

# HEALTH BRIEF

## Overweight & Obesity

### OVERWEIGHT AND OBESITY IN MONTEREY COUNTY

MONTEREY COUNTY HEALTH DEPARTMENT, PUBLIC HEALTH BUREAU, EPIDEMIOLOGY AND EVALUATION    NOVEMBER 2013

#### PREVALENCE

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##### Weight

- In 2010, 48.5% of students in grades 5, 7, and 9 were overweight or obese in Soledad compared with 46.7% in Salinas, 45.6% in Seaside, and 41.2% in Monterey.
- In 2009, 16% of low income Hispanic and 11% of low income White non-Hispanic children ages 0-4 were obese.
- In 2009 and 2011-12 combined, 9% of Monterey County teens ages 12 to 17 were overweight or obese, and 21% were at risk of overweight, although these numbers were statistically unstable.
- In 2009 and 2011-12 combined, 40% of Monterey County adults ages 18+ were overweight and 23% were obese.
- Comparing 2003 to 2011-12, the percentage of Monterey County adults ages 18 to 64 who were obese increased slightly from 24% to 26%. Within this time frame, overweight percentages of adults ages 18 to 64 increased from 32% to 36%.

##### Nutritional Choices

- In 2011-12, 56% of Monterey County children ages 2-11 were reported by their parents as consuming five or more servings of fruits and vegetables daily.
- The percentage of Monterey County teens who reported drinking two or more cans/glasses of soda per day was 58% in 2011-12 compared with 28% in 2005.
- In 2011-12, about 38% of Monterey County children and teens ages 2-17 reported consuming fast food items once in the previous week compared to 27% in 2009. Similarly, 38% reported consuming fast food items twice or more in the previous week.
- The percentage of Monterey County mothers who reported breastfeeding or feeding their infants breast milk was 99% in 2005; however, this number was statistically unstable. Of the parents whose children were breastfed or fed breast milk, 64% reported stopping this practice at 0-6 months of age in 2005 compared with 43% in 2003.
- Just over 54% of Monterey County mothers with infants in 2005 reported initiating solid foods with their infants at 6 or more months of age compared with 42% in 2003.

##### Physical Activity

- In 2009, 9% of Monterey County adults ages 18+ reported routinely getting no physical activity, 52% reported getting some activity, and 40% reported getting regular activity over the past 7 days.

- In 2009, 32% of Monterey County teens reported that they walked, biked, or skated to and from school in the prior week, compared to 43% in 2007.
- In 2005, 79% of Monterey County teens reported being required to take Physical Education (PE) in high school. In 2007, not including high school PE classes, 56% of teens reported engaging in at least 60 minutes of physical activity per day for at least three of the prior seven days.
- In 2009, 65% of Monterey County teens reported discussing physical activity with their doctor during their last physical exams – an increase from 45% in 2007. From 2007 to 2009, the percentage of Monterey County teens who reported discussing nutrition with their physician during their last physical exams remained consistent; however, not all of these numbers were statistically stable.
- In 2011-12, 94% of Monterey County teens ages 12-17 reported there was a park, playground, or open space located within walking distance of their home; 90% of those teens reported the location was safe during the day, and 29% reported it was safe at night; however, these numbers were statistically unstable.
- In 2009, 29% of Monterey County teens ages 12-17 watched or played video games for four or more hours per day on weekends, compared to 39% in 2005.

## *DETERMINANTS*

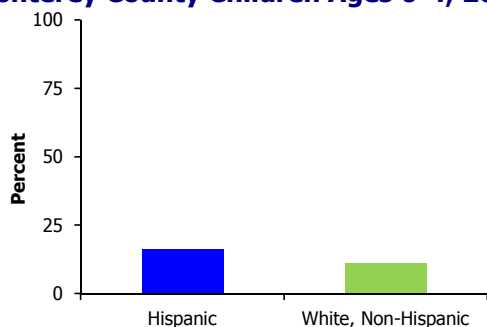
- Obesity is commonly the result of long-term imbalance between energy input (i.e. diet) and energy output (i.e. physical activity).
- Energy input and energy output are multifactorial and environmentally influenced.
- Most public health agencies provide multi-strategy programs that address greater access to healthy nutritional and physical activity choices.
- Studies suggest that the risk of child obesity can be reduced to a moderate extent by breastfeeding until 6 months and delaying the introduction of solid foods until 6 months.
- Public awareness of individual, community, and policy changes is needed to reverse and prevent the many conditions that result in overweight and obesity among populations.
- Monitoring the percentages of Monterey County residents who obtain recommended amounts of physical activity and make healthy nutritional choices can help in planning appropriate programs and services.

## *OBJECTIVES*

- The Healthy People 2020 objective is to reduce the proportion of children and adolescents ages 2-19 years who are overweight (having a BMI at or above the 85th percentile for height and weight) or obese (having a BMI at or above the 95th percentile for height and weight)
- The Healthy People 2020 objective for adults is to reduce the proportion of adults who are obese.

## OVERWEIGHT AND OBESE DATA

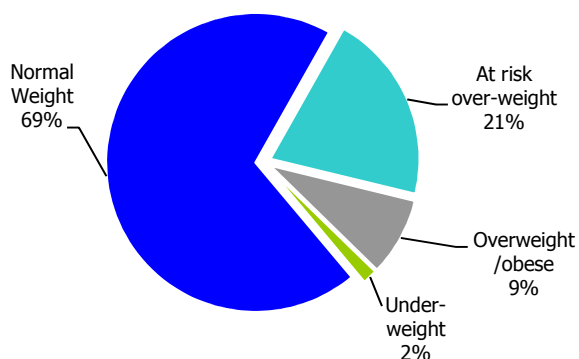
### Exhibit 1. Obesity of Children in a Federally Funded, Low Income Program by Ethnicity Monterey County Children Ages 0-4, 2009



Race/Ethnicity	Percent Obese
Hispanic	16.3%
White, Non-Hispanic	11.0%

Note: Data document children enrolled in the Child Health and Disability Prevention program. Only Hispanic and White Non-Hispanic data were available. Data were based on 2000 CDC growth chart percentiles for weight-for-length for children under 2 years of age and BMI-for-age for children 2 years of age and older.  $\geq 95$ th percentile category identifies obese children. Percentages were not calculated if  $< 100$  records are available for analysis after exclusions.  
Source: 2009 Pediatric Nutrition Surveillance Survey Table 16B

### Exhibit 2. Weight Rankings for Teens Monterey County Teens Ages 12-17, 2009 and 2011-12 (combined data)

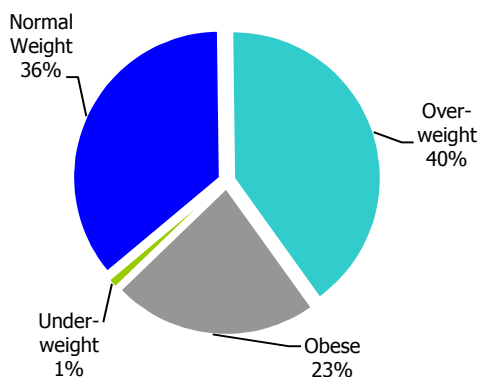


Body Mass Index	Percent (95% CI) Est. Pop.
Underweight (within lowest 5th percentile)	1.6%* (0.0-4.3)
Normal weight (5th up to 85th percentile)	69.3% (51.6-87.1)
At risk of overweight (85th up to 95th percentile)	20.6%* (3.3-37.8)
Overweight/obese (95th percentile or higher)	8.5%* (0.4-16.6)

\* Indicates statistically unstable number.

Note: This variable was created using age and gender specific BMI percentiles. This question was asked of respondents who were 12 to 17 years of age.  
Source: California Health Interview Survey, 2013.

### Exhibit 3: Weight Rankings for Adults Monterey County Adults Ages 18+, 2009 and 2011-12 (combined data)

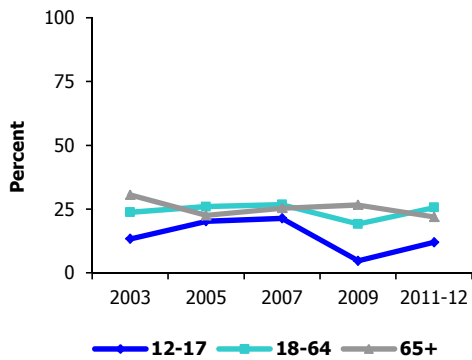


Body Mass Index	Percent (95% CI) Est. Pop.
Underweight (BMI=0-18.49)	1.1%* (0.1-2.0)
Normal weight (BMI=18.5-24.99)	35.9% (30.1-41.7)
Overweight (BMI=25.0-29.99)	40.3% (34.5-46.1)
Obese (BMI=30.0+)	22.7% (17.8-27.7)

\* Indicates statistically unstable number.

