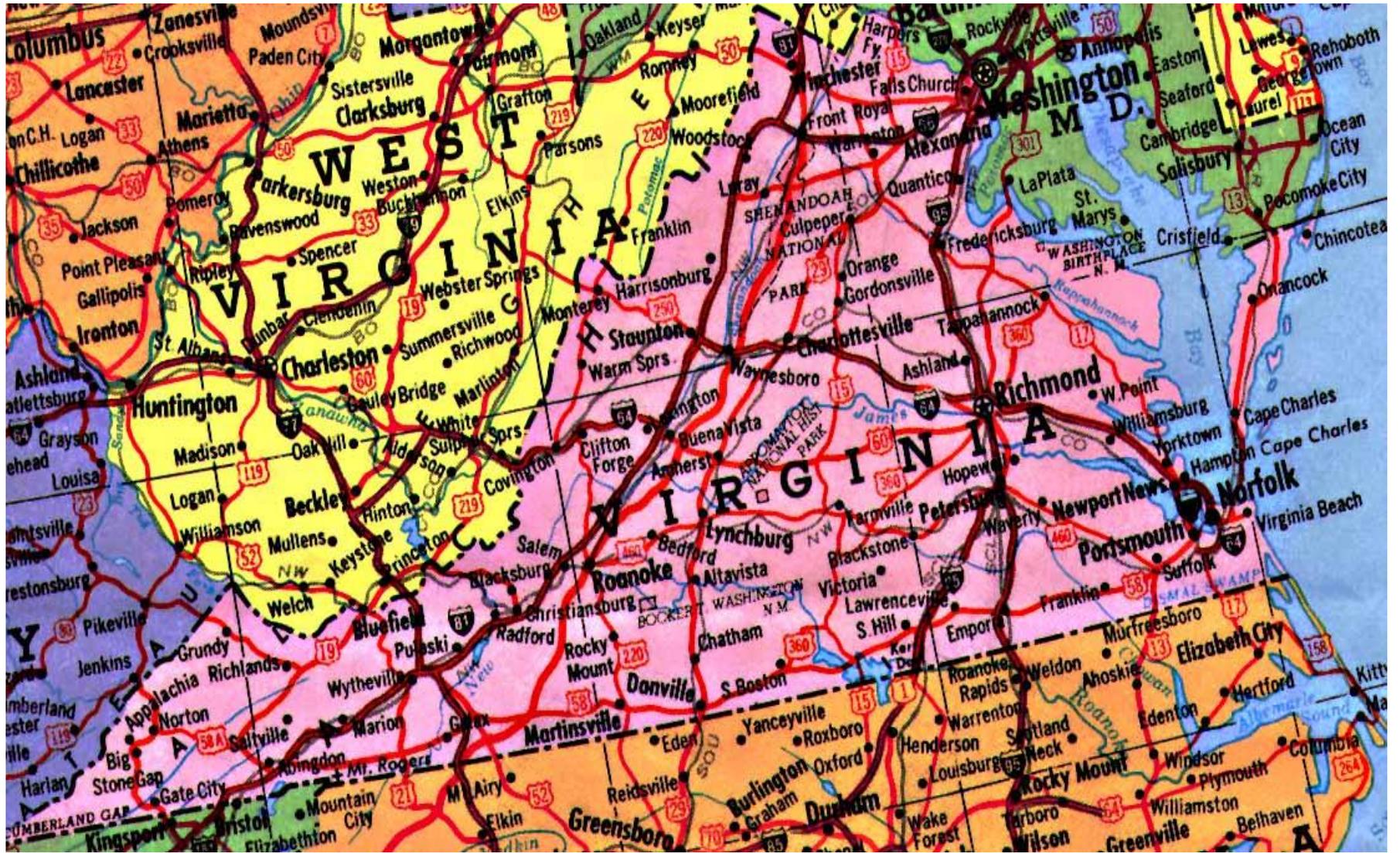
**JOIN THE MOVEMENT! [HealthierGeneration.org](http://HealthierGeneration.org)**

 /HealthierGeneration

 /HealthierGen

Ava Young  
Healthy Out-of-School Time Manager  
Washington DC Metro  
[Ava.young@healthiergeneration.org](mailto:Ava.young@healthiergeneration.org)  
843-300-8295

# Activities to Promote PA





Duane C. Sergent  
EDUTECH CONSULTING



EDUCATION AND ORGANIZATIONAL CONSULTING

[duaneinva2@aol.com](mailto:duaneinva2@aol.com)

11402 Whispering Pines Court

Rockville, Virginia 23146

Phone/Fax: 804 749-8332