

LIVINGSTON COUNTY HUMAN SERVICES COLLABORATIVE BODY

Health and Human Service Needs FACT SHEET

Healthy Habits for Youth in Livingston County August 2020

Why do we need Healthy Habits for youth?

*Youth are considered overweight if their Body Mass Index (BMI) is at or above the 85th percentile and below the 95th percentile, and obese if their BMI is at or above the 95th percentile. Many things can contribute to overweight and obesity, but the largest contributor is behavior, especially dietary patterns and physical activity. **In 2015-2016, 18.5% of children were obese in the United States (Center for Disease Control - CDC).**

Why is this issue so important to Livingston County?

From the Michigan Profile for Healthy Youth - MiPHY, 2017-2018:

Livingston County Middle School Youth	Livingston County High School Youth
8.8% are obese	10.8% are obese
13.3% are overweight	14.3% are overweight

These rates are only slightly lower than the rates in the state of Michigan – **16.7% obese and 16.3% overweight** and the U.S. rates – **14.8% obese and 15.6% overweight** (CDC Youth Risk Behavior Survey - YRBS, 2017).



Childhood obesity has immediate health effects. Obese youth are more likely to have risk factors for cardiovascular disease – like high cholesterol or high blood pressure, in one study 70% of obese youth had at least one risk factor (CDC). **Additionally, obese children are more at risk for diabetes, bone and joint problems, sleep apnea, and social/psychological problems** (CDC). The long-term impact of childhood obesity is also great. Children who are obese are more likely to be obese as adults, and therefore are more at risk for health problems like heart disease, type 2 diabetes, stroke, and cancer (CDC).

Healthy habits are established early in life. Adolescents and children who establish healthy habits, like a nutritious diet and active lifestyle, are more likely to maintain those habits throughout their life, well into adulthood. Children and adolescents who have a nutritious diet and get plenty of exercise are more likely to carry these behaviors throughout their lives.



What is the impact locally?

Students in **Livingston County** who ate five or more servings of fruits and vegetables in the past week (MiPHY, 2017-2018)

30.3% of middle school students

22.5% of high school students

Students who drank soda or pop at least once a day for the past week (MiPHY 2017-2018)	12.4% of middle school students 14.1% of high school students
Students who were physically active for a total of at least 60 minutes per day on 5 or more of the last 7 days (MiPHY 2017-2018)	64.3% of middle school students 51.4% of high school students

What programs & services exist?

The **Healthy Habits for Youth Workgroup** created the first ever county-wide *Healthy Habits for Youth Resource Guide* that provides information on accessing various youth related activities that promote physical activity and also healthy eating. Examples include:

- Nutrition education
- Food assistance
- Youth sports
- Youth activities

The guide can be found at https://www.livgov.com/hscb/Pages/healthy_habits.aspx

What can the community do to help?

Encourage children to eat the recommended daily amounts of healthy foods per day. **For boys and girls ages 2-18 that is:**

- 1-2 cups of fruit (1 fruit or 1 cup of 100% juice)
- 1-3 cups of vegetables (1 cup raw vegetables or 2 cups raw leafy greens)
- 3-8 ounces of whole grains (1 slice of bread equals 1 ounce)
- 2- 6 ½ ounces of proteins (1 egg or 1 tablespoon of peanut butter = 1 ounce)
- 2-3 cups of dairy (milk, yogurt, 1 ½ ounces of cheese = 1 cup)



For more information visit: www.choosemyplate.gov

Encourage children to engage in at least 60 minutes of physical activity every day.

- Running
- Riding a bike
- Walking to school
- Swimming
- Karate
- Tennis
- Jumping rope
- Playing a sport like basketball or soccer



For more information visit: www.cdc.gov/physicalactivity

Remember: Children love to copy what they see.
Adults need to eat healthy and stay fit to be a good example!