



National Childhood Obesity Snapshot

The childhood obesity epidemic has resulted in a national obesity prevalence of 18.5% in youth ages 2 to 19 according to a report by the CDC in 2016. Since 1980, obesity rates among teens ages 12 to 19 quadrupled, from 5% to 20.6%. Not only has childhood obesity increased overall for youth across the nation but risk of obesity can increase with age, ethnicity, or sex.

Obesity rates are higher among Latino children (25.8%) and Black children (22%) than among White children (14.1%) and Asian children (11.0%).

Latino boys (28.0%) and African American girls (25.1%) are most likely to have obesity.

Boys are slightly more likely to have obesity than girls. In 2015-2016, 19.1% of boys had obesity and 17.8% of girls ages 2 to 19 had obesity.

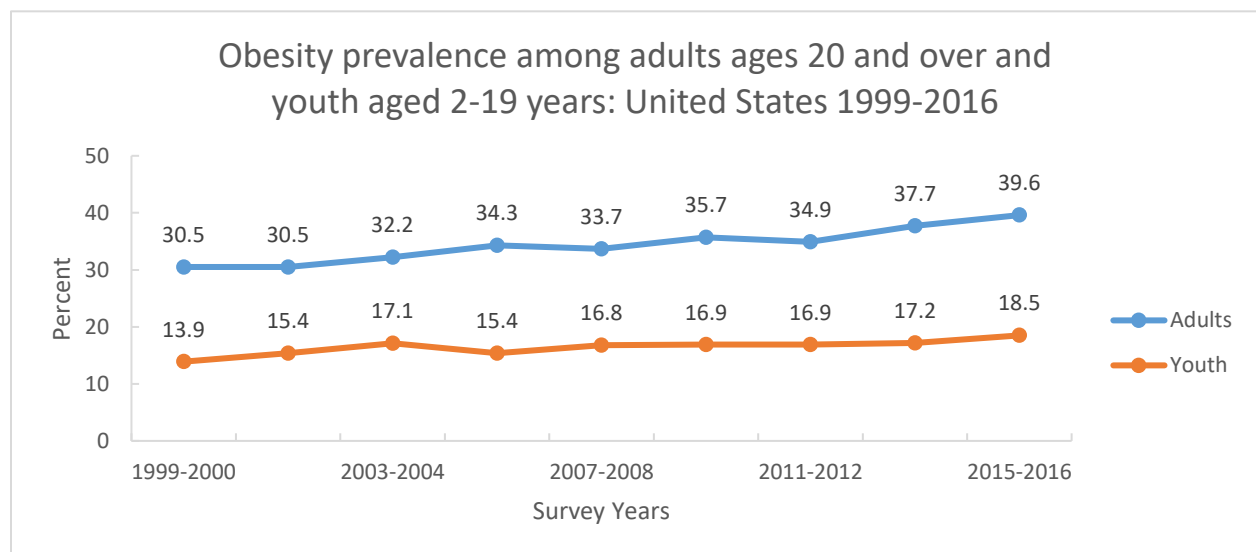


Figure 1. Increase in obesity prevalence among adults and youth from since 1999, C. M., Carroll, M. D., Fryar, C. D., & Ogden, C. L. (2017). Prevalence of obesity among adults and youth: United States, 2015-2016. US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Health Statistics. Retrieved from <https://www.cdc.gov/nchs/data/databriefs/db288.pdf>



Pomona Unified School District Obesity and School Lunch Report 2017

Pomona Unified School District Free and Reduced Price Meals

In 2017-2018 academic school year, 23,741 students attended 43 schools in Pomona Unified.

77.1% of students were eligible for Free meals while **85.7%** qualified for Free and Reduced Price Meals.

Questions that need to be asked:

- How many students are food insecure?
- How much plate waste is there?
- How will 2018-2019 universal no cost lunch affect participations rates?

PUSD School Meal Enrollment 2017-2018



Obese and Overweight Students

Pomona childhood obesity rates are some of the highest in Californian Cities: ranked **18th with 48% of youth being obesity and overweight** in 2010.

