



# CARROLL COUNTY THIRD GRADE BMI REPORT

Child and Family Health Services (CFHS): MyPlate  
Program

Natasha Yonley, MPH  
Epidemiologist  
Carroll County General Health District

Contents

INTRODUCTION ..... 2

AUGUSTA ELEMENTARY SCHOOL ..... 3

DELLROY ELEMENTARY SCHOOL ..... 4

CARROLLTON ELEMENTARY SCHOOL ..... 7

## INTRODUCTION

The Child and Family Health Services (CFHS) Program is an organized community effort to eliminate health disparities, improve birth outcomes and improve the health status of women, infants and children in Ohio.<sup>i</sup> The CFHS program focuses on Community Health Assessment and Planning, Child and Adolescent Health, Perinatal Health, Ohio Infant Mortality Reduction Initiative (OIMRI), and Ohio Institute for Equity in Birth Outcomes (OEI).<sup>ii</sup> This program serves low-income women and children that are disproportionately affected by poor health in geographic areas and populations of highest need.<sup>iii</sup>

The goals for the program are:<sup>iv</sup>

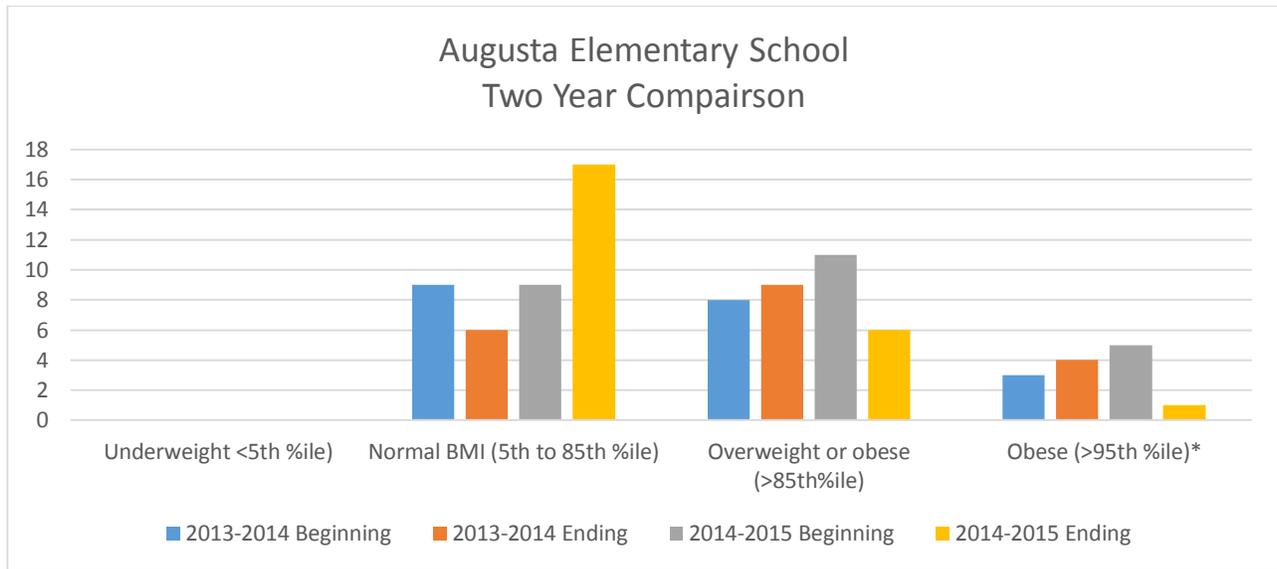
- Assess and monitor maternal and child health status
- Assure access to health care
- Evaluate the effectiveness, accessibility and quality of health care services
- Inform and educate the public and families about maternal and child health issues
- Link women, children and youth to services
- Providing leadership to assure the health of women, children, youth and their families

Carroll County's CFHS program is advised and supported by the CFHS Consortium, a collaborative committee consisting of health and social service agencies serving Carroll County.

This report is looking at one specific program under the Carroll County CFHS grant, the evidence-based MyPlate program. This program is taught in the third grade class rooms of Carrollton Elementary, Dellroy Elementary, and Augusta Elementary schools in the Carrollton Exempted Village School District. The children have their body mass index (BMI) recorded at the beginning and at the end of the program. Throughout this program a health educator from Carroll County General Health District (CCGHD) goes once per month from September to May to each school enrolled in the program to educate the students on healthy snacks, nutritional education, proper hand washing technique, respiratory etiquette, and daily exercise among other topics.

