

# Body Mass Index: The Arkansas Experience

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## Act 1220 Goals

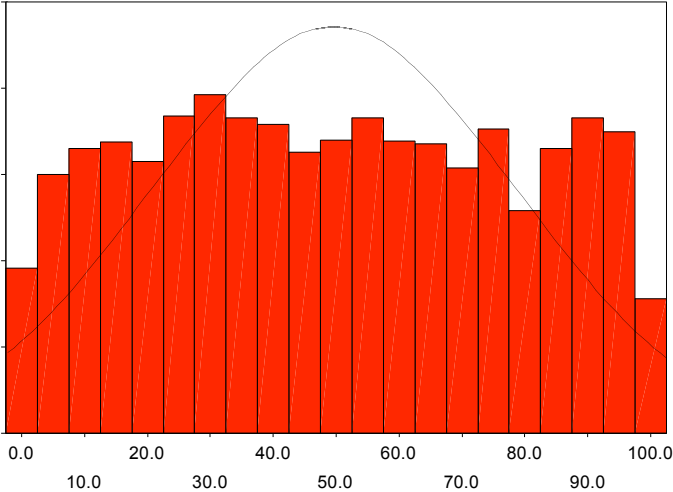
- Change the environment within which children go to school and learn health habits everyday
- Engage the community to support parents and build a system that encourages health
- Enhance awareness of child and adolescent obesity to mobilize resources and establish support structures

# Act 1220 Activities and Impact

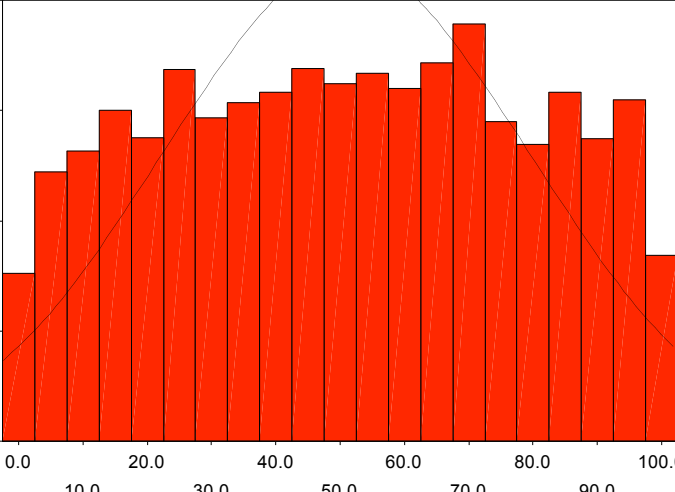
- Elimination of all vending machines in public elementary schools statewide
- Requires professional education of all cafeteria workers
- Public disclosure of “pouring contracts”
- Parent advisory committees for all schools
- Child Health Advisory Committee
- Annual BMI Assessment on every child

