



# **Obesity in Chicago Public Schools and *Healthy CPS***

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City of Chicago  
Mayor Rahm Emanuel

Chicago Public Health Department  
Bechara Choucair, M.D., Commissioner

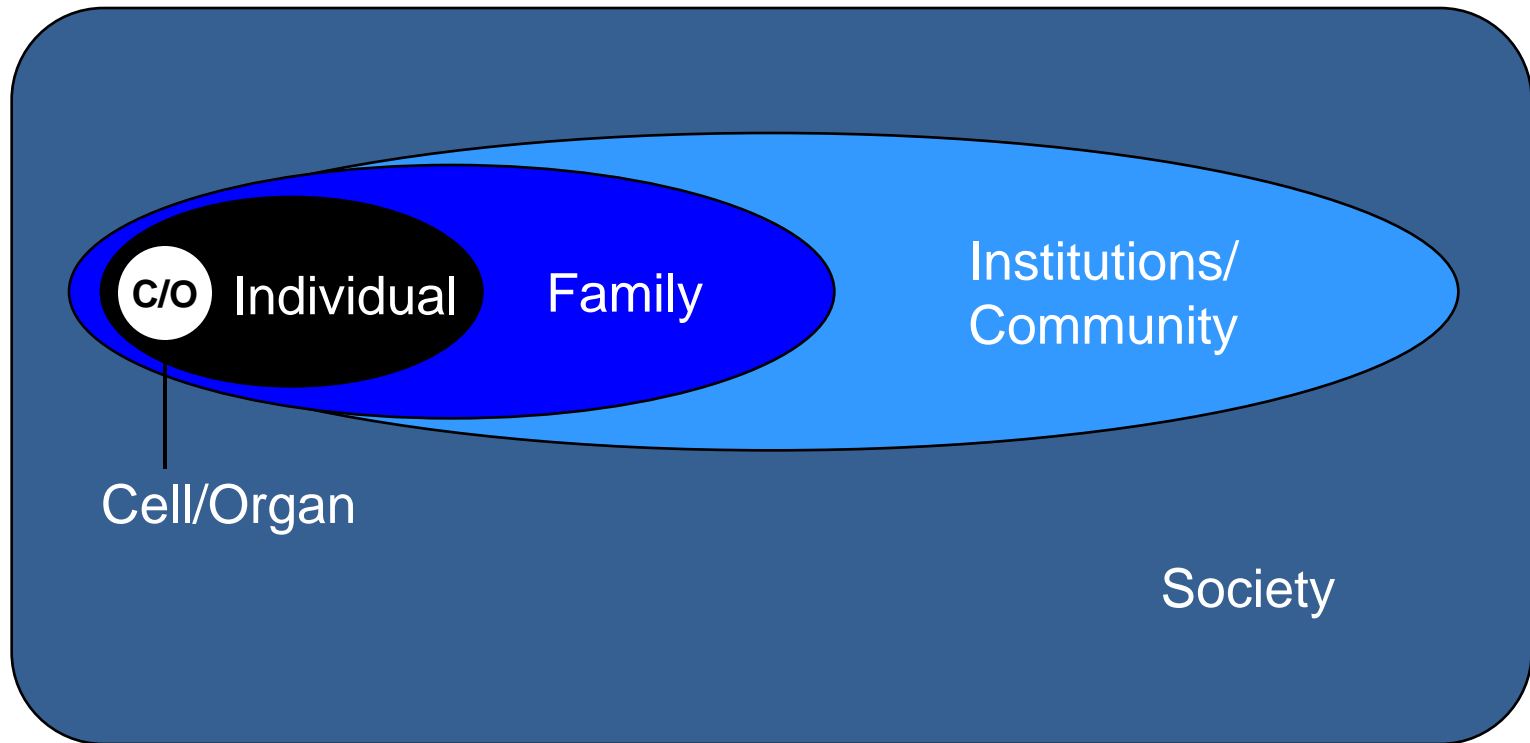


# Report Highlights

- Descriptive statistics on childhood obesity are now available for CPS, CDPH, and community groups to devise specialized interventions
- Overall obesity prevalence in the three grade levels assessed was 25%
- Obesity estimate for kindergarten-aged students is lower than what was reported in two previous studies
- *Healthy Places* and *Healthy CPS*, initiatives of *Healthy Chicago*, focus on changes in policies and environments