In 2017, Pomona students have the highest prevalence of obesity at grade 5 with 33%, dropping down to 25% by high school.

Hispanic students have the highest prevalence of obesity across 5th, 7th, and 9th grade levels (54%, 51%, & 47% respectively).

From 2014 to 2017, obesity among 5th graders has risen 4.4%, the fastest of all measured demographics.

Average PUSD Student BMI
2016-17 CA Physical Fitness Report

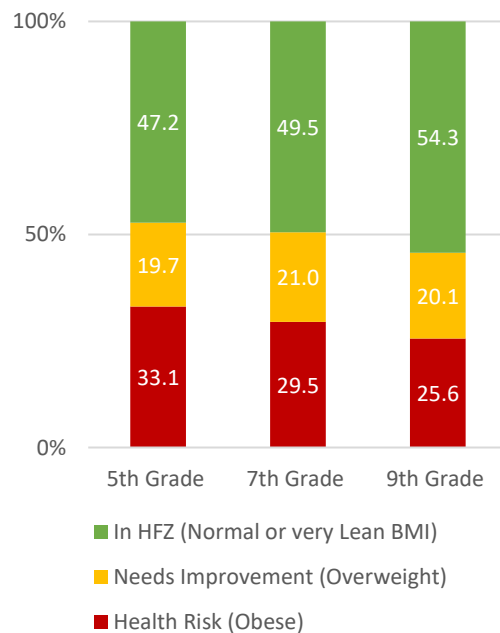
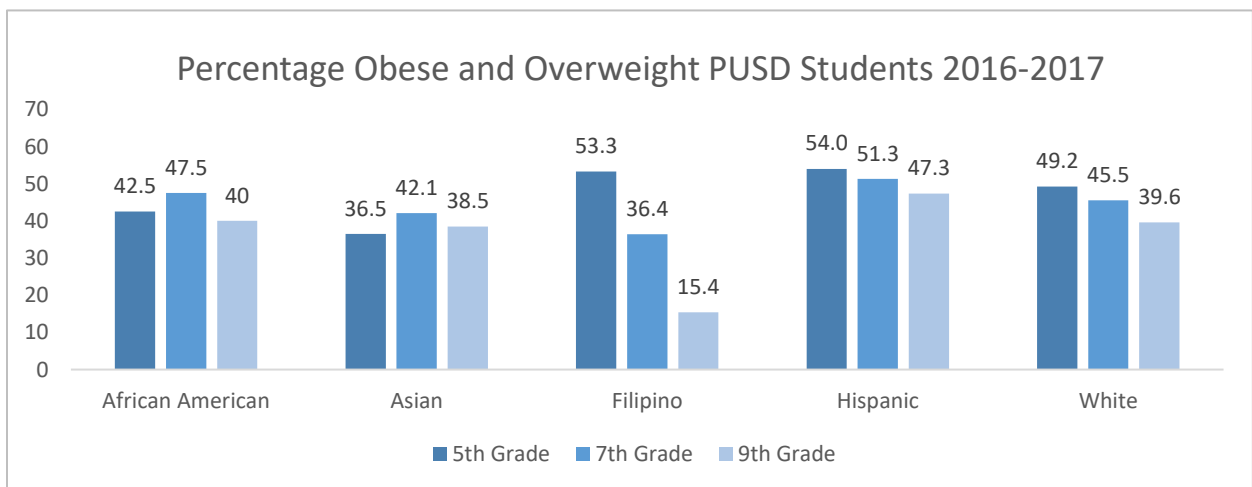
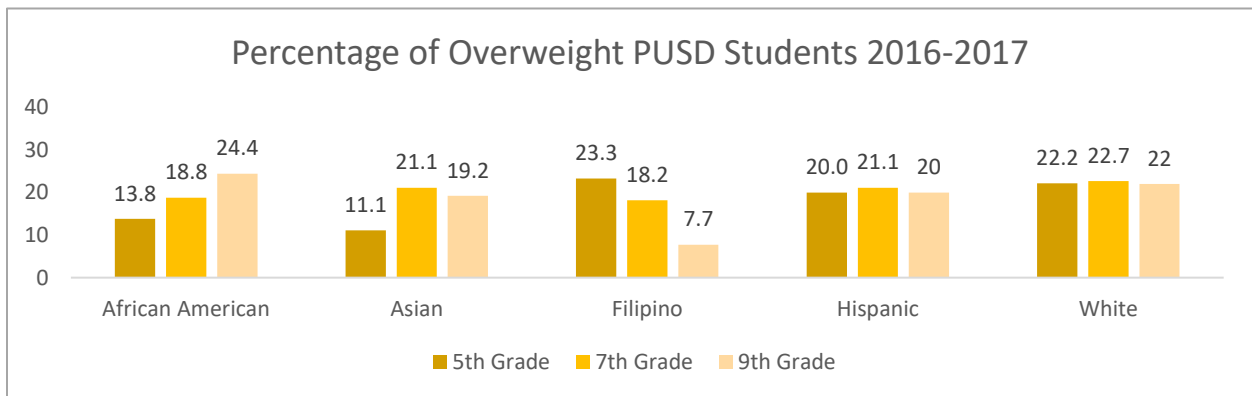
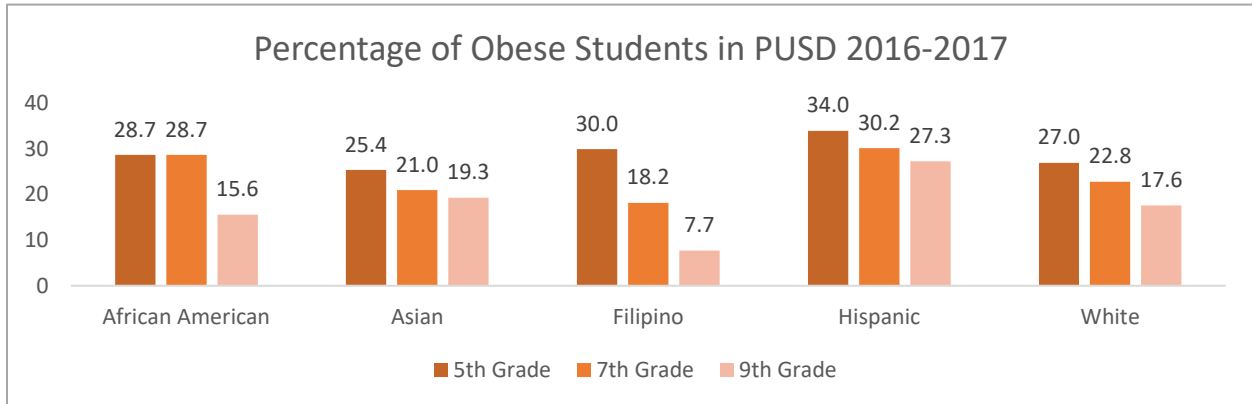