On the following pages each of the schools will be looked at in detail.

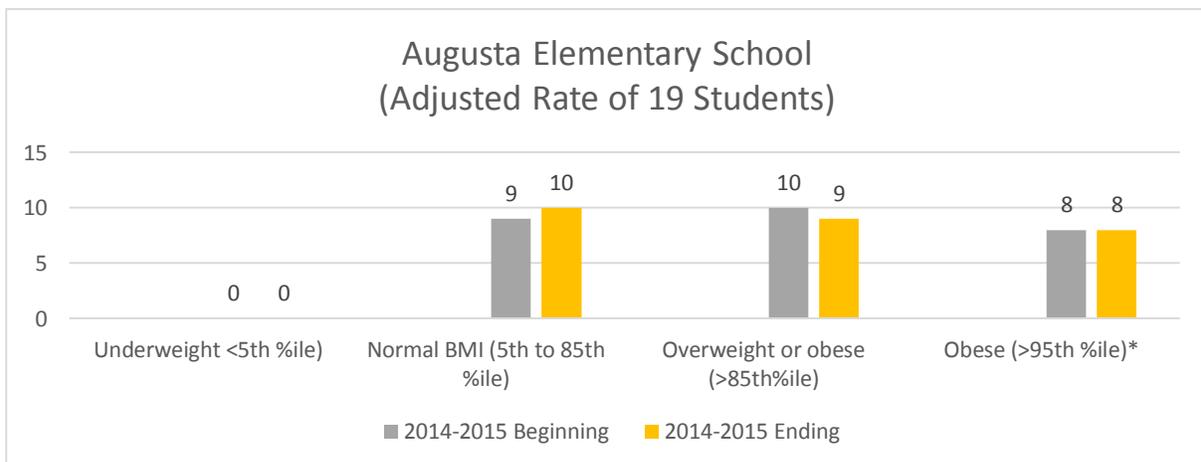
# AUGUSTA ELEMENTARY SCHOOL



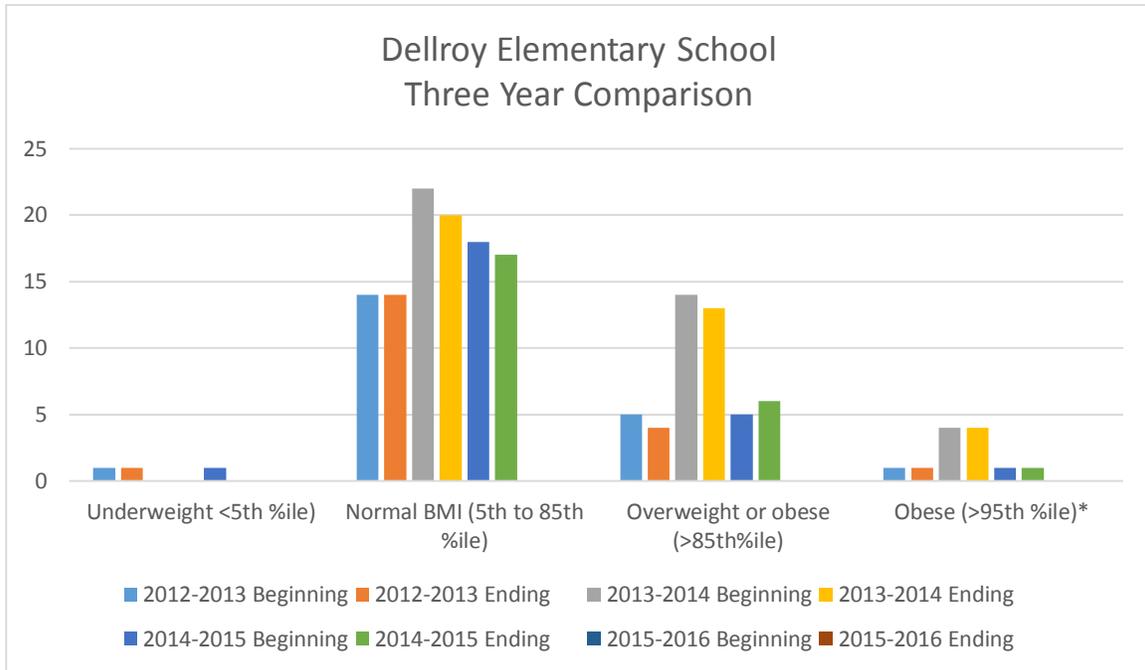
The asterisk (\*) means that the number of those who are obese in the 95<sup>th</sup> percentile or higher are students that were already included in the overweight or obese category; we were just separating out the obese students.