# CLOCC's Ecological Model: Factors Influencing Childhood Obesity

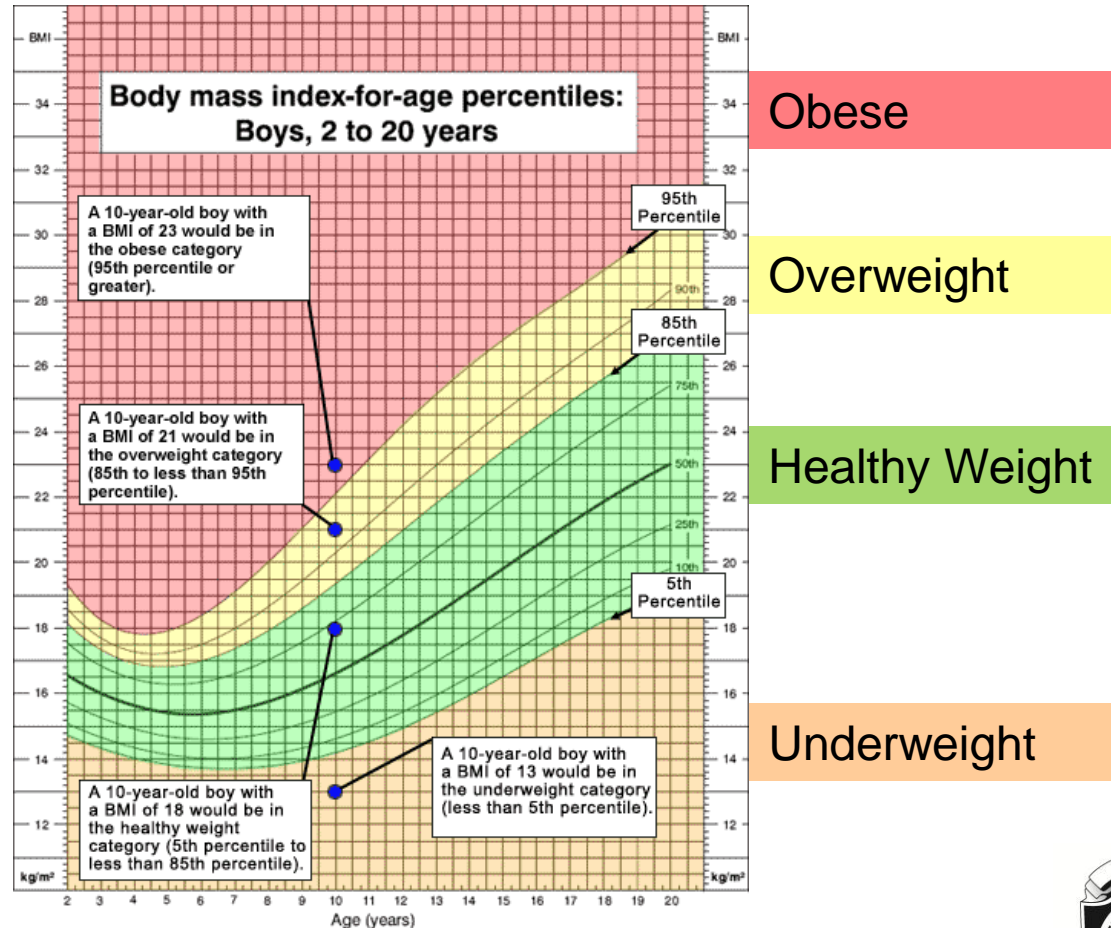


# Body Mass Index (BMI)

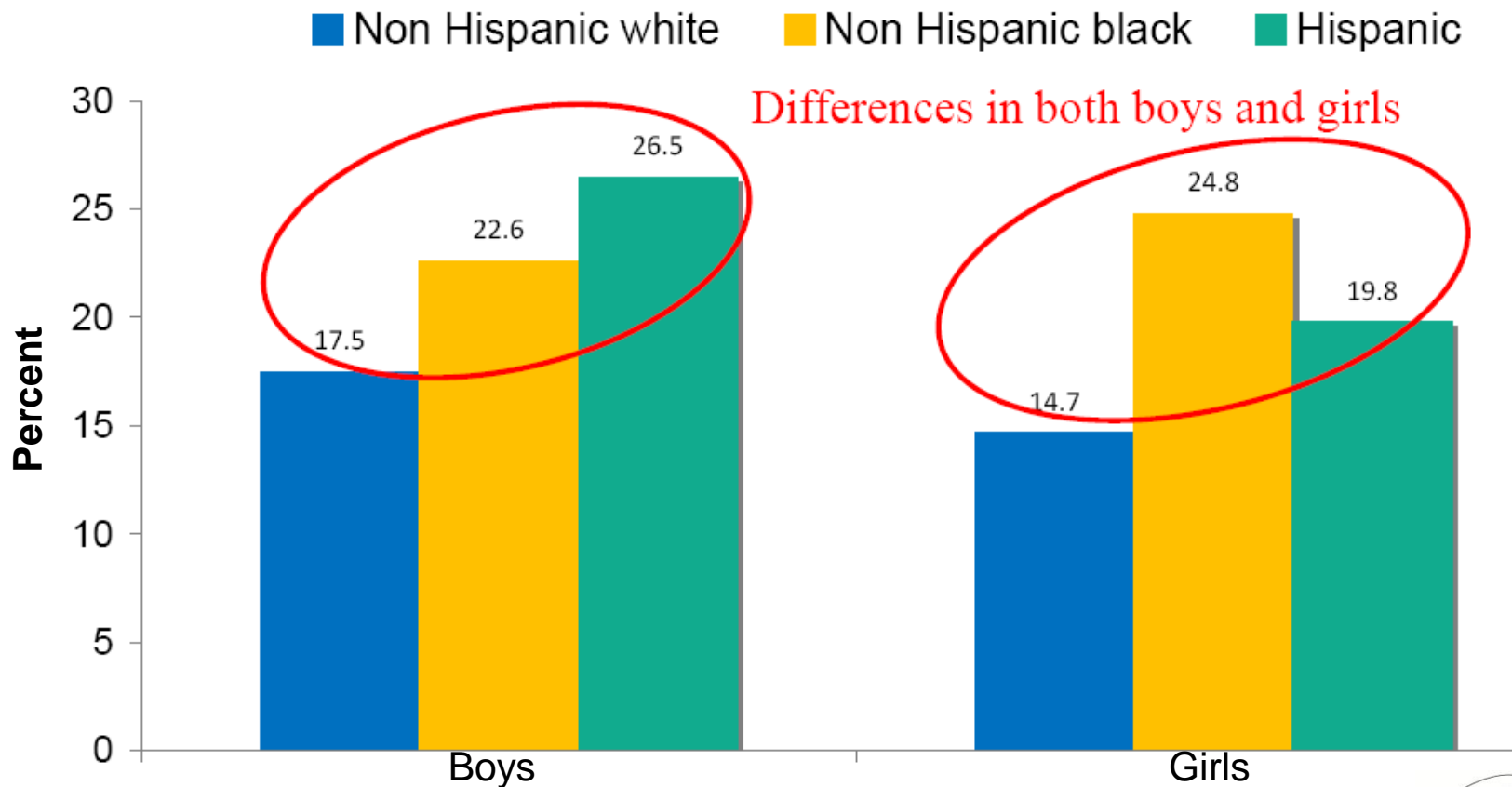
- Obesity refers to excess body fat
- $BMI = \text{Weight (kg)} / \text{height(m)}^2$
- Recommended for adults, adolescents, and children
- Does not distinguish between fat and muscle