Note: This question was asked of respondents who were 18 years of age or older.  
Source: California Health Interview Survey, 2013.

**Exhibit 4. Obesity<sup>‡</sup> Prevalence by Age Group  
Monterey County Residents Ages 12 and Older, 2003-2012**

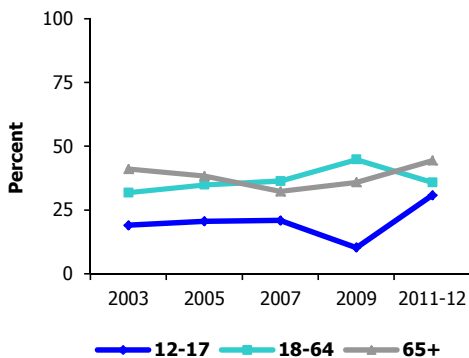


Age Group	2003 % (95% CI) Est. Pop.	2005 % (95% CI) Est. Pop.	2007 % (95% CI) Est. Pop.	2009 % (95% CI) Est. Pop.	2011-12 % (95% CI) Est. Pop.
Ages 12-17	13.4%* (2.6-24.1) 5,000	20.3%* (6.7-33.9) 8,000	21.4%* (2.8-40.0) 8,000	4.8%* (0.0-10.0) 2,000	12.1%* (1.9-22.4) 4,000
Ages 18-64	23.8% (18.6-28.9) 58,000	26.0% (20.7-31.4) 67,000	26.8% (19.8-33.9) 66,000	19.2% (13.6-24.8) 48,000	25.7% (20.1-31.4) 62,000
Ages 65+	30.6% (19.0-42.2) 12,000	22.6% (13.0-32.2) 9,000	25.4% (16.5-34.3) 11,000	26.7% (17.3-36.2) 12,000	22.0% (12.1-32.0) 10,000

\* Indicates a statistically unstable number.

<sup>‡</sup>For ages 12-17, individuals with a Body Mass Index (BMI) in the highest 5th percentile with respect to age and gender were considered "overweight/obese." For ages 18 and over, "obese" is defined as individuals having a BMI of 30 or greater.  
Source: California Health Interview Survey, 2013.

**Exhibit 5. Overweight<sup>‡</sup> Prevalence by Age Group  
Monterey County Residents Ages 12 and Older, 2003-2012**

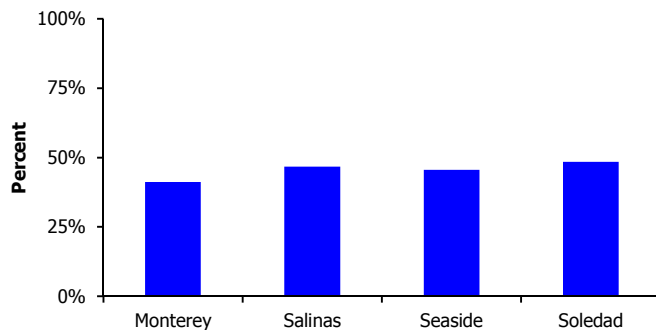


Age Group	2003 % (95% CI) Est. Pop.	2005 % (95% CI) Est. Pop.	2007 % (95% CI) Est. Pop.	2009 % (95% CI) Est. Pop.	2011-12 % (95% CI) Est. Pop.
Ages 12-17	19.0%* (4.7-33.3) 7,000	20.6% (8.5-32.6) 8,000	20.9%* (3.4-38.4) 8,000	10.3%* (0.2-20.4) 4,000	30.8%* (8.6-53.0) 11,000
Ages 18-64	31.8% (26.3-37.3) 77,000	34.9% (29.2-40.7) 89,000	36.3% (29.1-43.5) 90,000	44.8% (37.9-51.6) 112,000	35.8% (29.5-42.2) 86,000
Ages 65+	41.1% (29.2-53.0) 16,000	38.3% (27.7-48.9) 16,000	32.3% (22.9-41.6) 14,000	35.9% (25.7-46.0) 16,000	44.4% (33.8-55.0) 21,000

\* Indicates a statistically unstable number.

<sup>‡</sup>For ages 12-17, individuals with a Body Mass Index (BMI) in the 85<sup>th</sup>-95<sup>th</sup> percentile with respect to age and gender were considered "at risk of overweight." For ages 18 and over, "overweight" is defined as individuals having a BMI of 25 to 29.9.  
Source: California Health Interview Survey, 2013.

**Exhibit 6. Overweight/Obese Students by City, 2010**

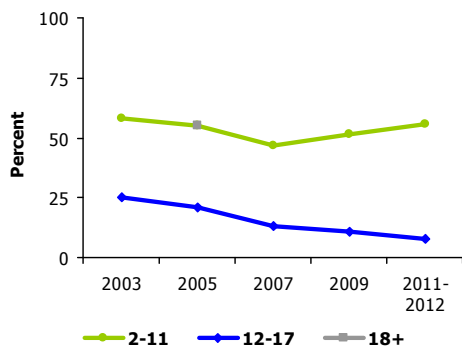


City	Percent
Monterey	41.2%
Salinas	46.7%
Seaside	45.6%
Soledad	48.5%

Note: This question was asked of students in grades 5, 7, and 9.  
Source: Babey S. H., et al. (2012). Overweight and obesity among children by California cities, 2010. UCLA Center for Health Policy Research and California Center for Public Health Advocacy.

## NUTRITIONAL CHOICES

**Exhibit 7. Ate 5 or More Servings of Fruits and Vegetables Daily  
Monterey County Children, Teens, and Adults, 2003-2012**

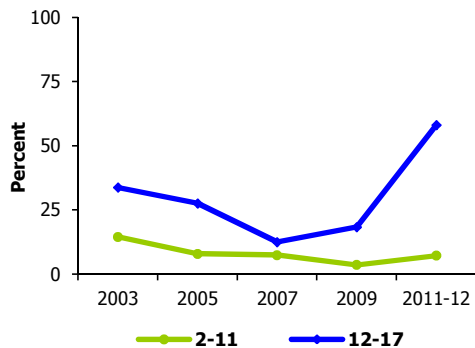


Age group	2003 % (95% CI) Est. Pop.	2005 % (95% CI) Est. Pop.	2007 % (95% CI) Est. Pop.	2009 % (95% CI) Est. Pop.	2011-12 % (95% CI) Est. Pop.
Ages 2-11	57.9% (46.2-69.5) 40,000	55.0% (43.3-66.7) 33,000	46.6% (33.0-60.2) 34,000	51.4% (36.9-65.9) 36,000	55.5% (41.6-69.4) 34,000
Ages 12-17	25.0% (11.2-38.9) 9,000	21.0% (8.9-33.1) 8,000	13.2%* (0.0-26.4) 5,000	10.6%* (2.1-19.1) 4,000	7.6%* (0.8-14.4) 3,000
Ages 18+	N/A	54.9% (49.5-60.4) 162,000	N/A	N/A	N/A

Note: Children's results were reported by parent.  
N/A = Question not asked in 2003, 2007, 2009, or 2011-2012.  
Source: California Health Interview Survey, 2013.

\* Indicates a statistically unstable number.

**Exhibit 8. Consumed Two or More Glasses or Cans of Soda on the Prior Day  
Monterey County Children and Teens, 2003-2012**

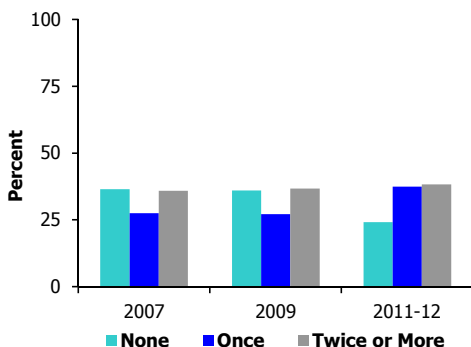


Age group	2003 % (95% CI) Est. Pop.	2005 % (95% CI) Est. Pop.	2007 % (95% CI) Est. Pop.	2009 % (95% CI) Est. Pop.	2011-12 % (95% CI) Est. Pop.
Ages 2-11	14.5%* (5.0-24.1) 10,000	7.9%* (0.0-16.0) 5,000	7.4%* (0.4-14.4) 5,000	3.6%* (0.0-8.7) 2,000	7.2%* (0.0-14.7) 4,000
Ages 12-17	33.8% (16.6-51.1) 13,000	27.6% (14.0-41.2) 11,000	12.5%* (0.0-26.3) 5,000	18.4%* (4.8-31.9) 7,000	58.1% (36.8-79.4) 20,000

Note: Children's results were reported by parent. Survey question excluded diet and sugar-free drinks.  
Source: California Health Interview Survey, 2013.