During the 2013-2014 school year Augusta lost 2 students in their measurements; this loss in students could be for a number of reasons. For the purposes of this report all the charts below only illustrate students that were present for both measurements. During the 2014-2015 school year Augusta gained 3 student in their measurements; this gain in students could be for a number of reasons. For the purposes of this report all the charts below only illustrate students that were present for both measurements. Analyzing the data showed that some of the students who had a change in their BMI had grew during the year.

When looking at the data closer for 2014-2015, there were only 19 students who remained consistent throughout the year. Below is the graph to illustrate the children from the 2014-2015 school year who remained consistent. When looking at the data closer, one male student went from being in the overweight (not obese) BMI to a normal BMI. The student who changed BMI categories gained 6.4 pounds; however, he also grew 5.1 inches in the time frame. The student started out with a BMI of 21.1 (95.1 BMI %ile) and ended with a BMI of 18.9 (84.5 BMI %ile).



## DELLROY ELEMENTARY SCHOOL

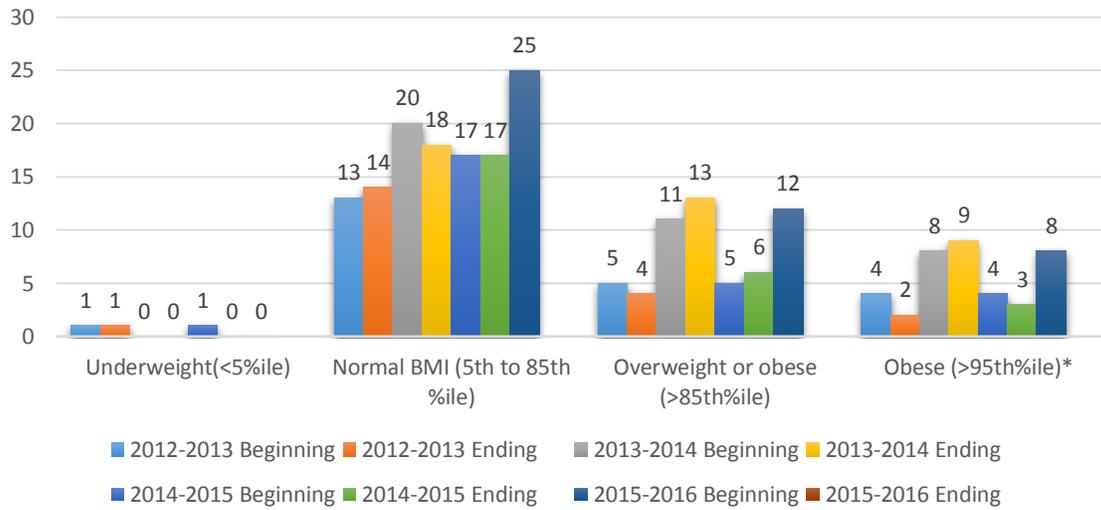


The asterisk (\*) means that the number of those who are obese in the 95<sup>th</sup> percentile or higher are students that were already included in the overweight or obese category; we were just separating out the obese students.