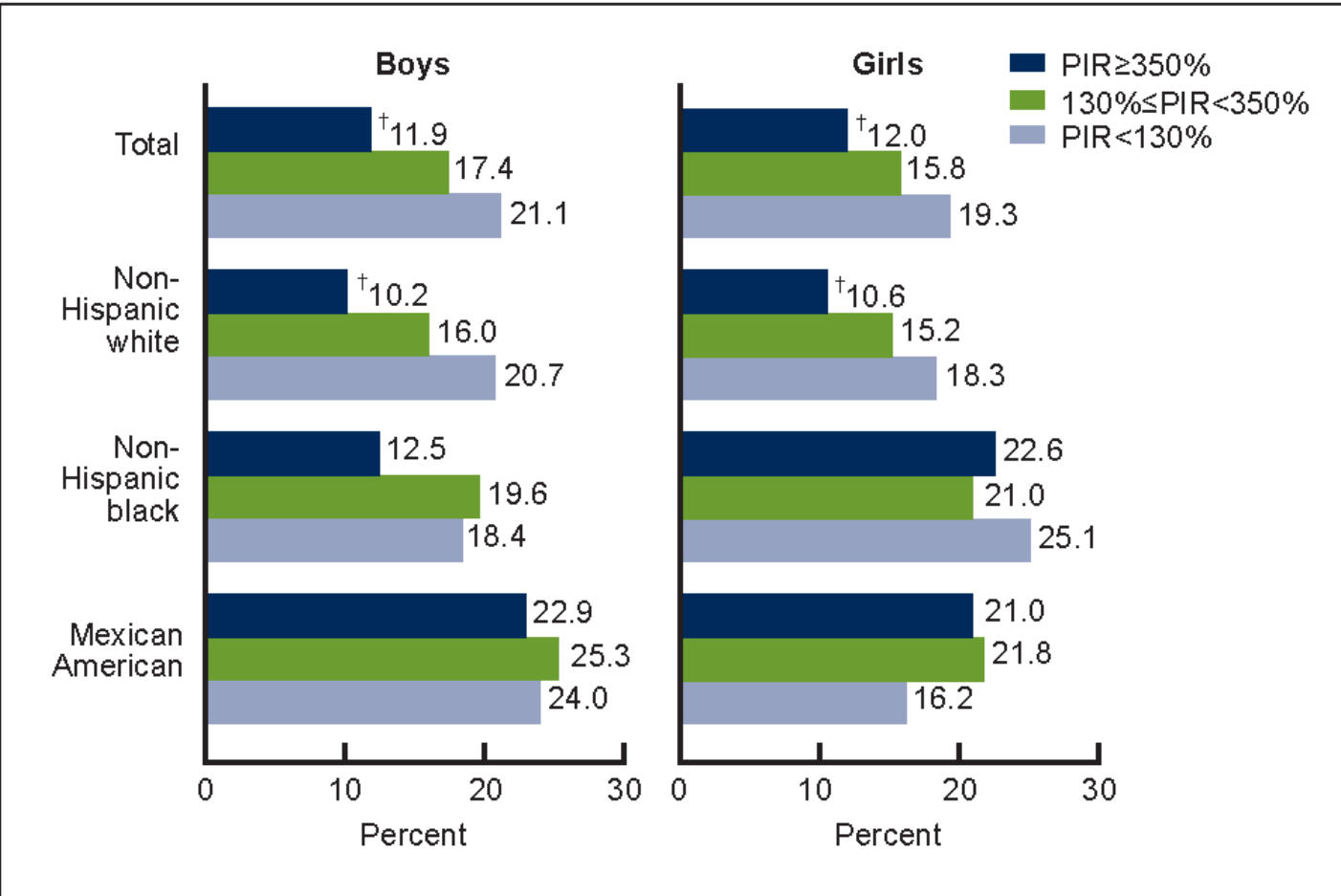
# Defining Obesity in Children Using 2000 CDC BMI Growth Charts



# Prevalence of obesity in 2-19 year olds, United States, 2009-2010



# Prevalence of obesity among children and adolescents aged 2-19 years by poverty income ratio and race-ethnicity, United States, 2005-2008

