

YOUTH OBESITY


**Efforts to reduce obesity and obesity-related
chronic health problems in Round Valley
Youth**

- ▶ Nationally, one in five (20%) school-aged children (age 6-19) are obese.
- ▶ Children with obesity are at higher risk for having other chronic health conditions and diseases that impact physical health, such as asthma, sleep apnea, bone and joint problems, type 2 diabetes, and risk factors for heart disease

Centers for Disease Control and Prevention (2017).
Childhood Obesity Facts.
<https://www.cdc.gov/healthyschools/obesity/facts.htm>



Round Valley Youth (Age 10-19)

- ▶ 20% of youth have BMI > 30.0
 - ▶ 26% of AI/AN youth have BMI > 30.0
 - ▶ Highest BMI recorded 53.3
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- A series of three parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, located in the lower right quadrant of the slide.

Round Valley Youth (Age 10-19)

- ▶ 14 youth diagnosed with Pre-DM or Metabolic Syndrome
 - ▶ 92% of these are AI/AN
 - ▶ Youngest is 13
- ▶ 11 youth designated as “high risk” for developing Pre-DM/DM
 - ▶ BP > 95th percentile for age or Dx HTN
 - AND
 - ▶ BMI > 95th percentile for age or > 30.0
- ▶ Half of this “high risk” group is under the age of 16.
- ▶ All of the “high risk” group are also AI/AN

COMMON FACTORS OF OBESITY

- ▶ Limited access to healthy and affordable foods
- ▶ Environment (foods available at concessions stands and social gatherings)
- ▶ Food insecurity
- ▶ Learned/Poor eating habits
- ▶ Marketing targeting youth
- ▶ Increased screen time
- ▶ Decreased physical activity

National Center for Children in Poverty (2010). *Adolescent Obesity in the United States*.
http://www.nccp.org/publications/pub_977.html

COMMUNITY DIABETES ACTION COUNCIL (CDAC)

Initially formed within Grindstone Indian Rancheria (GIR) and Mechoopda Indian Tribe (MIT) in partnership with Northern Valley Indian Health, the Northern Valley CDAC lead to a greater awareness of a healthier lifestyle and improved diabetes measure outcomes.

In 2014, Northern Valley CDAC shared their success, and the Round Valley CDAC was formed.





COMMUNITY HOPES FOR PREVENTING AND MANAGING DIABETES

- ▶ Change the attitude that nothing can be done
- ▶ Increased family/parent involvement, support and family time
- ▶ Increased support within the community and from those in leadership positions
- ▶ Increase knowledge and use of traditional foods, medicines and practices
- ▶ Increased knowledge of diabetes causes, prevention, screening and management



