OVERWEIGHT AND OBESITY PREVALENCE

This first graph shows the overall percentiles of overweight and obesity among all children across all grades in the county. These data include boys and girls combined.

The thinner bars and corresponding values reflect the national averages of overweight and obesity among children ages 6–11 years as measured and calculated using the same protocol used to measure the children in Columbia County.

In Columbia County, approximately 65.5% of the children measured would be classified in the “healthy weight” category.

You can see from these data that Columbia County is above the national prevalence for overweight – and among those children who are overweight, Columbia County has fewer children who are obese, compared to the national averages.

Healthy People 2020 has established a goal of reducing the obesity rate among children ages 6–11 to 15.7% by 2020. This is an achievable goal for Columbia County!

OVERWEIGHT AND OBESITY SEX DIFFERENCES

This graph also shows overweight and obesity rates for the county, this time separated by sex. These data show that contrary to the general belief, Oregon’s children are very similar as it pertains to their weight status compared to the rest of the nation.

Note the characteristics of your county’s data. For example, there are marginal differences between boys and girls for the combined prevalence of overweight and obesity as well as the prevalence of obesity. While the GROW–HKC program does not focus on increased efforts toward one sex group or another based on the data, all efforts are conducted with an intent to reduce the rates for all children.

Efforts should focus on the whole school providing every student with an optimal environment to eat healthfully and be physically active!
OVERWEIGHT OR OBESE PREVALENCE BY GRADE AND SEX

This graph shows the upward trend of overweight and obese prevalence for both boys and girls. As a reminder – this includes all children who are in the 85th percentile or greater of BMI for age and sex. This highlights the need for early intervention. Specifically, it draws attention to the importance of ensuring that children are inhabiting healthy environments from the moment they enter school!

These data are presented by grade and sex.

OBESE PREVALENCE BY GRADE AND SEX

This graphic shows the prevalence of obesity. This includes all children who are in the 95th percentile or greater, sorted by grade and sex.
**PHYSICAL ACTIVITY BEHAVIORS**

We measured children during the entire school day (approximately 6.5 hours/per day) and found that children in Columbia County were doing 19 minutes/day of MVPA on average.

Increasing recess time, increasing the amount of active time in physical education, and providing classroom physical activity breaks are some ways that schools can help children achieve more MVPA during the school day!

The federal guidelines recommend that children should be doing at least 60 minutes of MVPA every day.

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**PHYSICAL ACTIVITY BEHAVIORS BY GRADE**

These data provide strong evidence that children are not being active enough during the school day. In addition, studies examining the relationship between physical activity and academic achievement have shown that students who engage in moderate and vigorous physical activity experience the greatest gains in academic performance.
PHYSICAL ACTIVITY BEHAVIORS BY SEX

This graph shows differences in total activity and MVPA between boys and girls in Columbia County. In general, we observed that girls are doing less MVPA and total activity compared to boys. We observed this phenomenon in all the schools where we measured physical activity during the school day. However, in terms of actual minutes, the differences are not very large.

The most important message when considering these data is that all children would benefit from more opportunities to be active during the school day.
COLUMBIA COUNTY
SUMMARY OF STUDY IMPACTS
FISCAL YEAR 2014

PHYSICAL ACTIVITY TOOLKITS
Balanced Energy Physical Activity Toolkits (BEPAT) provisioned in partnered elementary schools to increase students’ physical activity time during the school day.

BRIDGE CONSTRUCTION
Clatskanie; Scout Lake improvement: bridge built to improve access in rainy season.

RECREATION EQUIPMENT
Clatskanie; Check-It-Out Program: created a program to supply recreation equipment for families in the community. Surpassed target goals in Year 1.

WATER BOTTLE FILL STATION
Water bottle fill station installed at a partnered elementary school to increase water consumption.

MARKET SCALE
Clatskanie; Farmers Market improvement: provisioned scale so that all produce can be weighed, ensuring purchase prices are accurate.

