

Fast Facts on Childhood Obesity

- NC has the 5th highest rate for child and adolescent obesity.
- Nationally, 15% of 6-19 year olds are overweight or obese.
- In North Carolina, 27% of 2-18 year olds are overweight or obese.
- Rate of childhood obesity more than tripled from 1980 to 2004.
- Research shows that healthy, active children are better students.

School BMI Data 2007- 2008 School Year

TC Henderson

- Fall 2007: 25% at the 95th percentile and 47% at/above 85th percentile
- Spring 2008: 19% at 95th percentile and 35% at/above the 85th percentile

Pisgah Forest

- Fall 2007: 26% at 95th percentile and 43% at/above the 85th percentile
- Spring 2008: 26% at 95th percentile and 45% at/above the 85th percentile

Rosman

- Fall 2007: 23% at 95th percentile and 41% at/above the 85th percentile

Brevard

- Fall 2007: 22% at 95th percentile and 37% at/above the 85th percentile

School BMI Data Fall 2008

39% of elementary school students in Transylvania County are overweight or obese. This includes Brevard Academy. Please see graphs for individual school data.

Goals

“Munching and Moving” program will work with schools to increase nutrition education and physical activity in the school setting. This will be approached on a school, family and community level.

Accomplishments to Date

- Energizers trainings occurred at Brevard Elementary, Pisgah Forest, and TC Henderson in October/November. Rosman will have training in January. Trainings went well and were very well received by teachers.
- Implement Triple Play into after-school setting. Training occurred in November.
- Pedometer program started for 5th graders at Brevard, Pisgah Forest and TC Henderson. Each school is implementing pedometers differently.
- Collect BMI information annually and maintain database.
- Turkey Trot event in November. 37 people came and walked a total of 87.3 miles.
- Successful Schools campaign. Brevard and TC Henderson received the Successful Schools certification from Action for Healthy Kids.