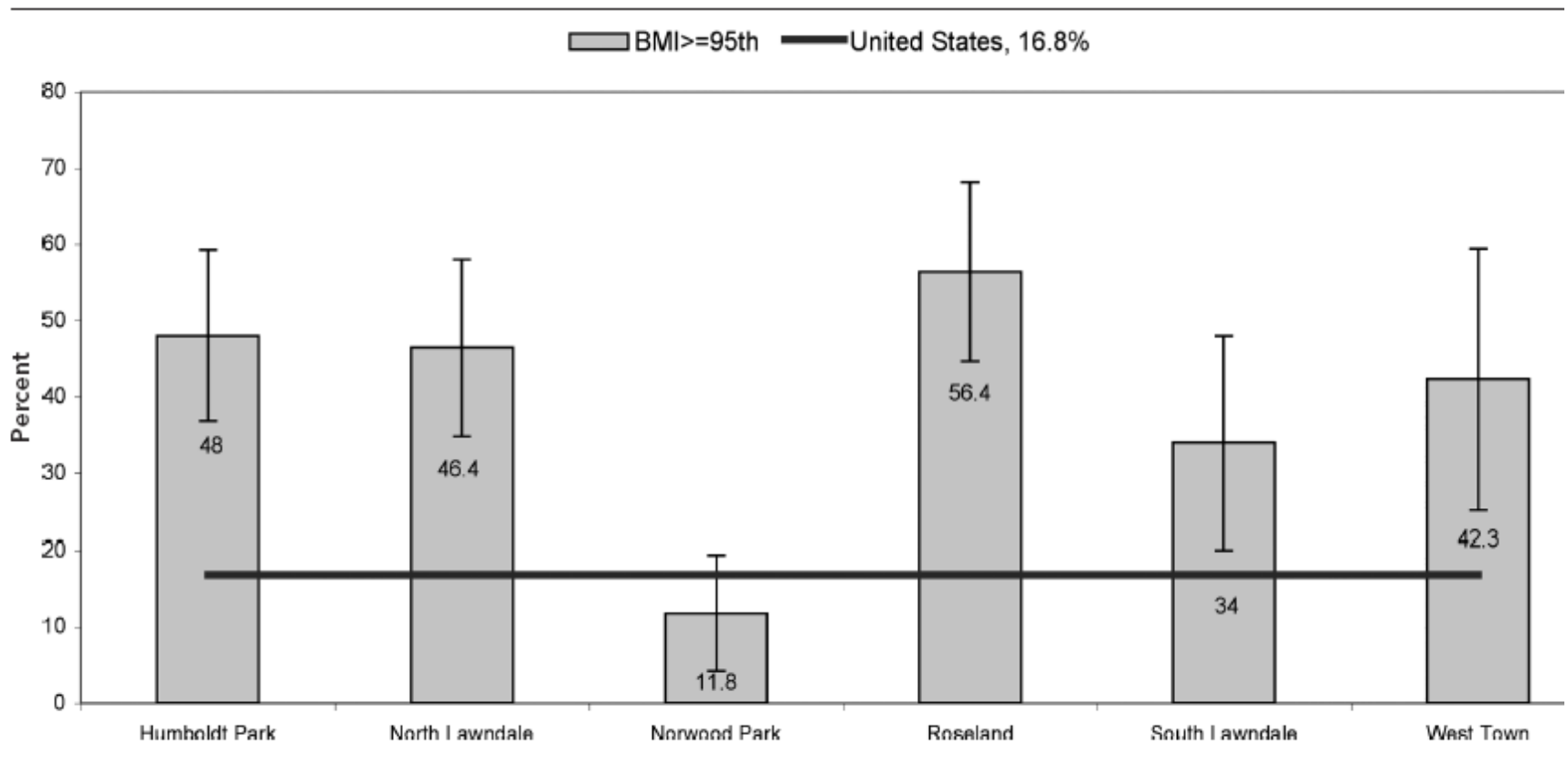


†Significant trend.

NOTES: PIR is poverty income ratio. Persons of other race and ethnicity included in total.



# Prevalence of obesity among children aged 2-12 years in six Chicago communities compared with US, 2002



Source: Margellos-Anast et al., Public Health Reports 2008.

[http://www.suhichicago.org/files/publications/PHR\\_child\\_obesity.pdf](http://www.suhichicago.org/files/publications/PHR_child_obesity.pdf)



# Data Source

- Illinois Child Health Examination form must be completed by students entering kindergarten, sixth, and ninth grades
- Paper forms entered by school staff into IMPACT-SIM, the district's web-based student information system

