

# The New Jersey Childhood Obesity Study

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**Newark**

**School BMI Data**

Punam Ohri-Vachaspati, PhD  
Kristen Lloyd, MPH  
Jolene Chou, MPH  
Nirvana Petlick, BA  
Susan Brownlee, PhD  
Michael Yedidia, PhD

**For more information contact**  
Email: [pohri@ifh.rutgers.edu](mailto:pohri@ifh.rutgers.edu)



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# Table of Contents

About the Study.....	3
In this Chartbook.....	4
Overweight & Obesity in Five New Jersey Cities .....	5
Overweight & Obesity by Age Group .....	6
Overweight & Obesity by Gender.....	8
Overweight & Obesity by Age & Gender .....	10

# About the Study

*The New Jersey Childhood Obesity Study*, funded by the Robert Wood Johnson Foundation, aims to provide vital information for planning, implementing and evaluating interventions aimed at preventing childhood obesity in five New Jersey municipalities: Camden, Newark, New Brunswick, Trenton, and Vineland. These five communities are being supported by RWJF's New Jersey Partnership for Healthy Kids program to plan and implement policy and environmental change strategies to prevent childhood obesity.

Effective interventions for addressing childhood obesity require community-specific information on who is most at risk and on contributing factors that can be addressed through tailored interventions that meet the needs of the community.

Using a comprehensive research study, the Center for State Health Policy at Rutgers University is working collaboratively with the State Program Office for New Jersey Partnership for Healthy Kids and the five communities to address these information needs. The main components of the study include:

- A household survey of 1700 families with 3 -18 year old children
- De-identified heights and weights data from public school districts
- Assessment of the food and physical activity environments using objective data

Data books and maps based on the results of the study are being shared with the community coalitions in the five communities to help them plan their interventions.

## In This Chartbook...

The tables and graphs in this chartbook were created using data collected by 24 randomly selected Newark Public Schools for the school year 2008 - 2009. Rutgers Center for State Health Policy obtained de-identified data from the schools and computed a BMI score and a BMI percentile (BMIPCT) for each child. Weight status is defined using the following BMIPCT categories.

<u>BMIPCT</u>	<u>Weight Status</u>
BMIPCT < 85	Not Overweight or Obese
BMIPCT ≥ 85	Overweight and Obese
BMIPCT ≥ 95	Obese
BMIPCT ≥ 97	Very Obese

BMIPCT categories are presented at the city level and in sub-group analysis by age and gender. Race and ethnicity data were not available for Newark.

Tables and graphs on pages 5, 7, and 9 show comparisons with national estimates (National Health and Nutrition Examination Survey, 2007-2008). The national data are representative of all 2-19 year old children in the US.

Each graph and table is accompanied by brief summary statements. Readers are encouraged to review the actual data presented in tables and graphs as there is much more detail.

*Source: CSHP 2010, Newark public schools 2008-2009 BMI data*

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## Prevalence of Childhood Overweight and Obesity In Five New Jersey Cities

		Overweight & Obese (BMIPCT ≥ 85)	Obese (BMIPCT ≥ 95)	Very Obese (BMIPCT ≥ 97)
<b>City</b> (Ages 3-19)	<b>Camden</b>	<b>39.8%</b>	<b>23.3%</b>	<b>17.3%</b>
	<b>Newark</b>	<b>44.2%</b>	<b>25.2%</b>	<b>18.3%</b>
	<b>New Brunswick</b>	<b>46.4%</b>	<b>26.7%</b>	<b>19.9%</b>
	<b>Trenton</b>	<b>47.3%</b>	<b>28.0%</b>	<b>21.0%</b>
	<b>Vineland</b>	<b>43.6%</b>	<b>25.3%</b>	<b>18.5%</b>
<b>NHANES</b> (Ages 2-19)	<b>All</b>	<b>31.7%</b>	<b>16.9%</b>	<b>11.9%</b>
	<b>Non-Hisp Black</b>	<b>35.9%</b>	<b>20.0%</b>	<b>14.9%</b>
	<b>Mexican Am</b>	<b>38.9%</b>	<b>20.8%</b>	<b>14.9%</b>
	<b>Hispanic</b>	<b>38.2%</b>	<b>20.9%</b>	<b>15.2%</b>
	<b>Non-Hisp White</b>	<b>29.3%</b>	<b>15.3%</b>	<b>10.5%</b>

Sources:

CSHP 2010, BMI data from public schools in 5 NJ cities, 2008-2009

NHANES 2007-2008 data

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- Overall, rates of overweight and obesity are higher in the five NJ cities compared to the national data.