\* Indicates a statistically unstable number.

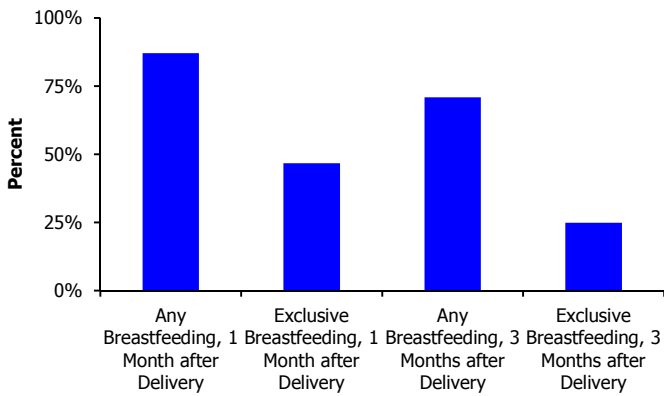
**Exhibit 9. Consumed Fast Food Items in the Past Week  
Monterey County Children and Teens Ages 2 to 17, 2007-2012**



Times Fast Food was Consumed	2007 % (95% CI) Est. Pop.	2009 % (95% CI) Est. Pop.	2011-12 % (95% CI) Est. Pop.
None	36.6% (25.6-47.6) 40,000	36.1% (24.2-47.9) 39,000	24.2% (14.1-34.2) 23,000
Once	27.6% (17.7-37.4) 30,000	27.2% (17.8-36.5) 29,000	37.5% (25.6-49.4) 36,000
Twice or More	35.9% (24.8-47.0) 39,000	36.8% (25.1-48.4) 39,000	38.3% (26.6-50.0) 37,000

Note: Survey question includes fast food items eaten at school, home, or at fast food restaurants (including carry out or drive through).  
Question not asked in 2003 or 2005. Children's results were reported by parent.  
Source: California Health Interview Survey, 2013.

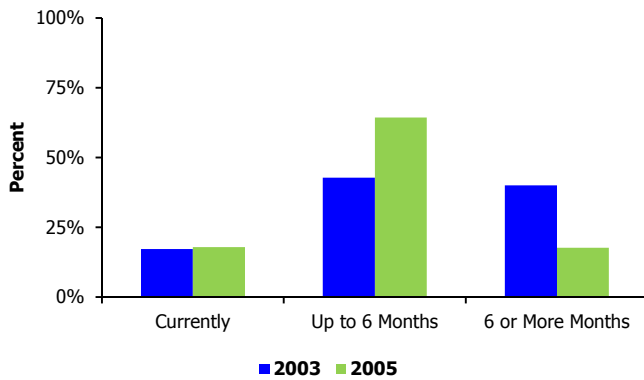
**Exhibit 10. Breastfed  
Monterey County Infants, Ages 0-3 Months, 2011**



Infant Feeding	2011 % (95% CI) Est. Pop.
Any Breastfeeding, 1 Month after Delivery	87.1% (81.9-92.2) 5,500
Exclusive Breastfeeding, 1 Month after Delivery	46.7% (39.0-54.3) 3,000
Any Breastfeeding, 3 Months after Delivery	70.8% (63.6-78.1) 3,300
Exclusive Breastfeeding, 3 Months after Delivery	24.8% (17.3-32.3) 1,100

Note: Question not asked in 2005, 2007, or 2009.  
Source: California Department of Public Health, Maternal, Child Adolescent Health, 2013.

**Exhibit 11. Age at Which Child's Breastfeeding/Breast Milk Consumption Stopped  
Monterey County Children Ages 0-3, 2003 and 2005**

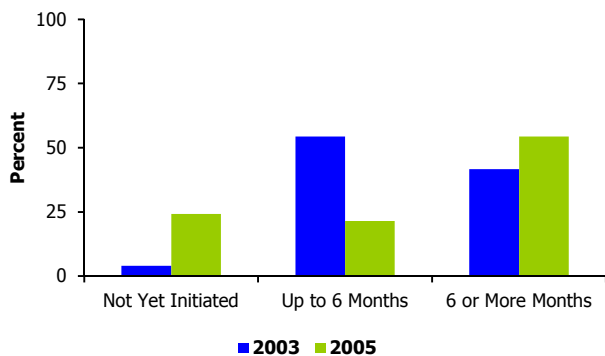


Age of Breastfeeding Cessation	2003 % (95% CI) Est. Pop.	2005 % (95% CI) Est. Pop.
Currently Breastfeeding	17.2%* (0.3-34.1) 3,000	17.9%* (6.0-29.9) 5,000
Up to 6 Months	42.8% (20.7-64.9) 7,000	64.3% (49.0-79.6) 16,000
6 or More Months	40.0% (18.5-61.5) 7,000	17.7%* (6.5-29.0) 4,000

\* Indicates a statistically unstable number.

Note: Asked of parent whose children were breastfed or fed breast milk.  
Question not asked in 2007, 2009, or 2011-12.  
Source: California Health Interview Survey, 2013.

**Exhibit 12. Age of Solid Food Initiation  
Monterey County Children Ages 0 to 3, 2003 and 2005**



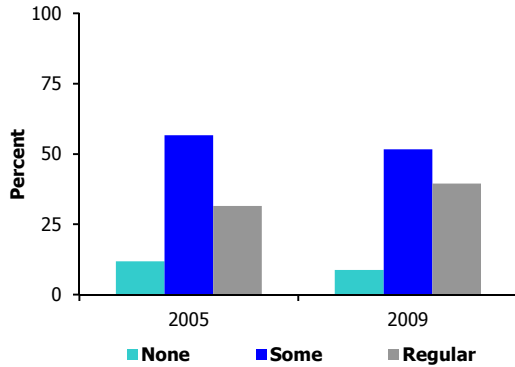
Age of Solid Food Initiation	2003 % (95% CI) Est. Pop.	2005 % (95% CI) Est. Pop.
Not Yet Initiated	4.0%* (0.0-11.7) 1,000	24.2%* (9.8-38.6) 6,000
Up to 6 Months	54.4% (33.6-75.2) 10,000	21.5% (8.9-34.1) 5,000
6 or More Months	41.6% (20.9-62.3) 8,000	54.4% (37.7-71.0) 14,000

\* Indicates a statistically unstable number.

Note: Question not asked in 2007, 2009, or 2011-12.  
Source: California Health Interview Survey, 2013.

## PHYSICAL ACTIVITY/SEDENTARY BEHAVIORS

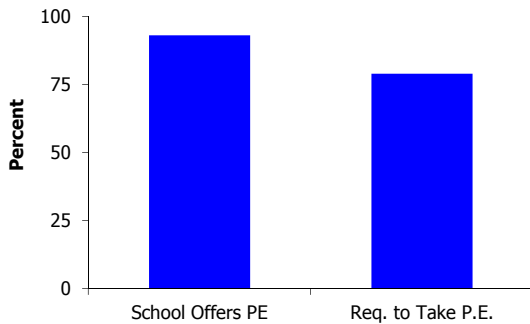
**Exhibit 13. Physical Activity Level  
Monterey County Adults Ages 18 and Older, 2005 and 2009**



Activity Level	2005 % (95% CI) Est. Pop.	2009 % (95% CI) Est. Pop.
None	11.8% (8.6-15.0) 35,000	8.8% (6.0-11.7) 26,000
Some	56.7% (51.4-62.1) 169,000	51.7% (45.6-57.7) 153,000
Regular	31.5% (26.5-36.4) 94,000	39.5% (33.5-45.4) 117,000

Note: Question not asked in 2003, 2007, or 2011-12.  
Source: California Health Interview Survey, 2013.