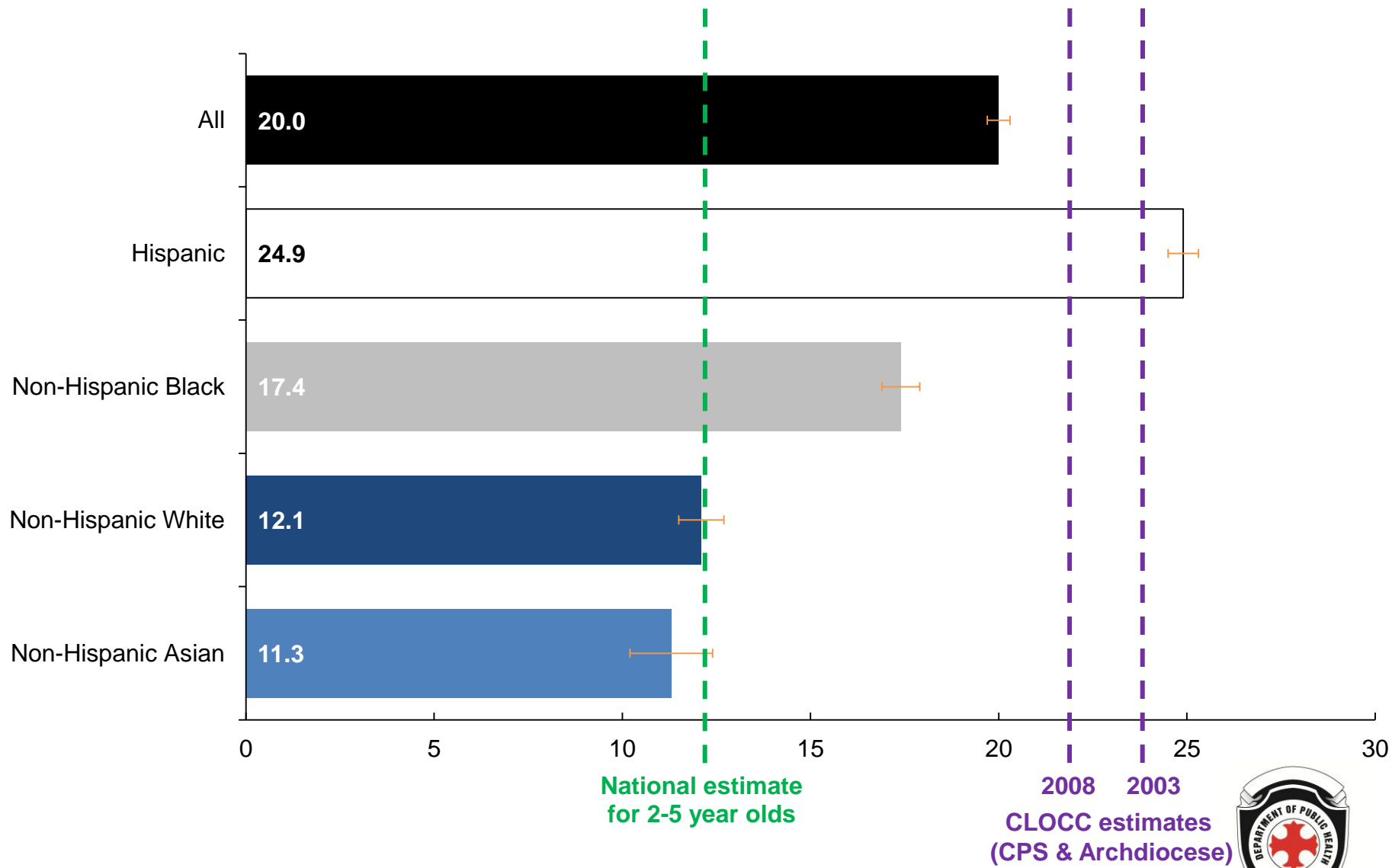


# Overall Assessment

- Records of 88,527 CPS students in the three grades assessed
  - 44% Hispanic
  - 42% non-Hispanic black
  - 9% non-Hispanic white
  - 3% non-Hispanic Asian
- 59,794 (67.5%) had recent, valid, and complete data sufficient for BMI percentile calculation
- Obesity prevalence was 25%