DURING 2014-2015 COLUMBIA COUNTY ACHIEVED
2 GRANTS  1 INTERVENTION  25+ COMMUNITY ENGAGEMENTS
**SUBMITTED GRANTS IN 2014**


**COMMUNITY ENGAGEMENTS IN 2014**

Harden, L. & C. Boothe. (2014). GROW Community Action Group Meeting. Clatskanie, OR. 11 sessions of 2 hours, 4-8 participants.

Harden, L. (November 24, 2014). GROW Trails Project Proposal Update. (Presentation to the Clatskanie School Board). 1 session of 20 minutes, 10 participants.

Harden, L. & C. Boothe. (November 18, 2014). GROW Connecting our Community. (Presentation to the Kiwanis Club). 1 session of 20 minutes, 42 participants.

Harden, L. (October 29, 2014). GROW in Clatskanie Presentation. (Clatskanie Kiwanis Club). 1 session of 20 minutes, 42 participants.

Jackson, J & J. Rudolph. (October 22, 2014). GROW Family Focus Group. Clatskanie, OR. 1 session of 2 hours, 6 participants.

Harden, L. (September 24, 2014). Presentation of GROW Assessment Data to School Parent Supporting Education Association. Clatskanie Elementary School. 1 session of 30 minutes. 10 participants.

Harden, L., C. Boothe, & J. Rudolph. (September 15, 2014). GROW Connecting our Community. (Presentation to the Cemetery District Board). Clatskanie, OR. 1 session of 30 minutes, 4 participants.

Harden, L., C. Boothe, & J. Rudolph. (September 3, 2014). GROW Connecting our Community. (Presentation to Clatskanie City Council). Clatskanie, OR. 1 session of 30 minutes, 20 participants.

Jackson, J & L. Harden. (July 9, 2014). GROW Family Focus Group. Clatskanie, OR. 1 session of 1 ½ hours, 2 participants.

Jackson, J & J. Rudolph. (July 8, 2014). GROW Family Focus Group. Rainier, OR. 1 session of 2 hours, 9 participants.

Rudolph, J. (July 7, 2014). Presentation of the CDC Partnerships for Community Health Grant Project Proposal. (Columbia Pacific CCO Advisory Council). St. Helens, OR. 1 session of 1 hour, 8 participants.


Harden, L. (May 5, 2014). CES Teacher Garden Training. (Clatskanie Elementary School Teachers and Staff). Clatskanie, OR. 1 session of 45 minutes, 19 participants.

Harden, L., C. Boothe, & J. Rudolph. (April 22, 2014). GROW Community Action Group Meeting. Clatskanie, OR. 1 session of 1.5 hours, 5 participants.

Harden, L. (March 10, 2014). Balanced Energy Physical Activity Toolkit Training PART II. (Clatskanie Elementary School Teachers and Staff). Clatskanie, OR. 1 session of 1 hour, 19 participants.

Harden, L. (February 24, 2014). GROW Trails Project Proposal. (Presentation to the Clatskanie School Board). 1 session of 20 minutes, 10 participants.


Harden, L. (January 3, 2014). GROW in Clatskanie Presentation. (Clatskanie Turning Point Food Bank). 1 session of 30 minutes. 8 participants.

Harden, L. (January 2, 2014). Balanced Energy Physical Activity Toolkit Training PART II. (Clatskanie Elementary School Teachers and Staff). Clatskanie, OR. 1 session of 1 hour, 19 participants.
COLUMBIA COUNTY TEAM

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LIANA HARDEN
Faculty Research Assistant
Columbia County Extension

CHRIS BOOTHE
Community Champion
GROW Healthy Kids & Communities
Generating Rural Options for Weight (GROW) Healthy Kids and Communities is a 5-year, multi-level research project that seeks to inspire children, families, schools, and communities to create opportunities to eat healthfully and be physically active most every day. Our overarching goal is to prevent overweight and obesity in rural children. GROW Healthy Kids and Communities uses evidence-based research, community-engagement methods and tools, and innovative technology to explore the obesogenic rural environment and develop strategies that families and communities can use to lead a healthy lifestyle.

Figures and data presented in this report were collected 2013/2014 by GROW Healthy Kids and Communities, supported by USDA NIFA, grant number 2011-68001-30020.