July 2016 Youth Basketball Clinic







Ashley Kanownik
Lucinda Gurrola
Kerra Stillwell

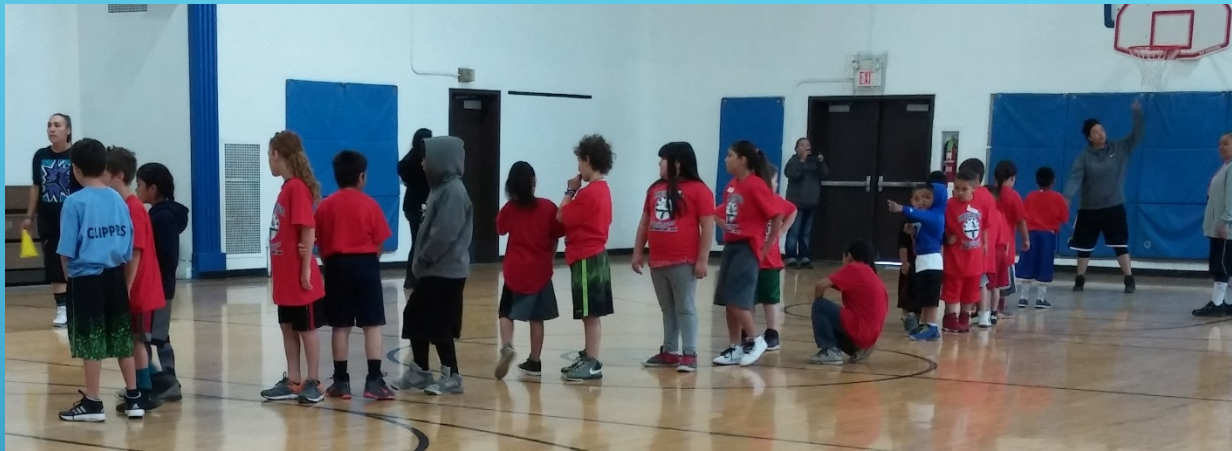
Dean Meyer

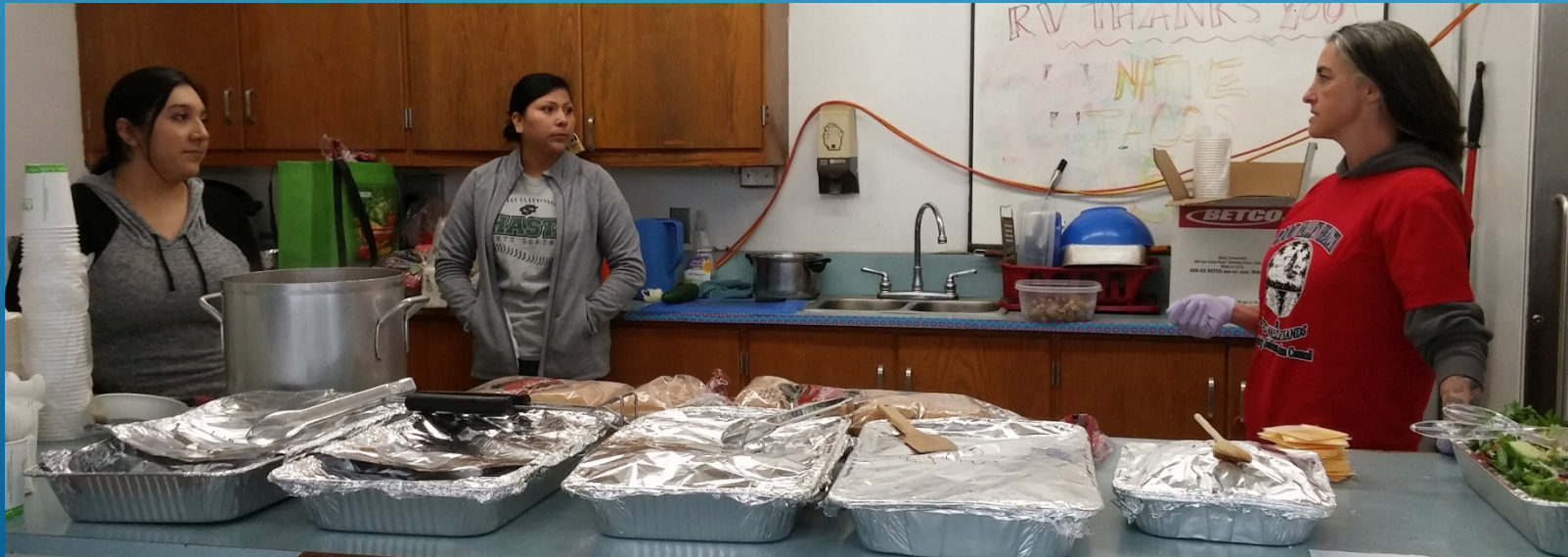
Kimberly Stillwell

Julian Medel

**Thanks
Coaches**

April 2017 Youth Basketball Clinic





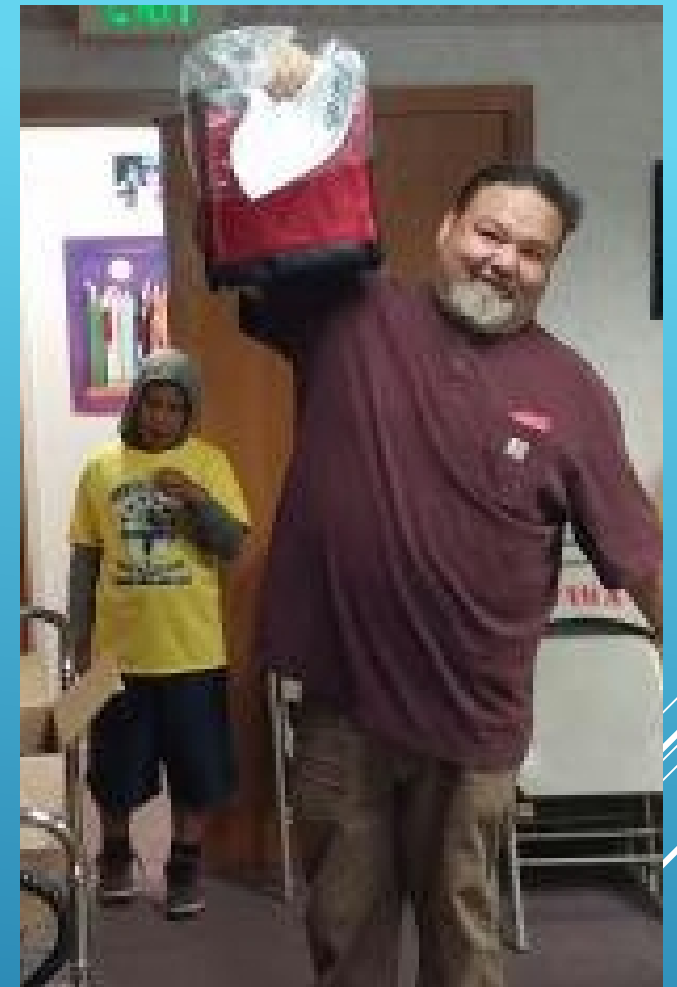




COOKING CLASSES
SEPTEMBER 2016-JANUARY 2017



DIABETES AWARENESS WALK
MAY 2016



DIABETES AWARENESS WALK MAY 2017



WALK/RUN AND STICK GAMES
HARVEST & GRATITUDE CELEBRATION NOVEMBER 2016



WALK & BIKE MENDOCINO: SAFE ROUTES TO SCHOOL PROJECT



*Walk & Bike
Mendocino Safe
Routes to School*



*Round Valley
Indian Health
Center*



*Round Valley
Community
Diabetes Action
Council (CDAC)*

For more information:

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