# Newark

## Prevalence of Childhood Overweight & Obesity

### By Age Group

		Not Overweight (BMIPCT < 85)	Overweight & Obese (BMIPCT ≥ 85)	Obese (BMIPCT ≥ 95)	Very Obese (BMIPCT ≥ 97)
<b>3-5 yrs</b>	(n=736)	<b>55.4%</b>	<b>44.6%</b>	<b>26.6%</b>	<b>20.0%</b>
<b>6-11 yrs</b>	(n=3,903)	<b>53.3%</b>	<b>46.7%</b>	<b>26.7%</b>	<b>19.2%</b>
<b>12-19 yrs</b>	(n=4,201)	<b>58.2%</b>	<b>41.8%</b>	<b>23.4%</b>	<b>17.1%</b>
<b>Total</b>	(n=8,840)	<b>55.8%</b>	<b>44.2%</b>	<b>25.2%</b>	<b>18.3%</b>

Source: CSHP 2010, Newark public schools 2008-2009 BMI data

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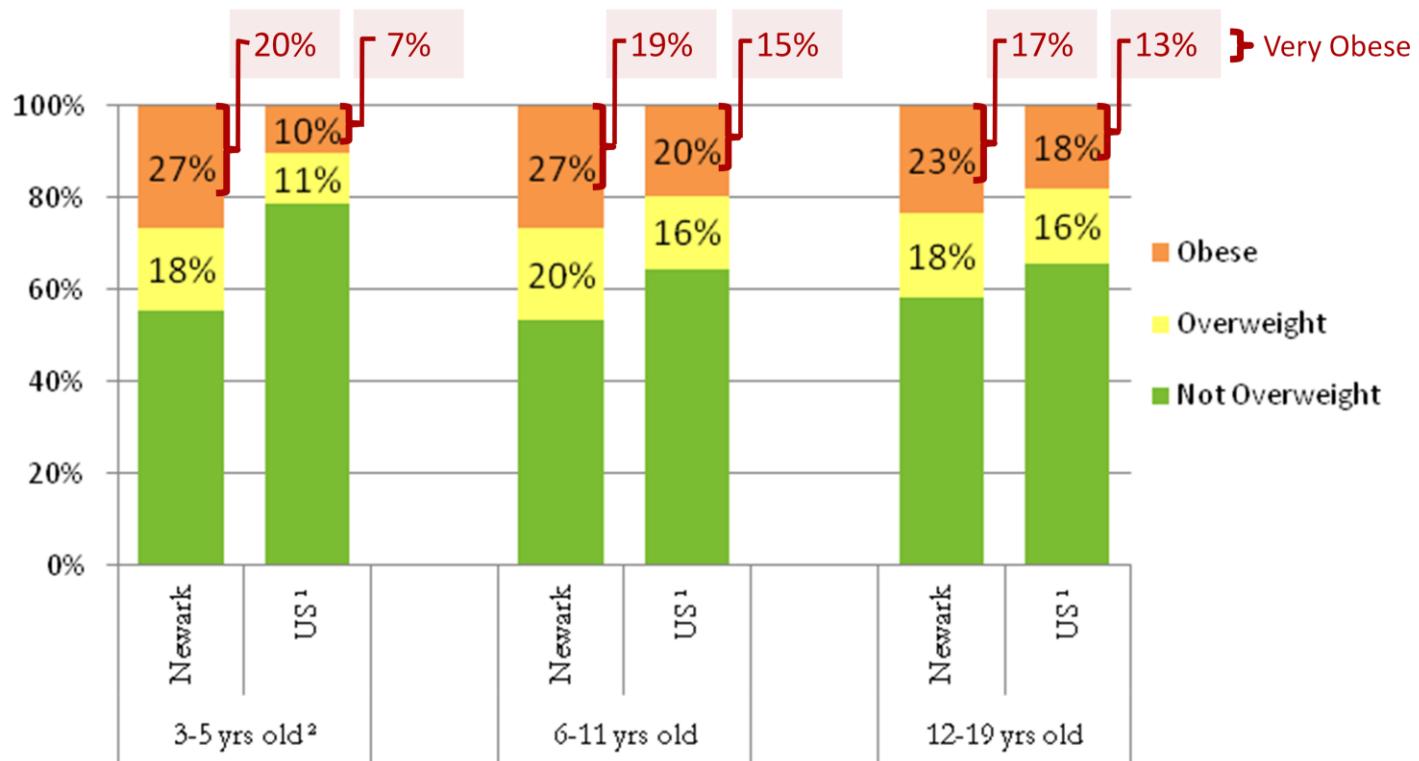
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- One in four children in Newark is obese, that is, their BMI falls at or above the 95th percentile.
- Younger (3-11 year-old) children in Newark are more likely to be overweight, obese, or very obese compared to older (12-19 year-old) children.