**Exhibit 14. School Physical Education and Student Participation  
Monterey County Teens Ages 12 to 17, 2005**

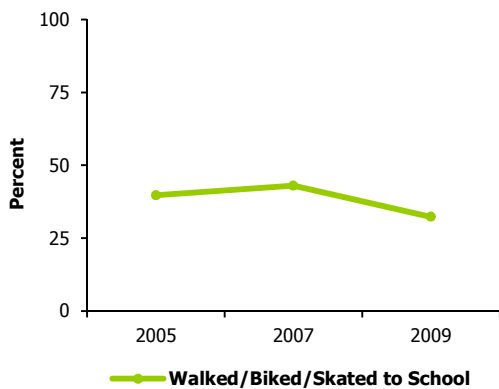


School PE and Requirement	2005 % (95% CI) Est. Pop.
School offers PE	93.1%* (86.1-100.0) 36,000
Required to take PE	79.0% (65.1-93.0) 28,000

\* Indicates a statistically unstable number.

Note: Questions not asked in 2003, 2007, 2009, or 2011-12.  
Source: California Health Interview Survey, 2013.

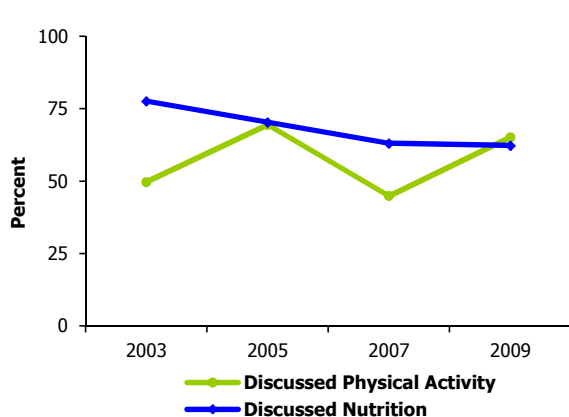
**Exhibit 15. Physical Activity Participation (Not Including School Physical Education)  
Monterey County Teens Ages 12 to 17, 2005-2009**



Physical Activity Participation	2005 % (95% CI) Est. Pop.	2007 % (95% CI) Est. Pop.	2009 % (95% CI) Est. Pop.
Engaged in physical activity at least 3 days per week for at least 1 hour (not including school PE)	63.4% (49.0-77.9) 24,000	56.1% (35.9-76.3) 21,000	N/A
Member of sports team in past year	N/A	40.6% (21.3-59.9) 15,000	N/A
Walked/biked/skated to/from school in past week	39.7% (24.8-54.5) 15,000	43.0% (21.9-64.1) 16,000	32.3% (15.6-49.1) 12,000

Note: N/A=Question was not asked in 2005 or 2009.  
Question not asked in 2003 or 2011-12.  
Source: California Health Interview Survey, 2013.

### Exhibit 16. Discussed Activity and Nutrition during Last Physical Exam Monterey County Teens Ages 12 to 17, 2003-2009



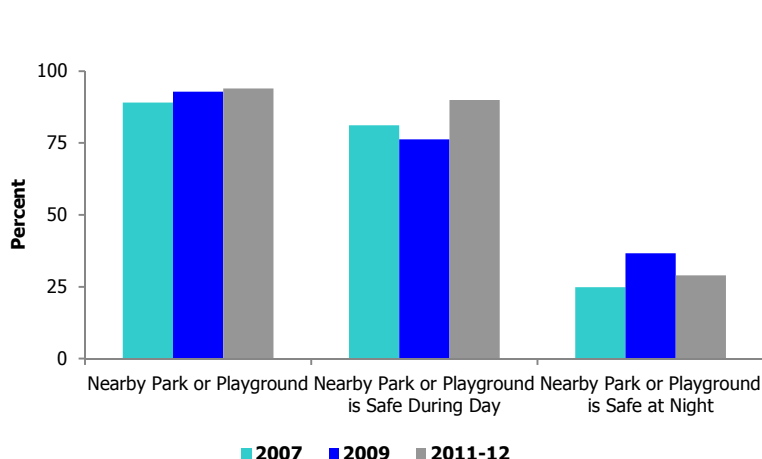
Discussion Topic	2003 % (95% CI) Est. Pop.	2005 % (95% CI) Est. Pop.	2007 % (95% CI) Est. Pop.	2009 % (95% CI) Est. Pop.
Physician discussed physical activity during last physical exam	49.7% (31.1-68.3) 16,000	69.6% (54.9-84.4) 26,000	44.9% (24.4-65.3) 16,000	65.2% (45.7-84.7) 23,000
Physician discussed nutrition during last physical exam	77.7%* (63.5-91.8) 25,000	70.4% (56.9-83.8) 26,000	63.1% (43.1-83.1) 23,000	62.3%* (39.9-84.6) 22,000

\* Indicates a statistically unstable number.

Note: Question not asked in 2011-12.

Source: California Health Interview Survey, 2013.

### Exhibit 17. Availability and Safety of Nearby Opportunities for Physical Activities Monterey County Teens Ages 12 to 17, 2007 to 2011-12



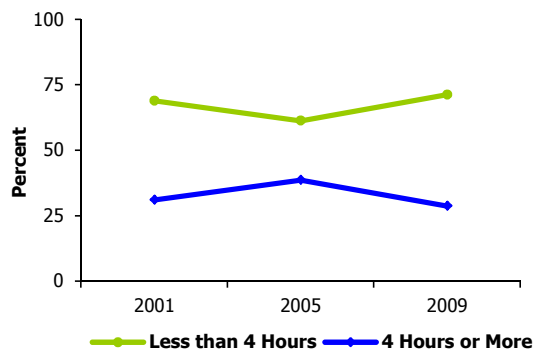
Availability and Safety	2007 % (95% CI) Est. Pop.	2009 % (95% CI) Est. Pop.	2011-12 % (95% CI) Est. Pop.
Park, Playground, or Open Space is Located within Walking Distance of my Home	89.0%* (78.8-99.2) 33,000	92.8%* (85.8-99.8) 36,000	93.9%* (86.2-100.0) 33,000
Nearby Park/Playground is Safe During the Day	81.2%* (64.3-98.1) 30,000	76.3%* (54.8-97.8) 29,000	89.9%* (76.1-100.0) 32,000
Nearby Park/Playground is Safe at Night	24.8%* (9.2-40.4) 9,000	36.6% (18.2-55.1) 14,000	28.9%* (8.9-48.8) 10,000

\* Indicates a statistically unstable number.

Note: This question was not asked in 2003 or 2005.

Source: California Health Interview Survey, 2013.

### Exhibit 18. Time Spent on TV or Video Games per day during Weekends Monterey County Teens Ages 12 to 17, 2001-2009



Time Spent on TV or Video Games	2001 % (95% CI) Est. Pop.	2005 % (95% CI) Est. Pop.	2009 % (95% CI) Est. Pop.
Less than 4 hours per day	68.9% (58.8-79.1) 29,000	61.3% (46.5-76.1) 23,000	71.2% (54.4-88.1) 27,000
4-20 hours per day	31.1% (20.9-41.2) 13,000	38.7% (23.9-53.5) 15,000	28.8% (11.9-45.6) 11,000

Note: This question was not asked in 2003, 2007, or 2011-12.

Source: California Health Interview Survey, 2013.



## ***SPECIAL SECTION: CITY OF SALINAS OVERWEIGHT AND OBESITY INDICATORS***

In 2003 Monterey County Health Department was awarded a grant from the Centers for Disease Control and Prevention to implement prevention strategies in the City of Salinas addressing overweight/obesity, diabetes, and asthma among low income and Latino residents of the City of Salinas. Indications of status for these health conditions are collected for adults through the Behavioral Risk Factor Surveillance Survey (BRFSS) and for teens through the Youth Risk Behavior Surveillance Survey (YRBSS).

**The Behavioral Risk Factor Surveillance System (BRFSS)** survey was conducted with adults ages 18 and over from 2004 through 2008 by Monterey County Health Department. Survey questions were taken from the national BRFSS, although some expansion and modification was made to serve the purpose of the Steps to a Healthier Salinas baseline study. Surveys were conducted in English and Spanish through random digit dialed telephone questionnaires. Hispanic residents were asked additional questions concerning language spoken, country of birth, and additional ethnicity detail.