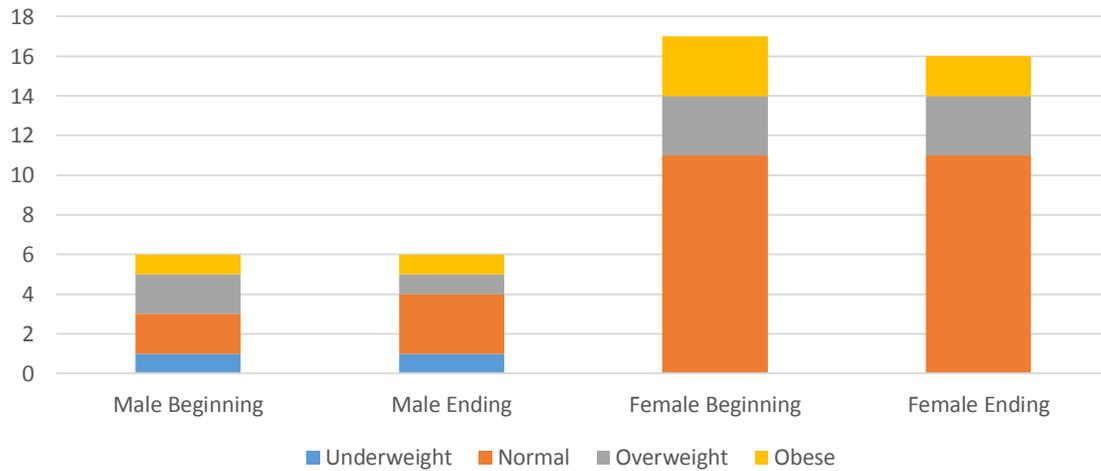
During the 2012-2013 school year Dellroy lost 1 student in their measurements; this loss in students could be for a number of reasons. For the purposes of this report all the charts below only illustrate students that were present for both measurements. During the 2013-2014 school year Dellroy lost 3 students in their measurements; this loss in students could be for a number of reasons. For the purposes of this report all the charts below only illustrate students that were present for both measurements. During the 2014-2015 school year Dellroy lost 1 student in their measurements; this loss in students could be for a number of reasons. For the purposes of this report all the charts below only illustrate students that were present for both measurements. Analyzing the data showed that some of the students who had a change in their BMI had grown during the year.

Looking closer at the 2012-2013 school year, the corrected number of students was 19. Those that were not present for both measurements were removed to eliminate error in the data. Initially Dellroy had 2 male students who fell in the overweight BMI category, at the end they only had one; as one of the students had went gone overweight BMI to normal BMI. Initially Dellroy had three female students in the obese BMI category at the beginning of the program, at the end of the program there was only 1; this showed that two of the females went into the overweight BMI category as there was no change in the normal BMI. The charts below also illustrate the BMI by gender for Dellroy Elementary in the 2012-2013 school year. When looking closely at this chart it is easier to see the progress from the beginning of the school year to the end. When looking at the males from 2012-2013, one student went from having a BMI that stated he was overweight to having a normal BMI by the end of the year. As for girls during this school year (2012-2013) went from an obese BMI to an overweight BMI. The following two schools years are also broken down by gender, in the 2013-2014 school year there were not many changes; however, during the 2014-2015 school year we noticed a female student who was underweight by BMI ended the school year with a normal BMI.

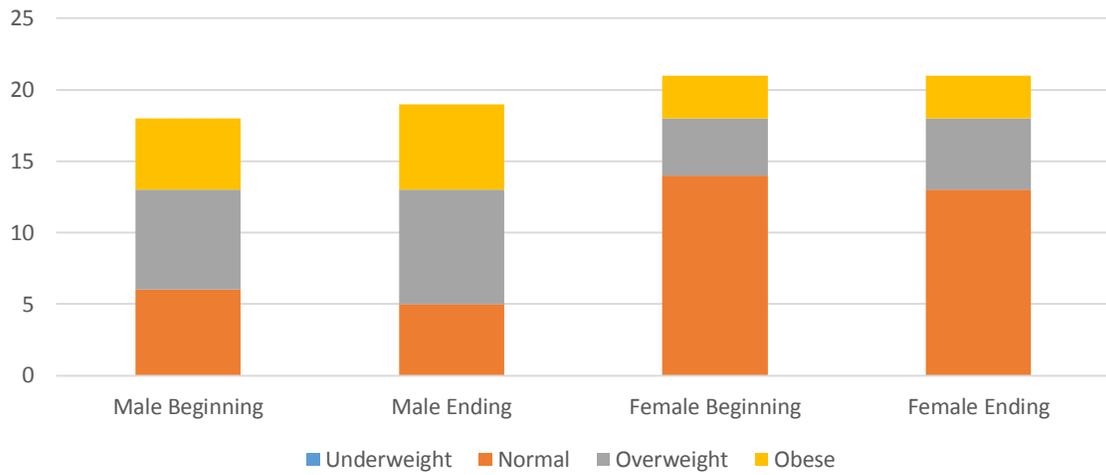
## Dellroy Elementary School Adjusted Number of Students