# Newark

## Prevalence of Childhood Overweight & Obesity

### By Age Group



<sup>1</sup> US estimates are based on NHANES 2007-2008 data

<sup>2</sup> US estimates are for ages 2-5

Source: CSHP 2010, Newark public schools 2008-2009 BMI data

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- Compared to the national NHANES data, a higher percentage of Newark children in all age categories are overweight, obese, or very obese.
- The largest differences between Newark and national estimates are seen among the youngest children. It is important to remember that the national data for this age group are based on 2-5 year-olds, and Camden data are based on 3-5 year-olds.

# Newark

## Prevalence of Childhood Overweight & Obesity

### By Gender

		Not Overweight (BMIPCT < 85)	Overweight & Obese (BMIPCT ≥ 85)	Obese (BMIPCT ≥ 95)	Very Obese (BMIPCT ≥ 97)
<b>Male</b>	(n=4,403)	<b>56.1%</b>	<b>43.9%</b>	<b>26.5%</b>	<b>19.4%</b>
<b>Female</b>	(n=4,437)	<b>55.5%</b>	<b>44.5%</b>	<b>23.9%</b>	<b>17.2%</b>
<b>Total</b>	(n=8,840)	<b>55.8%</b>	<b>44.2%</b>	<b>25.2%</b>	<b>18.3%</b>

Source: CSHP 2010, Newark public schools 2008-2009 BMI data

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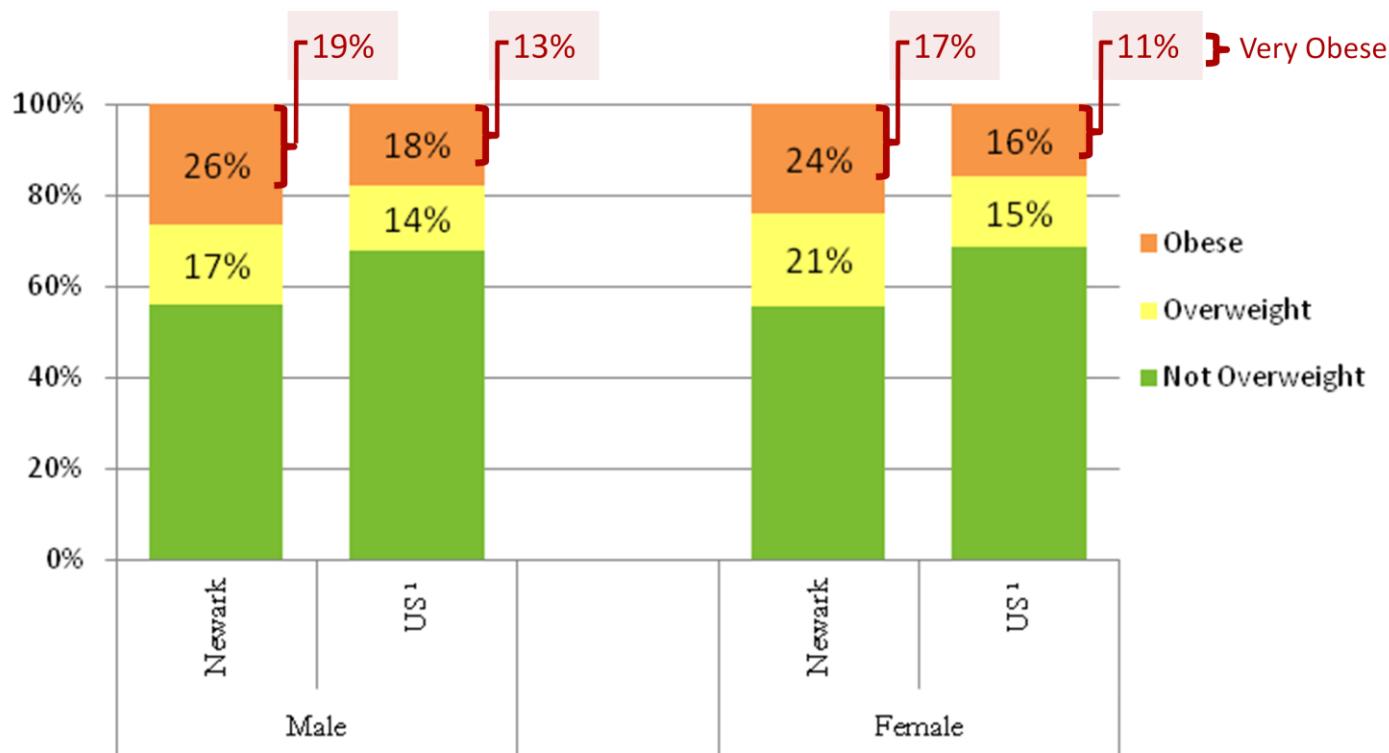
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- Both boys and girls in Newark have high rates of overweight and obesity. Almost 1 in 5 boys and girls are classified as very obese, that is, BMI falling at or above the 97th percentile.
- While approximately 45% of boys and girls are overweight or obese (BMIPCT≥95), boys appear to have a slightly higher rate of obesity (26.5%) than girls (23.9%).