**The Youth Risk Behavior Surveillance System (YRBSS)** survey was completed by 1,115 students in five public high schools in Monterey County – Salinas, California, during the spring of 2005. The YRBSS survey was repeated in the spring of 2007 with 1,270 students participating. The school response rate was 100%, the student response rate was 71%, and the overall response rate was 71%. The results presented are weighted and are representative of all students in grades 9 to 12. Students completed a self-administered, anonymous, 40-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before survey administration.

**Table 1. Selected Monterey County BRFSS Survey Responses, 2004-2008**

Year Sample Size (n)	Total					Gender										Ethnic Group									
						Women					Men					White					Mexican				
	2004	2005	2006	2007	2008	2004	2005	2006	2007	2008	2004	2005	2006	2007	2008	2004	2005	2006	2007	2008	2004	2005	2006	2007	2008
	1622	1690	1624	1671	1826	987	1005	971	1042	1165	635	685	653	629	661	675	599	607	547	616	757	909	832	970	1086
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
<b>Body Weight (measured by body mass index)</b>																									
Normal weight																									
<25.0 BMI	33.9	31.1	36.2	30.8	29.4	45.3	39.2	42.1	34.0	39.8	24.7	25.0	31.5	28.2	21.2	41.7	37.0	43.8	32.6	30.0	26.2	25.6	29.9	27.0	24.6
Overweight																									
25.0-29.9 BMI	41.5	41.1	40.0	39.2	38.7	29.7	32.4	32.0	34.5	31.2	51.0	47.6	46.4	43.1	44.7	33.8	38.7	38.1	39.1	36.5	46.1	42.1	41.6	41.8	40.3
Obese																									
>= 30.0 BMI	24.6	27.8	23.8	30.0	31.9	25.0	28.4	25.9	31.5	29.0	24.2	27.4	22.0	28.7	34.1	24.5	24.3	18.1	28.3	33.5	27.7	32.3	28.4	31.2	35.1
<b>Weight Loss: Trying to Lose Weight Now</b>																									
Yes	44.3	46.5	47.0	47.0	52.7	50.4	53.7	56.2	58.3	55.6	39.1	40.4	39.2	37.2	50.2	45.5	49.8	47.5	50.2	56.0	45.4	42.8	45.3	45.2	49.5
No	55.7	53.5	53.0	53.0	47.3	49.6	46.3	43.8	41.7	44.4	60.9	59.6	60.8	62.8	49.8	54.5	50.2	52.5	49.8	44.0	54.6	57.2	54.7	54.8	50.5
<b>If trying to lose weight, eating fewer calories or less food to lose weight</b>																									
Yes	85.3	79.4	79.4	84.0	84.0	85.2	84.3	81.7	84.0	84.8	85.3	73.9	76.6	84.1	83.2	83.3	83.0	83.5	84.9	81.6	87.0	81.6	80.9	83.6	85.4
No	14.7	20.6	20.6	16.0	16.0	14.8	16.7	18.3	16.0	15.2	14.7	26.1	23.4	15.9	16.8	16.7	17.0	16.5	15.1	18.4	13.0	18.4	19.1	16.4	14.6
<b>If trying to lose weight, using physical activity/exercise to lose weight</b>																									
Yes	73.6	75.6	74.7	72.3	77.6	69.9	68.8	73.2	71.5	72.5	77.8	83.3	76.5	73.4	82.6	76.9	78.3	82.2	77.2	81.9	70.0	72.1	67.9	67.6	72.8
No	26.4	24.4	25.3	27.7	22.4	30.1	31.2	26.8	28.5	27.5	22.2	16.7	23.5	26.6	17.4	23.1	21.7	17.8	22.8	18.1	30.0	27.9	32.1	32.4	27.2

(Table 1. Continued)

Year Sample Size (n)	Total					Gender										Ethnic Group									
						Women					Men					White					Mexican				
	2004 1622 %	2005 1690 %	2006 1624 %	2007 1671 %	2008 1826 %	2004 987 %	2005 1005 %	2006 971 %	2007 1042 %	2008 1165 %	2004 635 %	2005 685 %	2006 653 %	2007 629 %	2008 661 %	2004 675 %	2005 599 %	2006 607 %	2007 547 %	2008 616 %	2004 757 %	2005 909 %	2006 832 %	2007 970 %	2008 1086 %
<b>Physical activity compared with most people your age</b>																									
More active	45.0	42.7	49.5	47.4	45.1	42.1	36.7	45.0	44.1	44.0	47.4	47.7	53.4	50.1	46.0	48.5	49.8	54.4	46.2	40.3	43.4	40.2	46.9	47.7	45.1
About the same	36.7	39.4	33.8	32.8	34.4	35.2	39.3	35.1	34.9	32.6	38.0	39.5	32.6	31.0	36.0	37.4	34.5	30.9	32.3	39.0	36.1	41.7	34.4	33.3	34.9
Less active	18.3	17.9	16.7	19.8	20.5	22.7	24.0	19.9	21.0	23.4	14.6	12.8	14.0	18.8	18.0	14.1	15.7	14.7	21.5	20.7	20.5	18.1	18.7	18.8	20.0
<b>Leisure time physical activity: any in past month</b>																									
Yes	71.2	70.3	74.8	74.0	77.9	68.6	64.4	72.2	72.8	74.9	73.4	75.3	77.0	75.0	80.4	83.9	82.4	89.4	84.5	83.6	60.0	62.2	66.2	67.4	74.5
No	28.8	29.7	25.2	26.0	22.1	31.4	35.6	27.8	27.2	25.1	26.6	24.7	23.0	25.0	19.6	16.1	17.6	10.6	15.5	16.4	40.0	37.8	33.8	32.6	25.5
<b>Walking: city blocks walked in usual day at</b>																									
<6 blocks	32.4		37.6	43.7	47.3	38.5		43.3	48.7	54.1	27.3		32.9	39.5	41.6	23.2		31.3	38.2	41.7	37.2		40.3	43.8	49.1
6-11 blocks	20.3		17.9	21.7	18.7	17.5		16.1	21.7	17.2	22.8		19.5	21.8	19.9	17.0		18.5	21.5	16.6	21.4		18.6	22.3	20.8
12-23 blocks	22.3		19.4	16.0	18.7	19.7		18.3	14.2	14.2	24.4		20.3	17.5	22.6	25.3		21.2	16.8	22.2	21.8		19.2	17.5	18.5
>=24 blocks	25.0		25.1	18.6	15.3	24.3		22.3	15.4	14.5	25.5		27.4	21.2	19.9	34.5		29.1	23.5	19.5	19.6		21.8	16.4	11.6
<b>Moderate physical activity or work: hours</b>																									
<1 hour	21.4	23.9	13.4	18.1	15.2	21.6	27.4	15.5	20.7	15.7	21.3	21.8	11.7	15.9	14.8	10.9	11.1	11.6	12.6	11.7	30.1	30.6	13.0	21.2	16.7
1 hour to 2 hours,59min	15.6	25.4	19.8	22.2	19.7	17.4	23.6	19.9	24.5	22.0	13.9	26.5	19.6	20.2	17.7	18.4	23.8	17.9	20.9	25.2	11.3	24.8	18.7	19.6	17.0
3 hours to 9 hours,59mi	31.8	30.9	36.0	32.4	36.6	33.0	33.9	38.0	33.2	36.1	30.7	29.0	34.3	31.7	36.9	37.5	42.6	40.2	40.7	38.3	28.0	26.6	34.7	28.8	36.5
>=10 hours	31.2	19.8	30.8	27.3	28.5	27.9	15.1	26.6	21.5	26.1	34.1	22.7	34.3	32.2	30.6	33.2	22.5	30.3	25.8	24.8	30.6	18.0	33.6	30.4	29.8
<b>Vigorous physical activity or work: hours</b>																									
<1 hour	24.7	34.1	27.2	26.0	24.7	34.0	45.9	38.1	34.6	32.0	16.8	27.3	18.0	18.7	18.4	22.0	30.4	24.7	27.1	23.7	26.9	36.0	27.7	25.9	25.7
1 hour to 2 hours,59min	18.8	19.1	14.7	20.0	18.8	18.6	19.4	14.8	22.3	19.0	19.0	19.0	14.6	18.1	18.6	24.8	23.2	16.6	23.7	26.8	15.0	16.3	12.3	15.6	15.3
3 hours to 9 hours,59mi	31.3	26.7	29.9	30.1	34.4	29.8	23.8	31.5	29.1	32.1	32.5	28.3	28.4	30.8	36.4	34.1	33.9	36.2	33.4	38.2	27.5	22.7	27.0	28.5	30.1
>=10 hours	25.2	20.1	28.2	23.9	22.1	17.6	10.8	15.6	14.0	16.8	31.7	25.4	39.0	32.3	26.6	19.1	12.5	22.5	15.8	11.3	30.6	25.0	33.0	30.0	28.9
<b>What activity at job</b>																									
Mostly sitting or standing	44.4	46.0	45.1	47.1		58.9	53.4	59.8	62.9		35.9	41.8	36.2	38.4		64.2	61.2	58.4	65.9		32.8	35.7	36.7	38.1	
Mostly walking	39.4	36.3	40.5	42.1		33.9	40.2	33.0	30.0		42.5	34.1	45.1	48.9		21.7	20.7	29.9	25.7		50.5	47.5	49.5	48.4	
Mostly heavy labor	16.2	17.7	14.4	10.8		7.2	6.4	7.2	7.2		21.5	24.0	18.7	12.7		14.1	18.1	11.7	8.4		16.7	16.8	13.8	13.5	
<b>Any moderate leisure activity in usual week</b>																									
Yes	81.5		85.6	84.4		80.9		84.0	84.9		82.0		87.0	83.9		87.8		90.6	90.3		76.5		82.7	80.4	
No	18.5		14.4	15.6		19.1		16.0	15.1		18.0		13.0	16.1		12.2		9.4	9.7		23.5		17.3	19.6	
<b>Days per week moderate leisure activity</b>																									
1-2	13.0		11.0	9.4		12.9		9.5	11.0		13.2		12.3	8.1		7.3		7.8	7.7		17.4		13.0	10.0	
3-4	30.0		30.3	34.4		27.3		29.3	30.2		32.3		31.2	38.0		27.0		28.5	30.1		33.1		32.6	36.3	
5-7	57.0		58.6	56.2		59.8		61.2	58.8		54.5		56.5	53.9		65.7		63.7	62.2		49.5		54.4	53.7	
<b>Recommended physical activity, moderately 150min/wk or vigorously 60min/wk</b>																									
	84.1	74.8	84.8	83.9	85.3	79.2	66.4	80.2	79.5	82.5	88.3	79.4	88.7	87.6	87.8	87.5	83.5	85.4	84.6	87.0	82.7	71.3	85.5	83.9	84.9
<b>Total time/day moderate leisure activity</b>																									
<=0.5 hour/day	44.3		45.1	47.0		47.0		44.8	47.2		42.1		45.3	46.7		38.1		45.6	45.2		48.4		40.7	49.0	
>0.5 hour,<=1 hour/day	29.3		26.2	25.4		28.6		25.8	25.5		29.9		26.5	25.5		34.7		26.1	27.4		24.3		26.5	24.2	
>1 hour/day	26.3		26.7	27.6		24.4		29.4	27.3		28.0		28.2	27.8		27.2		28.3	27.4		27.3		32.8	26.8	
<b>Any vigorous leisure activity in usual week</b>																									
Yes	53.3		61.0	62.0		44.1		51.6	58.0		61.2		69.1	65.5		58.0		62.9	61.8		49.0		59.4	62.7	
No	46.7		39.0	38.0		55.9		48.4	42.0		38.8		30.9	34.5		42.0		37.1	38.2		51.0		40.6	37.3	
<b>Days per week vigorous leisure activity</b>																									
1-2	34.0		24.4	24.3		30.9		22.2	24.4		36.0		25.8	24.3		32.3		19.7	27.1		36.3		27.3	25.2	
3-4	35.3		34.9	36.0		41.9		37.3	37.2		31.2		33.4	35.0		37.4		45.4	34.7		32.3		49.7	36.8	
5-7	30.6		40.7	39.7		27.2		40.5	38.4		32.8		40.8	40.7		30.3		34.8	38.2		31.4		43.0	38.0	
<b>Total time/day vigorous leisure activity</b>																									
<=0.5 hour/day	41.4		42.7	40.7		45.0		42.8	44.4		39.2		42.6	37.9		37.2		40.6	44.6		46.1		39.6	42.7	
>0.5 hour,<=1 hour/day	31.6		32.3	33.2		31.4		33.5	30.4		31.8		31.6	35.3		37.9		40.5	40.3		25.5		29.7	30.8	
>1 hour/day	26.9		25.0	26.1		23.6		23.7	25.2		29.0		25.8	26.8		24.9		18.9	15.1		28.3		30.7	26.5	