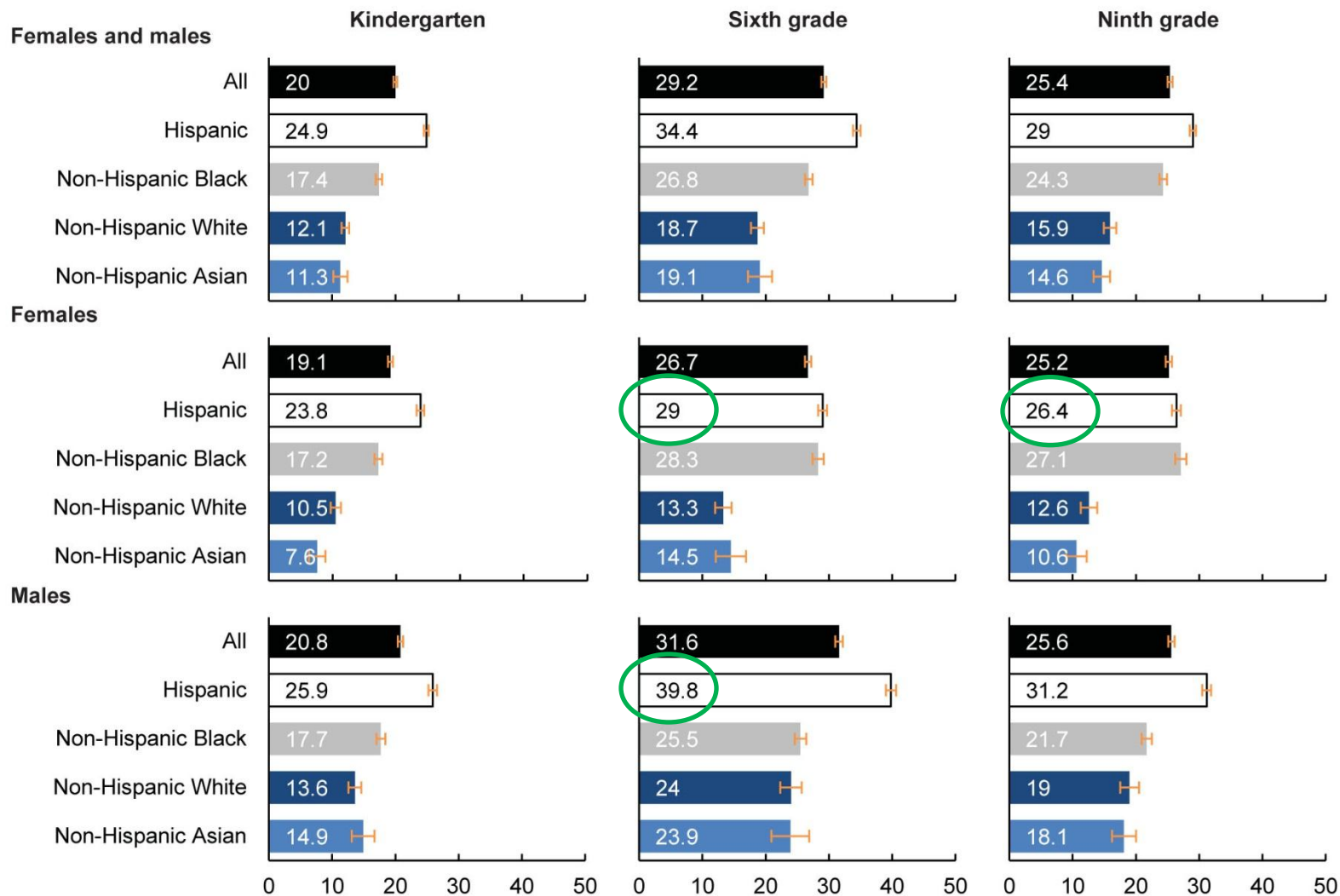


# Adjusted estimates of obesity prevalence among CPS students in kindergarten by race-ethnicity, 2010-2011



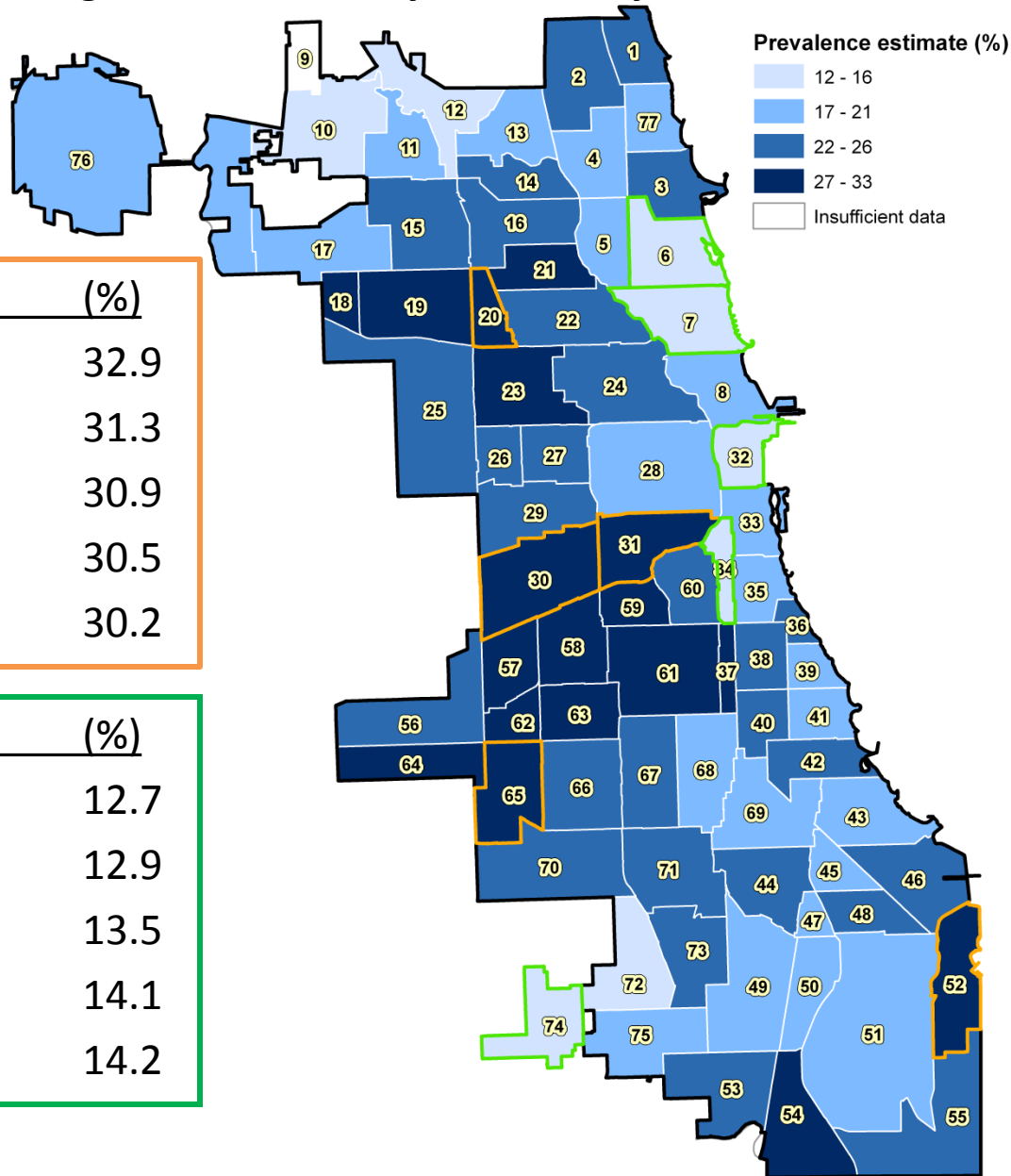
Orange bars denote 95% confidence limits (i.e., the margin of error associated with each estimate).

# Adjusted estimates of obesity prevalence among CPS students in kindergarten, sixth and ninth grades, 2010-2011



Orange bars denote 95% confidence limits (i.e., the margin of error associated with each estimate).

# Estimates of obesity prevalence among Chicago Public School students in grades kindergarten, 6, and 9 by community area of residence



<u>Five highest estimates</u>	(%)
South Lawndale (30)	32.9
Hermosa (20)	31.3
East Side (52)	30.9
Lower West Side (31)	30.5
West Lawn (65)	30.2

<u>Five lowest estimates</u>	(%)
Lincoln Park (7)	12.7
Mount Greenwood (74)	12.9
Loop (32)	13.5
Armour Square (34)	14.1
Lake View (6)	14.2



Adjusted for non-response and standardized to District-wide grade-level enrollment proportions.



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# HEALTHY CPS

— AN INITIATIVE OF HEALTHY CHICAGO —

# Community Transformation Grant: Small Communities

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- Design and implement community-level programs that prevent chronic diseases
- Expanded to support small communities
- A total of \$70 million nationwide
- Directly impact about 9.2 million Americans

# Healthy CPS Strategic Directions



Healthy and  
Safe  
Environments



Tobacco-Free  
Living



Active Living,  
Healthy  
Eating



Emotional  
Well-Being  
and Mental  
Health

**Healthy Students, Better Learners**





# Active Living, Healthy Eating: Tactics

Strengthen Nutrition Education programming

Increase water consumption at school

Policy implementation

Develop grant communication strategy

Support healthy mobile food vendors

Strengthen Physical Education programming

Strengthen Physical Activity programming

Develop parent engagement strategy



# Strengthen Nutrition Education

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## Objective (CPS)

- Overall: Increase the number of teachers who deliver health education in alignment with the National Health Education Standards from 800 to 5,800.
- Strategies:
  - Conduct Health Education Curriculum Analysis Tool in sample of 25 Chicago Public Schools, including a supportive school system
  - Convene Health Education Committee to develop guidelines for health education implementation