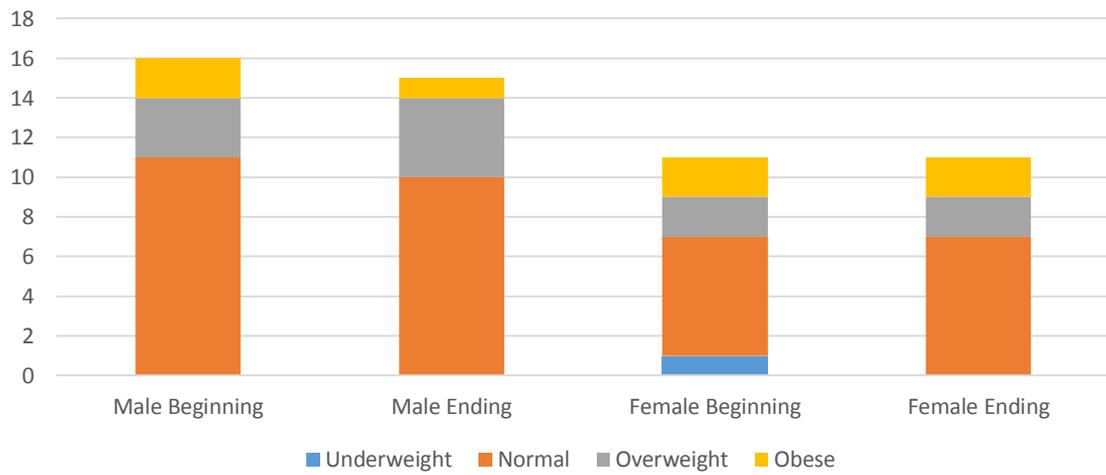
## Dellroy Elementary School BMI by Gender 2012-2013



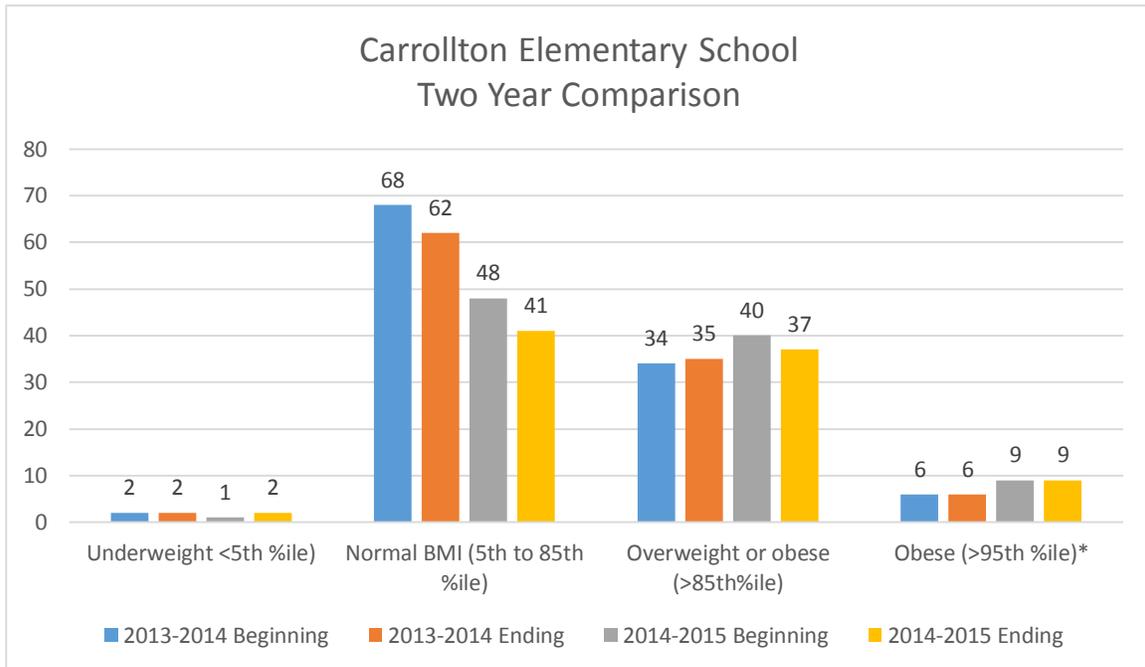
### Dellroy Elementary School BMI by Gender 2013-2014