**(Table 1. Continued)**

Year Sample Size (n)	Total					Gender										Ethnic Group										
						Women					Men					White					Mexican					
	2004 1622 %	2005 1690 %	2006 1624 %	2007 1671 %	2008 1826 %	2004 987 %	2005 1005 %	2006 971 %	2007 1042 %	2008 1165 %	2004 635 %	2005 685 %	2006 653 %	2007 629 %	2008 661 %	2004 675 %	2005 599 %	2006 607 %	2007 547 %	2008 616 %	2004 757 %	2005 909 %	2006 832 %	2007 970 %	2008 1086 %	
<b>Fruit yesterday: # of servings</b>																										
Mean # servings	2.0	1.3	1.9	2.0	2.0	2.1	1.3	2.0	2.0	2.1	1.9	1.2	1.8	2.1	2.0	1.8	1.0	1.9	1.9	2.0	2.0	1.5	2.0	2.1	2.1	
<b>Vegetables yesterday: # of servings</b>																										
Mean # servings	1.8	2.2	1.4	1.5	1.5	1.8	2.3	1.6	1.5	1.5	1.7	2.1	1.3	1.4	1.5	2.1	2.4	1.8	1.7	1.8	1.5	2.1	1.2	1.3	1.3	
<b>Fruit or vegetables yesterday: # of servings</b>																										
Mean # servings	3.7	4.2	3.3	3.5	3.5	3.9	4.3	3.6	3.5	3.6	3.6	4.2	3.1	3.5	3.0	3.9	4.0	3.7	3.6	3.8	3.6	4.4	3.2	3.4	3.4	
<b>5 or more fruits/vegetables per day, %</b>																										
	32.2	30.0	23.5	25.2	27.6	35.6	31.2	27.7	27.3	30.1	29.3	29.1	20.0	23.4	25.4	34.3	27.6	31.6	29.2	31.9	29.7	32.8	20.6	24.5	23.9	
<b>Fruit juices usually drink per day</b>																										
Mean # servings	0.8	0.9	0.8	0.8		0.6	0.7	0.7	0.6		0.9	1.0	0.8	0.9		0.5	0.7	0.6	0.6		0.9	1.0	0.9	0.9		
<b>Green salad usually eat per day</b>																										
Mean # servings	0.5	0.6	0.6	0.6		0.6	0.7	0.6	0.6		0.5	0.5	0.5	0.5		0.6	0.6	0.6	0.6		0.5	0.6	0.5	0.6		
<b>Potatoes usually eat per day</b>																										
Mean # servings	0.2	0.2	0.2	0.2		0.2	0.2	0.2	0.2		0.2	0.2	0.2	0.2		0.2	0.2	0.2	0.2		0.2	0.2	0.2	0.2		
<b>Carrots usually eat per day</b>																										
Mean # servings	0.3	0.4	0.4	0.4		0.4	0.4	0.4	0.4		0.3	0.3	0.3	0.3		0.3	0.3	0.3	0.3		0.4	0.4	0.4	0.4		
<b>Fried food yesterday: # of servings</b>																										
Mean # servings	1.0		0.8	0.8	0.7	0.9		0.6	0.7	0.7	1.1		0.9	0.9	0.8	0.4		0.3	0.4	0.5	1.4		1.0	1.0	0.9	
<b>Chips/fried snacks yesterday: # of servings</b>																										
Mean # servings	0.4		0.4	0.4	0.4	0.3		0.3	0.3	0.3	0.4		0.5	0.5	0.4	0.4		0.4	0.4	0.3	0.4		0.4	0.4	0.4	
<b>Soda/sweetened beverages yesterday: # of servings</b>																										
Mean # servings	1.0		0.9	1.0	1.0	0.7		0.7	0.7	0.7	1.2		1.2	1.2	1.2	0.8		0.7	0.7	0.7	1.1		1.1	1.2	1.1	
<b>Whole grain breads/cereals/tortillas yesterday</b>																										
Mean # servings	1.4					1.3					1.4					1.4					1.4					
<b>Fast food, # times/day</b>																										
Mean # servings	0.2	0.23	0.24		0.15	0.16	0.18	0.2		0.12	0.24	0.27	0.27		0.17	0.17	0.24	0.23		0.15	0.23	0.22	0.2		0.14	