# Increase water consumption

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## Objective (CPS)

- Overall: Increase the number of elementary students with access to drinking water throughout the school day from 0 to 4,000.
- Strategies:
  - Purchase and disseminate water bottles to 10 pilot elementary schools
  - Provide technical assistance to 10 pilot schools to design a plan to increase water consumption
  - Develop model standards of practice to increase student water consumption and distribute standards district-wide



# Policy implementation

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## Objective 1 (CPS)

- Overall: Increase the number of students in schools that meet the revised criteria of the Chicago Public Schools local wellness policy from 30,00 to 70,000.
- Strategies:
  - Provide technical assistance on action steps and promising strategies and practices to assist schools in meeting the requirements of the new Local School Wellness Policy
  - Implement a system to monitor compliance with and impact of the revised School Wellness Policy



# Policy implementation

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## Objective 2 (CPS)

- Overall: Increase the number of students with access to healthy snacks and beverages that align with the nutrition standards outlined in Chicago Public Schools' Healthy Snacks and Beverages policy from 0 to 40,000.
- Strategies:
  - Provide technical assistance on action steps and promising strategies and practices to assist schools in meeting the requirements of the new Healthy Snacks and Beverages Policy
  - Assess school compliance with Healthy Snacks and Beverages Policy



# Support healthy mobile food vendors

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## Objective (CLOCC)

- Overall: Increase the number of students with access to healthy mobile food vendors on school grounds from 0 to 10,000.
- Strategies:
  - Survey vendors to identify challenges and opportunities for providing healthy food options on school grounds
  - Provide technical assistance to vendors at 25 schools on providing healthy food and beverages options on school grounds
  - Create Healthy Mobile Vending guidance for schools



# Strengthen Physical Education Programming

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## Objective 1 (CPS)

- Overall: Increase the number of elementary students engaged in moderate-to-vigorous physical activity for 50% of Physical Education class from 0 to 266,000.
- Strategies:
  - Convene external Physical Education stakeholders to develop strategic plan for strengthening Physical Education
  - Develop standardized scope and sequence for Physical Education in collaboration with Physical Education Leadership team based on national standards



# Strengthen Physical Education Programming

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## Objective 2 (CPS)

- Overall: Increase the number of students in five high schools with access to 4 years of required Physical Education courses from 0 to 2,500 students.
- Strategies:
  - Develop operating procedures for schools to require four years of physical education.
  - Pilot programming at five high schools
  - Draft district-wide guidance on requiring four years of physical education for all high school students





# Strengthen Physical Activity Programming

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## Objective (CPD)

- Overall: Increase the number of children receiving 30 minutes of physical activity per day in Chicago Park District early childhood programs from 0 to 2,800.
- Strategies:
  - Provide technical assistance to Chicago Park District to adopt a voluntary policy requiring a minimum of 30 minutes of physical activity in early childhood programs
  - Apply voluntary policy to all new Chicago Park District early childhood programs



# Develop parent engagement strategy

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## Objective (HSC)

- Overall: Increase the number of parents actively engaged in School Wellness Teams from 0 to 290.
- Strategies:
  - Develop guidance for Chicago schools on parental engagement in schools wellness teams
  - Conduct four trainings for stakeholders on guidance for parent engagement in school wellness teams

