In Klamath County, approximately 59.7% of the children measured would be classified in the “healthy weight” category.

You can see from these data that Klamath County is above the national prevalence for overweight – and among those children who are overweight, Klamath County has greater 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 Klamath County!

Efforts should focus on the whole school providing every student with an optimal environment to eat healthfully and be physically active!
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.

### Overweight or Obese Prevalence by Grade and Sex

<table>
<thead>
<tr>
<th>Grade</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>K</td>
<td>40%</td>
<td>39%</td>
</tr>
<tr>
<td>1</td>
<td>28%</td>
<td>53%</td>
</tr>
<tr>
<td>2</td>
<td>43%</td>
<td>46%</td>
</tr>
<tr>
<td>3</td>
<td>46%</td>
<td>50%</td>
</tr>
<tr>
<td>4</td>
<td>42%</td>
<td>40%</td>
</tr>
<tr>
<td>5</td>
<td>41%</td>
<td>41%</td>
</tr>
<tr>
<td>6</td>
<td>50%</td>
<td>47%</td>
</tr>
</tbody>
</table>

### Obese Prevalence by Grade and Sex

<table>
<thead>
<tr>
<th>Grade</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>K</td>
<td>20%</td>
<td>19%</td>
</tr>
<tr>
<td>1</td>
<td>10%</td>
<td>26%</td>
</tr>
<tr>
<td>2</td>
<td>24%</td>
<td>23%</td>
</tr>
<tr>
<td>3</td>
<td>19%</td>
<td>12%</td>
</tr>
<tr>
<td>4</td>
<td>32%</td>
<td>26%</td>
</tr>
<tr>
<td>5</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>6</td>
<td>21%</td>
<td>21%</td>
</tr>
</tbody>
</table>
**PHYSICAL ACTIVITY BEHAVIORS**

These data show that Klamath County children spend an average of 60 minutes per day of total physical activity. It’s important to define total activity so this number makes sense.

Total activity is a combined measure that includes light activity (defined as activities that require little effort such as sitting, standing, and stretching), moderate activity (defined as activities that require more effort and elevate the heart rate such as brisk walking, some active play, and dancing), and vigorous activity (defined as activities that require quite a bit of effort, and elevate heart rate and breathing rate such as running, jumping, climbing, very active play).

Moderate to vigorous physical activity (MVPA) is a combined measure of moderate and vigorous activities only. MVPA is the measure that is most highly related to most health outcomes.

We measured children during the entire school day (approximately 6.5 hours/per day) and found that children in Klamath 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.

**PHYSICAL ACTIVITY BEHAVIORS BY GRADE**

This graph presents the average daily total physical activity time and average daily combined moderate and vigorous activity time (MVPA) of children attending school in Klamath County. The data are shown across grades from first grade through sixth grade.

Please note the amount of time children were measured doing MVPA drops as grade level increases. This is a consistent trend nationwide that is observed in both boys and girls.

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.
This graph shows differences in total activity and MVPA between boys and girls in Klamath 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.
KLAMATH COUNTY
SUMMARY OF STUDY IMPACTS

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

**CLIMBING WALL**
Bonanza; Run-a-thon school fundraiser to help provision climbing wall and physical education equipment.

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

DURING 2014-2015
KLAMATH COUNTY ACHIEVED

4 GRANTS
1 INTERVENTION
25+ COMMUNITY ENGAGEMENTS
SUBMITTED GRANTS IN 2014


COMMUNITY ENGAGEMENTS IN 2014

Rojina, J. (February, 26 2015) Bonanza Wellness Committee Meeting. Bonanza, OR. 1 session of 45 minutes, 6 participants.

Rojina, J. (February, 18 2015) Youth Development Network Meeting. Bonanza, OR. 1 session of 60 minutes, 19 participants.

Case, P. & J. Rojina (February, 4 2015) Bonanza Wellness Committee Meeting. Bonanza, OR. 1 session of 30 minutes, 7 participants.