**Table 2. City of Salinas Selected YRBSS Responses by Gender and Ethnic Group, 2005 and 2007**

Health Indicator	Total %		Gender				Ethnic Group			
			Female %		Male %		White (non-Hispanic) %		Hispanic %	
	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007
<b>Body Weight</b>										
Students at risk of overweight (reported weight =>85 <sup>th</sup> percentile but <95 <sup>th</sup> percentile of Body Mass Index)	16.8	18.6	16.2	18.3	17.4	18.9	10.2	6.3	18.1	21.0
Students who were overweight (reported weight =>95 <sup>th</sup> percentile of Body Mass Index)	15.9	15.8	11.8	8.9	19.9	22.3	8.5	14.4	18.1	16.9
Students who describe themselves as slightly or very overweight	36.1	36.3	42.1	40.7	30.3	31.1	30.9	26.0	38.5	37.2
<b>Weight Loss</b> Students who:										
Are trying to lose weight	49.2	51.0	60.8	65.2	38.3	37.2	44.4	50.9	51.7	50.4
Exercise to lose weight or keep from gaining weight in the past 30 days	65.7	64.6	71.1	67.2	60.5	62.1	56.3	67.4	68.3	65.0
Ate less food, fewer calories, or low-fat foods to lose weight or keep from gaining weight in the past 30 days	41.2	38.9	51.1	49.0	31.2	29.0	43.1	40.3	41.4	38.3
Went without food for 24 hours or more to lose weight or keep from gaining weight in the past 30 days	9.0	8.7	12.0	13.3	5.7	4.3	7.5	9.7	9.5	9.2
Took diet pills, powders, or liquids without a doctor's advice to lose weight or keep from gaining weight in the past 30 days	5.1	8.7	5.7	13.3	4.2	4.3	6.3	9.7	4.3	9.2
Vomited or took laxatives to lose weight or keep from gaining weight in the past 30 days	4.1	5.3	5.0	7.0	2.8	3.6	3.8	6.4	3.9	5.0
<b>Nutrition</b> Students who consumed:										
No 100% fruit juices in the past 7 days	17.4	22.1	19.0	23.4	16.1	20.9	21.2	19.6	16.3	20.7
No fruit in the past 7 days	10.2	8.5	8.7	8.5	11.8	8.6	10.4	6.3	10.2	9.0
No green salad in the past 7 days	35.7	40.1	29.8		42.1	42.9	25.3	28.7	38.8	43.1
No potatoes in the past 7 days	41.1	45.7	40.2	48.5	42.3	43.0	32.3	38.1	44.7	46.8
No carrots in the past 7 days	51.3	49.0	49.8	45.3	53.5	52.8	53.9	45.7	51.5	49.6
No other vegetables in the past 7 days	19.0	22.4	16.1	23.6	21.7	21.3	9.8	14.9	21.2	24.6
<b>Physical Fitness</b> Students who:										
Exercised or participated in physical activity that made them sweat and breathe hard for 20 or more minutes on 3 or more of the past 7 days	65.9		61.2		71.7		68.6		66.0	
Participated in physical activity that did not make them sweat and breathe hard for 30 or more minutes on 5 or more of the past 7 days	32.9		32.8		33.5		38.2		30.8	

(Table 2. Continued)

Health Indicator	Total %		Gender				Ethnic Group			
			Female %		Male %		White (non-Hispanic) %		Hispanic %	
	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007
Had not participated in at least 20 minutes of vigorous physical activity on 3 or more of the past 7 days, and had not participated in at least 30 minutes of moderate physical activity on 5 or more of the past 7 days	28.1		30.5		24.5		24.5		28.8	
Were physically active for 60 or more minutes per day on 5 or more of the past 7 days	33.3	42.3	28.2	34.2	39.0	50.3	39.4	52.6	31.2	40.3
Saw a doctor or nurse for an exercise or sports injury in the past 30 days	14.9		13.5		15.9		17.3		14.3	
Attended PE classes on 5 days in an average week when in school	32.9	26.5	31.9	26.8	34.3	26.1	34.0	-	32.7	25.7
Among those enrolled in PE class, the students who actually exercised or played sports for 41 or more minutes during an average class	21.8	26.2	15.3	24.4	14.7	28.0	11.9		24.5	
<b>Sedentary Behaviors</b> Students who:										
Watched 3 or more hours of TV on an average school day	36.5	32.5	37.8	30.8	35.8	34.2	19.4	13.6	41.2	37.0
Played video or computer games (not school work) for 3 or more hours on an average school day	14.7	22.7	10.4	17.5	19.3	27.8	18.7	22.2	12.4	20.1

"-" = less than 100 students in the subgroup. Some questions were not asked in 2007 due to survey changes. Cells for those questions are blank in 2007.

**Table 3. City of Salinas Selected YRBSS Responses by Grade, 2005 and 2007**

Health Indicator	Total		Grade							
			9 <sup>th</sup> %		10 <sup>th</sup> %		11 <sup>th</sup> %		12 <sup>th</sup> %	
	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007
<b>Body Weight</b>										
Students at risk of overweight (reported weight =>85 <sup>th</sup> percentile but <95 <sup>th</sup> percentile of Body Mass Index)	16.8	18.6	20.6	17.3	15.7	17.3	16.6	17.5	13.7	23.7
Students who were overweight (reported weight =>95 <sup>th</sup> percentile of Body Mass Index)	15.9	15.8	18.1	13.3	18.9	16.8	11.9	15.7	14.0	18.1
Students who describe themselves as slightly or very overweight	36.1	36.3	34.7	31.7	38.0	35.2	34.8	37.8	37.2	42.0
<b>Weight Loss</b> Students who:										
Are trying to lose weight	49.2	51.0	52.9	48.5	49.5	56.6	45.3	46.6	48.6	52.5
Exercise to lose weight or keep from gaining weight in the past 30 days	65.7	64.6	70.6	68.5	66.3	62.0	62.0	62.4	62.3	64.9
Ate less food, fewer calories, or low-fat foods to lose weight or keep from gaining weight in the past 30 days	41.2	38.9	41.2	33.4	44.1	37.8	35.2	41.2	43.7	44.3
Went without food for 24 hours or more to lose weight or keep from gaining weight in the past 30 days	9.0	8.7	6.9	9.6	11.5	7.5	8.7	8.4	8.9	9.4
Took diet pills, powders, or liquids without a doctor's advice to lose weight or keep from gaining weight in the past 30 days	5.1	8.7	3.9	9.6	3.1	7.5	6.1	8.4	7.9	9.4
Vomited or took laxatives to lose weight or keep from gaining weight in the past 30 days	4.1	5.3	3.0	4.1	4.8	3.7	2.9	6.4	5.9	7.1
<b>Nutrition</b> Students who consumed:										
No 100% fruit juices in the past 7 days	17.4	22.1	18.0	21.7	18.0	22.8	14.4	25.0	19.3	19.0
No fruit in the past 7 days	10.2	8.5	11.3	7.8	9.7	9.5	8.6	7.3	11.2	9.6
No green salad in the past 7 days	35.7	40.1	40.8	46.1	30.7	38.2	34.3	42.8	36.2	33.3
No potatoes in the past 7 days	41.1	45.7	48.5	47.4	41.8	46.6	37.5	48.2	34.5	39.9
No carrots in the past 7 days	51.3	49.0	54.6	51.2	52.1	52.5	47.1	47.2	51.0	45.5
No other vegetables in the past 7 days	19.0	22.4	19.4	25.1	22.5	23.8	15.0	21.1	18.3	19.7
<b>Physical Fitness</b> Students who:										
Exercised or participated in physical activity that made them sweat and breathe hard for 20 or more minutes on 3 or more of the past 7 days	65.9		81.1		60.7		56.9		62.3	
Participated in physical activity that did not make them sweat and breathe hard for 30 or more minutes on 5 or more of the past 7 days	32.9		32.9		26.1		36.6		37.1	

(Table 3. Continued)