Figure 2. California Department of Education (2017). 2016-2017 California Physical Fitness Report, Pomona Unified District. Retrieved from <https://dq.cde.ca.gov/dataquest/PhysFitness/PFTDN/Summary2011.aspx?r=0&t=2&y=2016-17&c=19649070000000&n=0000>



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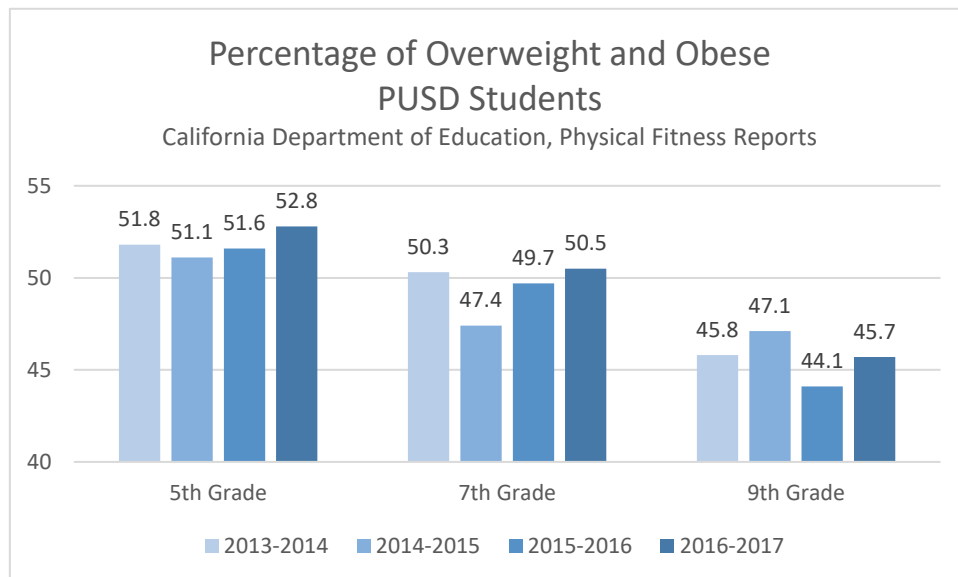
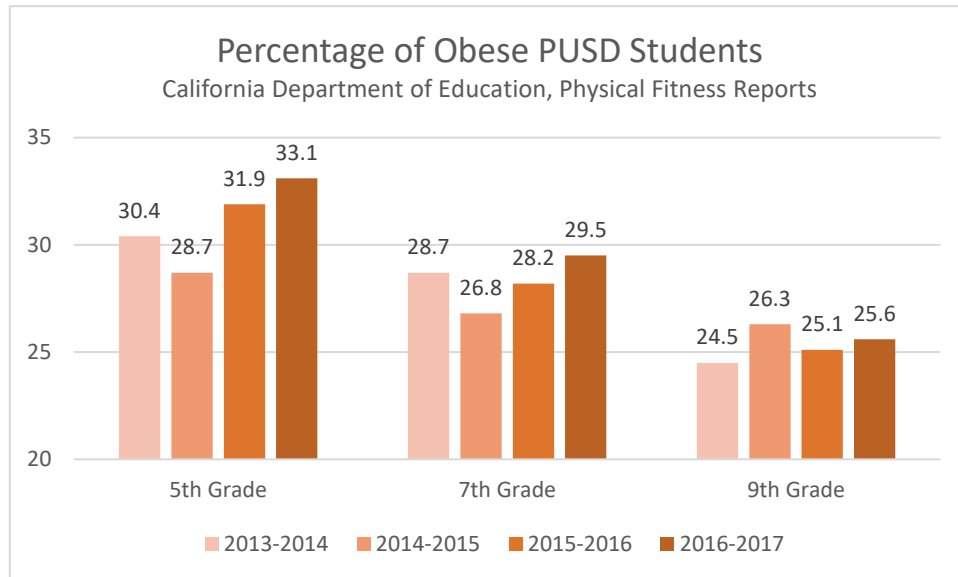


Figures 3, 4, 5. Overweight and obesity prevalence for PUSD students by Ethnicity. California Department of Education (2017). 2016-2017 California Physical Fitness Report, Pomona Unified District. Retrieved from https://dq.cde.ca.gov/dataquest/PhysFitness/PF_SearchName.asp?cLevel=District&TheYear=2016-

**Note. Native American/Alaskan Native, Native Hawaiian/Pacific Islander, and Two or More races not represented due to California Department of Education's confidentiality policy when the number of students tested is less than 10.



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Figures 6 & 7. Overweight and obesity prevalence for PUSD students by year. California Department of Education (2017). 2016-2017 California Physical Fitness Report, Pomona Unified District. Retrieved from <https://data1.cde.ca.gov/dataquest/page2.asp?level=School&subject=FitTest&submit1=Submit>

**Note. Physical fitness tests prior to 2013 used Healthy Fitness Zones not correlated to Body Mass Index categories: Very Lean, Normal, Overweight, and Obese.