Rojina, J. (January, 14 2015) Bonanza Wellness Committee Meeting. Bonanza, OR. 1 session of 45 minutes, 5 participants.

Rojina, J. (January 13, 2015) Chiloquin Community Leader Interview. Klamath Falls, OR. 1 session of 60 minutes, 1 participant.

Elbert, Nikki (December, 2014) Bonanza Community Leader Interview (PART 1). Bonanza, OR. 1 session of 60 minutes, 3 participants.

Rojina, J. (December 29, 2014) Chiloquin Community Leader Interview. Chiloquin, OR. 1 session of 45 minutes, 1 participant.

Rojina, J. (December 24, 2014) Chiloquin Community Leader Interview. Chiloquin, OR. 1 session of 45 minutes, 1 participant.

Rojina, J. (December 23, 2014) Bonanza Community Leader Interview. Merrill, OR. 1 session of 1 hour and 45 minutes, 1 participant.

Rojina, J. (December 22, 2014) Chiloquin Community Leader Interview. Chiloquin, OR. 1 session of 30 minutes, 1 participant.

Rojina, J. (November 18, 2014) GROW presentation for Oregon Health and Sciences University (OHSU) nursing students. Klamath Falls, OR. 1 session of 30 minutes, 24 participants.

Case, P., Jackson, J & J. Rojina (October 29, 2014) GROW Focus Group. Chiloquin, OR. 1 session, 0 participants.

Case, P., Jackson, J & J. Rojina (October 28, 2014) GROW Focus Group. Bonanza, OR. 1 session of 1 hour and 20 minutes, 1 participant.

Rojina, J. (October 15, 2014) Chiloquin Community Leader Interview. Chiloquin, OR. 1 session of 1 hour and 20 minutes, 1 participant.

Rojina, J. (September 13, 2014) Safe Routes to School Bike Safety Training. Klamath Falls, OR. 1 session of 6 hours, 10 participants.

Rojina, J. (September 9, 2014) PPA Meeting. Bonanza, OR. 1 session of 60 minutes, 5 participants.

Rojina, J. (August 28, 2014) GROW Focus Group. Chiloquin, OR. 1 session of 1 hour and 30 minutes, 2 participants.

Rojina, J. (August 27, 2014) GROW Focus Group. Chiloquin, OR. 1 session of 1 hour and 30 minutes, 2 participants.

Rojina, J. (July 17, 2014) GROW Focus Group. Chiloquin, OR. 1 session of 1 hour and 30 minutes, 1 participant.

Rojina, J. (July 16, 2014) GROW Focus Group. Bonanza, OR. 1 session of 1 hour and 30 minutes, 1 participant.

Rojina, J. (May 9 & s8, 2014) Bonanza Wellness Committee Meeting. Bonanza, OR. 2 session of 45 minutes, 5 participants.


Rojina, J. (April 8, 2014) Bonanza Community Center Meeting. Bonanza, OR. 1 session of 60 minutes, 10 participants.

Case, P & J. Rojina (March 16, 2014) Family Recess Recruitment Event. Bonanza, OR. 1 session of 2 hours, open to all Bonanza School students and families.

Rojina, J. (February 25, 2014) Bonanza Community Center Meeting. Bonanza, OR. 1 session of 1 hour and 35 minutes, 12 participants.

Case, P & J. Rojina (February, 10 2014) Bonanza Community Center Meeting. Bonanza, OR. 1 session of 60 minutes, 11 participants.

Case, P & J. Rojina (February, 5 2014) Balanced Energy Physical Activity Toolkit Introduction (Bonanza School Teachers and Staff). Bonanza, OR. 1 session of 60 minutes, 13 participants.

Case, P & J. Rojina. (February, 3 2014) Balanced Energy Physical Activity Toolkit Introduction (Chiloquin Elementary School Teachers and Staff). Chiloquin, OR. 1 session of 30 minutes, 6 participants.
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.