Health Indicator	Total		Grade							
			9 <sup>th</sup> %		10 <sup>th</sup> %		11 <sup>th</sup> %		12 <sup>th</sup> %	
	2005	2007	2005	2007	2005	2007	2005	2007	2005	2007
Had not participated in at least 20 minutes of vigorous physical activity on 3 or more of the past 7 days, and had not participated in at least 30 minutes of moderate physical activity on 5 or more of the past 7 days	28.1		16.0		32.8		34.4		30.9	
Were physically active for 60 or more minutes per day on 5 or more of the past 7 days	33.3	42.3	37.7	52.4	26.6	39.4	33.4	41.6	35.3	34.7
Saw a doctor or nurse for an exercise or sports injury in the past 30 days	14.9		17.3		19.1		10.3		11.6	
Attended PE classes on 5 days in an average week when in school	32.9	26.5	54.1	46.1	14.6	14.5	32.9	23.1	25.2	19.6
Among those enrolled in PE class, the students who actually exercised or played sports for 41 or more minutes during an average class	21.8	26.2	41.5	49.5	10.5	13.6	15.0	22.1	15.2	18.8
<b>Sedentary Behaviors</b> Students who:										
Watched 3 or more hours of TV on an average school day	36.5	32.5	43.4	38.6	39.3	32.4	32.5	33.0	28.6	25.7
Played video or computer games (not school work) for 3 or more hours on an average school day	14.7	22.7	14.5	26.9	18.8	25.9	12.3	20.6	12.4	17.0

"-" = less than 100 students in the subgroup. Some questions were not asked in 2007 due to survey changes. Cells for those questions are blank in 2007.



## *A FEW EXAMPLES OF WHAT IS BEING DONE*

### **In Schools**

- The Network for a Healthy California Local Health Department (LHD) program provides nutrition education for students, teachers, and parents in nineteen elementary schools in and around Salinas, South County, North Monterey County and on the Monterey Peninsula. Some of the activities offered are:
  - Training staff to incorporate nutrition and garden education; how to weave effective physical activity programs into the school day; revising fundraising activities that involve sales of foods and beverages; providing healthy options for classroom celebrations.
  - Providing Harvest of the Month (HOTM) nutrition education and taste testings to the students (k-8). Provide HOTM preschool nutrition activity bin to teachers in six preschools.
  - Training afterschool staff to incorporate nutrition education, physical activity and cooking with the kids into the afterschool structure.
  - Collaborating with food service staff to provide trainings, salad bar orientation or other cafeteria activities to support the concept of encouraging students to eat more fruits and veggies.
  - Provide schools with a healthy fruit and vegetable tile mural, created by the students to further promote a healthy school and neighborhood.
- Celebrate Walk to School Days, Bike to School Days, Fitness Days, Harvest Fairs and other events offered at schools, providing tastings, physical activity and information on healthy food and beverage education.
- *Food for Thought; Fruit and Veggies 101; I am Moving, I am Learning* are nutrition and physical activity curriculum utilized by teachers for children ages 3-5, enrolled in over 40 Monterey County Head Start classes.
- Teacher training, in-classroom nutrition education sessions, food demonstrations, and physical activities are promoted in 19 Monterey County schools, as are parent education sessions focusing on improved nutrition and the importance of physical activity.

### **In the Community**

- The Network for a Healthy California program provides nutrition education at sites and events attracting Latino families, with the goal of empowering the Latino population with healthy eating and physical activity messages. The primary venues are Latino festivals and farmers'/flea markets in communities with high Latino populations.

- The Network for a Healthy California program provides resources and support to help grocers in low-income communities to more effectively market their produce, provide store tours and seasonal produce tastings to help increase the consumption and purchase of fruits and vegetables among CalFresh eligible Californians.
- The Network for a Healthy California program provides nutrition, healthy beverage and physical activity education and training, resources, food and physical activity demonstrations to low income housing unit residents in hopes to develop champion residents in sustaining the program.
- WIC (Women, Infants and Children) is a federally-funded health and nutrition program for women, infants, and children. WIC helps income-qualifying families by providing checks for buying healthy supplemental foods from WIC-authorized vendors, providing nutrition education, and help finding healthcare and other community services.

### **In Organizations**

- The YMCA of Salinas, Monterey and Soledad provide structured physical activity and nutrition education programming to after-school participants.
- The Boys and Girls Clubs of Monterey County provides programs emphasizing nutrition, physical activity, and overall healthy lifestyles.
- JUST RUN, a program of the Big Sur International Marathon, assists in the development of school-based running clubs, resulting in over 8,000 Monterey County children running over 256,000 miles during the 2012-2013 school year.

### **By Health Providers**

- Central California Alliance for Health offers “Healthy Weight for Life,” a program for children ages 2-18 years in Monterey, Santa Cruz, and Merced counties.
- Natividad Medical Center Resident Training program provides obesity and diabetes training in clinical chronic care management to Center for Community Advocacy Promotoras and Sun Street Center clients.
- Healthy Eating Lifestyle Principles, Inc. (HELP) is a non-profit agency whose mission is to promote healthy eating, physical activity, and the increased consumption of fresh fruits and vegetables among youth and adults. Programs include after school activities, family nights, parent education, and community television broadcasts.
- Community Hospital of the Monterey Peninsula provides a Shapedown program for children focusing on eating healthy, making healthy lifestyle changes and being active. They also have a “Kids Eat Right” program that provides nutrition education over 5 weeks in several afterschool programs throughout the County during the school year.

## *DEFINITIONS*

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- Body Mass Index (BMI) is used to determine if an individual is overweight or obese.
- BMI is calculated by dividing a person's body weight by their height squared and, if the weight and height used are in pounds and inches, multiplying by a constant.
- BMI levels above the 85<sup>th</sup> and below the 95<sup>th</sup> classify overweight and above the 95<sup>th</sup> percentile of the population classify obese conditions for children and youth.
- The 85<sup>th</sup> and 95<sup>th</sup> percentiles BMI are standardized using national growth charts for age and sex for children and adolescents.
- Adults are classified as overweight at a BMI greater than 25, and as obese at a BMI greater than 30.

## *DATA SOURCES*

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- The Pediatric Nutrition Surveillance System (PedNSS) is a public health surveillance system that monitors the nutritional status of low-income children in federally funded maternal and child health programs. Data on birthweight, breastfeeding, anemia, short stature, underweight, and overweight are collected for children who attend public health clinics for routine care, nutrition education, and supplemental food.
- The California Health Interview Survey (CHIS) was conducted in Monterey County in 2001, 2003, 2005, 2007, 2009, and 2011-12. CHIS is a computer assisted telephone interview survey that uses a geographically stratified random-digit-dial sample. The survey's objective is to produce statistically reliable estimates for local areas and for different racial and ethnic populations in the state of California. CHIS is conducted every two years with many core questions repeated in each survey for measuring significant shifts over time. New questions are also added each survey year to address emerging concerns that are important for planning and policy development. Survey questions were not always available for every year. Survey responses for years 2001 and 2003 include those from residents of San Benito County; however, the small numbers of San Benito County survey respondents were such that when weighted, the data largely represent Monterey County residents.

### CHIS Sample Sizes by Age Group for Monterey County, 2001 to 2011-12.

Survey Year	Children 0-11 years	Teens 12-17 years	Adults 18+ years
2001	213	102	800
2003	126	44	542
2005	158	62	554
2007	131	44	626
2009	131	49	598
2011-12	95	36	512

Survey results are presented according to three measures:

1. the prevalence (%) for the county population by specified age group.
2. the 95% confidence interval which is a range within which the actual value lies.
3. the estimated population in the county that is affected, based on the prevalence.



- The Behavioral Risk Factor Surveillance System (BRFSS) is a state-based system of health surveys that collects information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury. For many states, the BRFSS is the only available source of timely, accurate data on health-related behaviors. BRFSS was established in 1984 by the Centers for Disease Control and Prevention (CDC); currently data are collected monthly in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam. More than 350,000 adults are interviewed each year, making the BRFSS the largest telephone health survey in the world. States use BRFSS data to identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs. Many states also use BRFSS data to support health-related legislative efforts.
- The Youth Risk Behavior Surveillance System (YRBSS) was developed in 1990 to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. The YRBSS includes national, state, territorial, tribal, and local school-based surveys of representative samples of 9th through 12th grade students. These surveys are conducted every two years, usually during the spring semester. The national survey, conducted by CDC, provides data representative of 9th through 12th grade students in public and private schools in the United States. The state, territorial, tribal, and local surveys, conducted by departments of health and education, provide data representative of public high school students in each jurisdiction.