# STUDENT WELLNESS



# HEALTHIERUS SCHOOL CHALLENGE



*Healthy Snacks and  
Beverages Policy*



*Rewards &  
Punishments*



*Standards for  
Nutrition in School  
Meals*



*Comprehensive  
Wellness Policy*



*Healthy Fundraising*

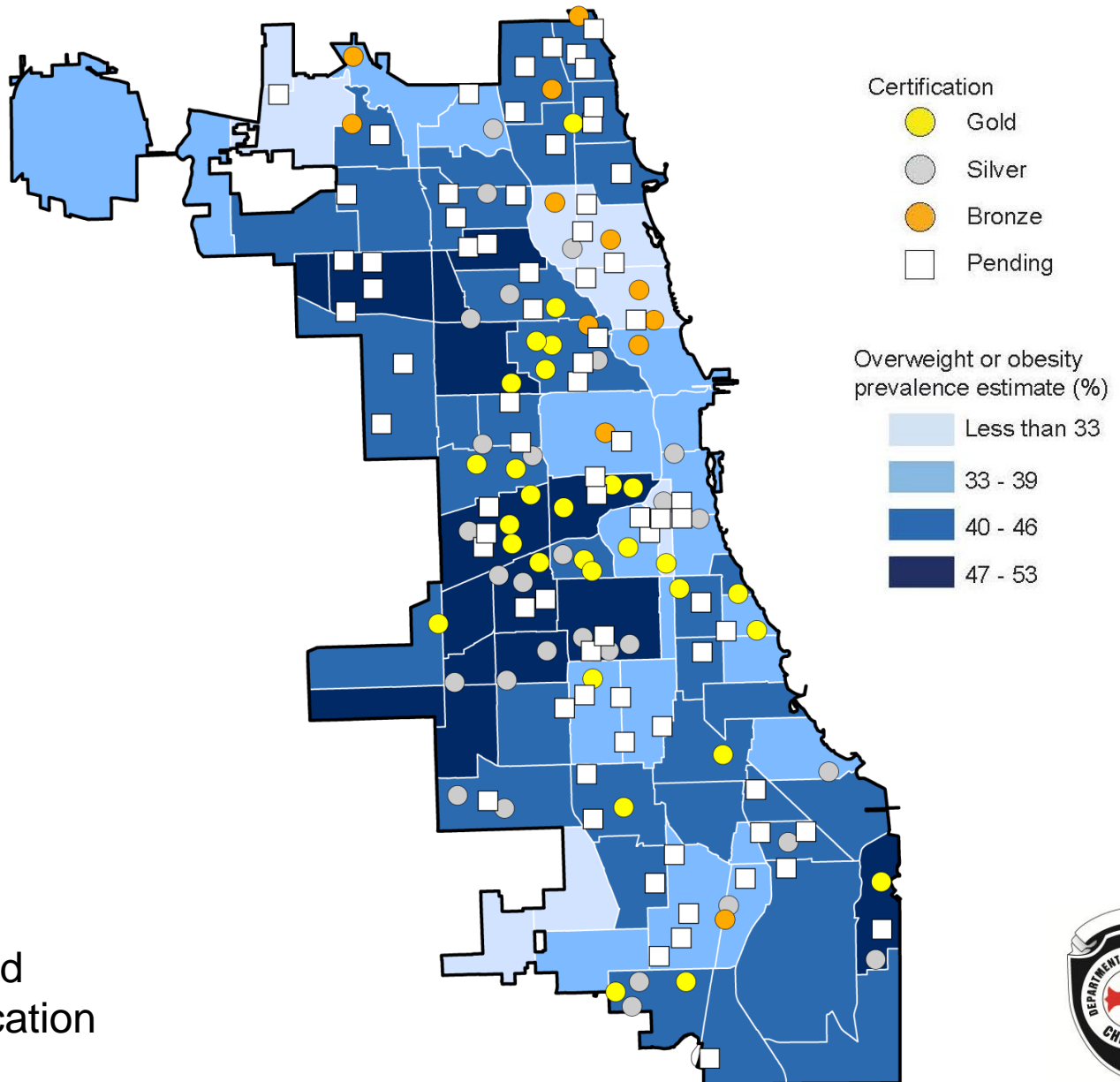


*Physical Activity*



*Nutrition  
Education*

# HealthierUS School Challenge Certification as of December 2012 with prevalence of overweight or obesity among CPS Students in grades kindergarten, 6, and 9 by community area of residence, 2010-2011



70 schools certified  
75 pending certification



# SCHOOL PROGRESS REPORT

Report

CHICAGO PUBLIC SCHOOLS | CPS

William Shakespeare Elementary School



...tion? This school received a Level 3 rating, ... This rating is based on a combination ... visit <http://cps.edu/Performance/Pages/>

E

... progress each school year? No, 38% of ... the expected gains in math. This is below average

R

... readiness? No, 12% of students are at grade level ... below the national average.

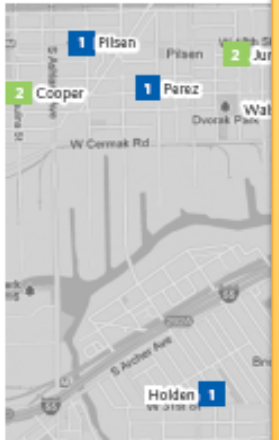
... feel safe? Does staff support students and set high expectations? Yes, ... and teacher survey, this school has a strong culture and learning climate.

**COLOR KEY**

<span style="color: blue;">■</span> EXCELLENT	<span style="color: blue;">■</span> LEVEL 1
<span style="color: lightblue;">■</span> GOOD	<span style="color: lightblue;">■</span> LEVEL 2
<span style="color: green;">■</span> AVERAGE	<span style="color: green;">■</span> LEVEL 3
<span style="color: yellow;">■</span> BELOW AVERAGE	
<span style="color: red;">■</span> POOR	

## How are schools in...

The map below shows schools in the area they are performing. If you are interested in schools, please visit [www.cps.edu/S](http://www.cps.edu/S)



## Frequently Asked Q...

**What is the NWEA MAP test?** This test is given to students in grades K-8 at the beginning and end of the school year to measure what they have learned during the year. These scores are compared to other students in the nation.

**How does CPS decide which schools are performing well and how much students are growing?** CPS uses the Performance Policy. This year the Performance Policy will be based on the NWEA MAP test. You can learn more about the Performance Policy at [www.cps.edu/spr](http://www.cps.edu/spr).

**What are the Climate and Culture measures and why do they matter?** A great school is more than just a school that does well on tests. Great schools provide a safe, respectful, and academically rich environment. CPS uses surveys, discipline data, attendance rates, and more to measure these things.

**Where can I get more information on the measures used in this report?** Please visit [www.cps.edu/spr](http://www.cps.edu/spr) for more information.

### Healthy Schools Certification:



This school is Healthy Schools Certified. Schools must meet the criteria of the USDA's HealthierUS School Challenge, a key pillar of Michelle Obama's Let's Move initiative, to become Healthy Schools Certified. Learn more at [www.goforthegoldcps.org](http://www.goforthegoldcps.org).

### Healthy Schools Certification:



This school has not yet become Healthy Schools Certified. Schools must meet the criteria of the USDA's HealthierUS School Challenge, a key pillar of Michelle Obama's Let's Move initiative, to become Healthy Schools Certified. Learn more at [www.goforthegoldcps.org](http://www.goforthegoldcps.org)

### Healthy Schools Certification:



This school is pending certification to be Healthy Schools Certified. Schools must meet the criteria of the USDA's Healthier US School Challenge, a key pillar of Michelle Obama's Let's Move initiative, to become Healthy Schools Certified. Learn more at [www.goforthegoldcps.org](http://www.goforthegoldcps.org)

### Healthy Schools Certification:



The Healthy Schools certification is *adipiscing elit*. In consequat egestas semper. To learn more about this achievement your school can earn, visit [www.cps.edu/spr](http://www.cps.edu/spr).



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# POLICY GOALS

- Codify current health and wellness initiatives and policies
- Standardize best practices across the district
- Align policies with HealthierUS School Challenge standards
- Preempt new USDA regulations for snacks and beverages outside of school meals
- Set achievable expectations for schools to encourage compliance
- Establish CPS as a national leader in student health by meeting and exceeding school wellness policy best practices



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