### Dellroy Elementary School BMI by Gender 2014-2015



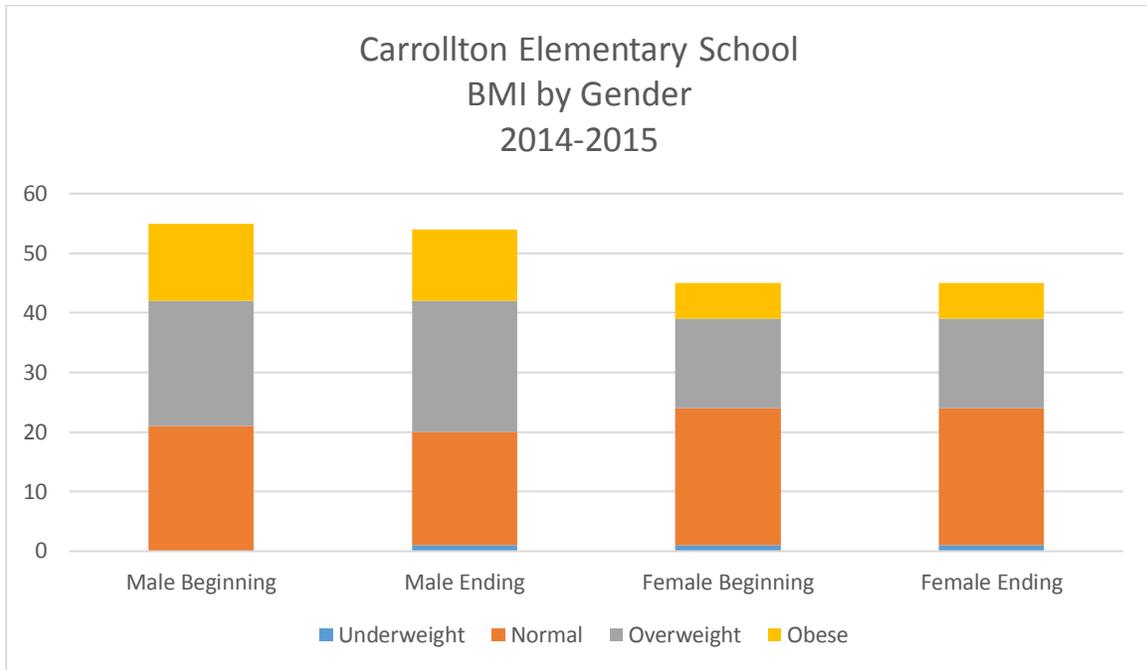
## CARROLLTON ELEMENTARY SCHOOL



*The asterisk (\*) means that the number of those who are obese in the 95<sup>th</sup> percentile or higher are students that were already included in the overweight or obese category; we were just separating out the obese students.*

During the 2013-2014 school year Carrollton lost 5 students in their measurements; this loss in students could be for a number of reasons. For the purposes of this report all the charts below only illustrate students that were present for both measurements. During the 2014-2015 school year Carrollton lost 9 student in their measurements; this loss in students could be for a number of reasons. For the purposes of this report all the charts below only illustrate students that were present for both measurements. Analyzing the data showed that some of the students who had a change in their BMI had grew during the year.

Looking closer at the 2014-2015 school year, the BMI by Gender did not drastically change. Only one male student went from a normal BMI to an underweight BMI. The female population did not change at all.



## CONCLUSION

When looking at this data, one can see a change in the BMI prior to the MyPlate program and at the completion of the program. While not all changes are drastic, there are changes that illustrate the importance of this program. Even by changing one student from an obese BMI to an overweight BMI is a success. A successful change in the obesity of our children can make impacts on their life in the future such as, high blood pressure and heart disease.<sup>v</sup> The MyPlate program is helping to reduce those risks, by implementing physical activity and healthy snacking.

## REFERENCES

- i. Ohio Department of Health. Child & Family Health Services.  
[https://www.odh.ohio.gov/odhprograms/cfhs/cf\\_hlth/cfhs1.aspx](https://www.odh.ohio.gov/odhprograms/cfhs/cf_hlth/cfhs1.aspx). Updated: 11/17/15.  
Referenced: 12/2/15
- ii. Ibid
- iii. Ibid
- iv. Ibid
- v. National Heart, Lung, and Blood Institute (NIH). Assessing Your Weight and Health Risk.  
[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/risk.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm). Accessed: 12/11/15