# Newark

## Prevalence of Childhood Overweight & Obesity

### By Gender



<sup>1</sup> US estimates are based on NHANES 2007-2008 data

Source: CSHP 2010, Newark public schools 2008-2009 BMI data

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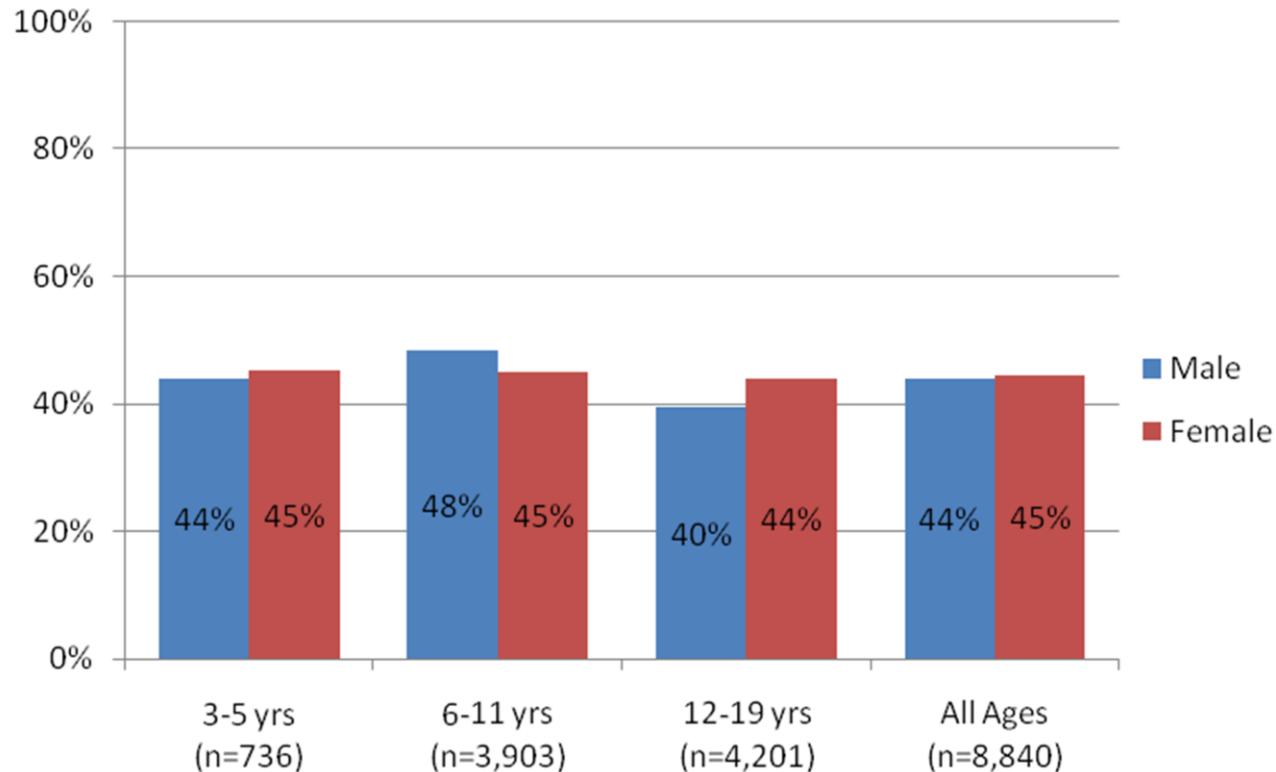
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- Both boys and girls in Newark have higher rates of overweight and obesity compared to US averages: 43% of the boys in Newark are overweight or obese compared to 32% nationally, and 45% of the girls in Newark are overweight or obese compared to 31% nationally.

# Newark

## Prevalence of Childhood Overweight & Obesity

### By Age & Gender



Source: CSHP 2010, Newark public schools 2008-2009 BMI data

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- Overall, boys and girls in Newark have similar rates of overweight and obesity; however, it appears that boys age 6-11 years have the highest rates of overweight and obesity.