

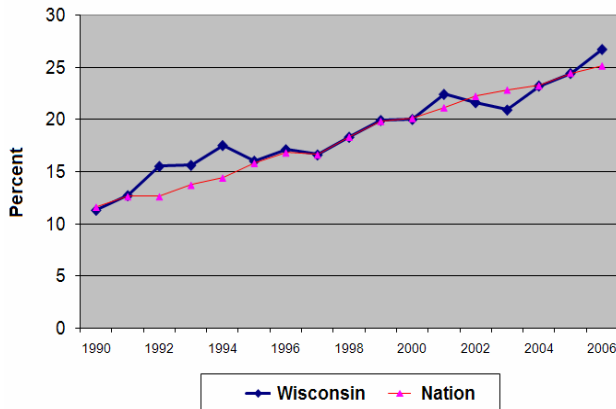
CHILDHOOD OBESITY AND PHYSICAL EDUCATION IN MPS

THE OBESITY EPIDEMICS

- In Wisconsin, 25% of adults and 11% of high school students are obese¹
- In Milwaukee, nearly 18% of high school students are obese²
- In Milwaukee, 12% of children ages 2 to 4 years who receive WIC are obese³

TRENDS IN OBESITY PREVALENCE: WISCONSIN AND U.S.

(Source: 1990-2006 BRFSS)



ECONOMIC IMPACT OF OBESITY

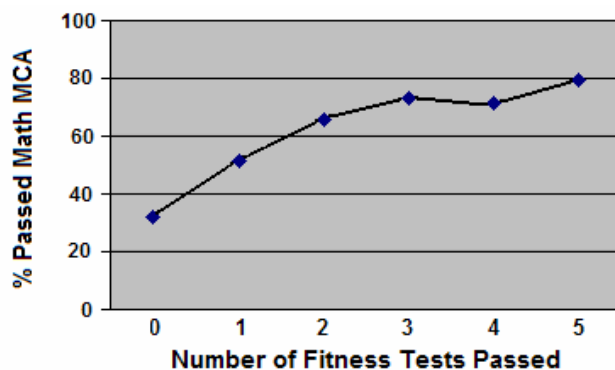
- Annual obesity-related healthcare spending in the U.S. is estimated to cost \$75 billion⁴
- **\$1.5 billion of these costs occur in Wisconsin⁴**
- Medical care costs for obese adults are nearly 38% higher compared to normal weight adults⁵

HEALTH RELATED CONSEQUENCES OF OBESITY

- Type 2 Diabetes
- High blood pressure
- Increased risk for heart disease
- Psychosocial
- Sleep apnea
- Arthritis

INCREASED PHYSICAL FITNESS CORRELATES WITH INCREASED TEST SCORES

(Source: Chomitz et al., *Journal of School Health*, 2009; 79(1):30-37)



WHAT CAN EACH MILWAUKEE PUBLIC SCHOOL DO?

CREATE AN ATTITUDE OF HEALTHY LIVING

- Make healthy living the culture within your school
- Make physical activity and healthy eating a priority for everyone
- Use physical activity to create a learning environment
 - Use action words (run, jump, skip, etc)
 - Do math with pedometers
 - Brain breaks:
www.emc.cmich.edu/BrainBreaks

PROMOTE PHYSICAL ACTIVITY

- Hire certified physical education teachers
- Walking clubs
- Organized recess
- Physical activity related field trips

PROMOTE GOOD NUTRITION

- No food/candy as incentives
- Healthy snacks and birthday treats
- Encourage staff to eat with the students



UTILIZE EXISTING RESOURCES

WITHIN MPS

- Successful schools in MPS with motivated PE teachers and staff
- Teacher In-Services
 - Share ideas on grant writing and getting staff participation
- Family Education
 - Healthy snacks and meals
 - Increase physical activity at home

ADVOCACY

- Contact your legislators

FUNDING

- Grant Writing
 - NASPE - provides links to PE specific grant opportunities
 - Target Corporation
 - DPI Grants
 - Fresh Fruit and Vegetable Program Grant
- Donations
 - Donorschoose.org
 - Community Organizations
- Fundraising
 - PTO fundraisers
 - Sell student made cook books

CONTACT INFORMATION

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