# NHANES BMI Normalized Percentile Histograms

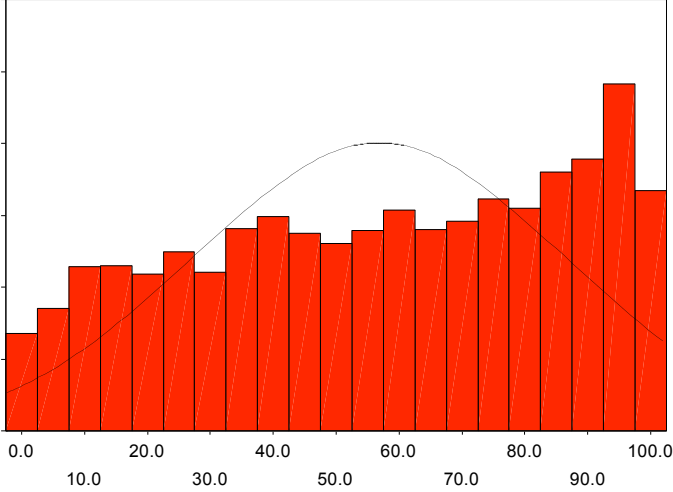
EXAM: 1 1971-74



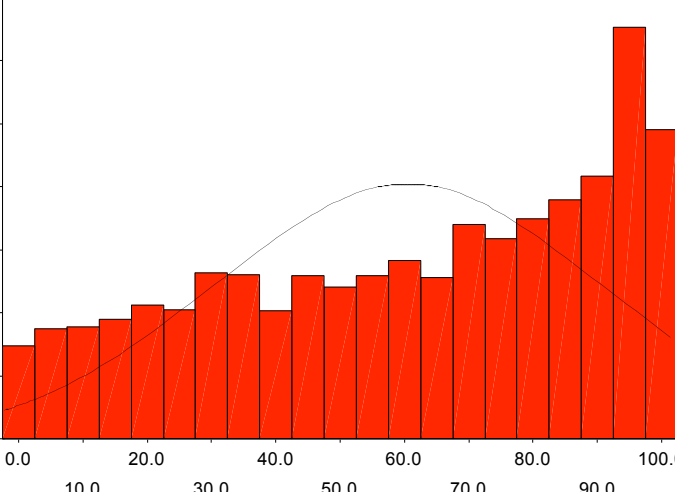
EXAM: 2 1976-80



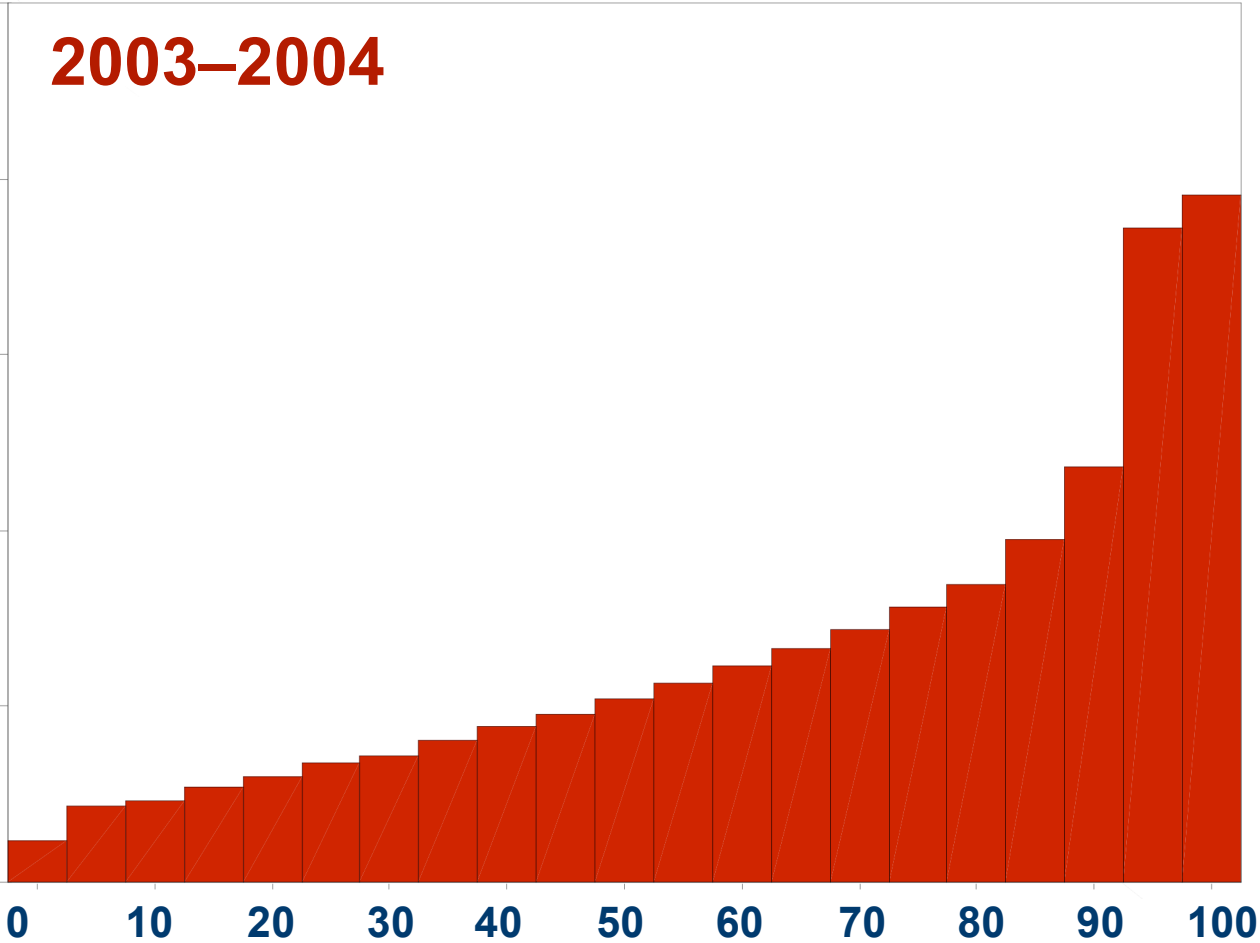
EXAM: 3 1988-94



EXAM: 4 1999-2001



# Arkansas BMI standardized percentiles



# Overall results by BMI classification

Category	Year 1		Year 2	
	Count	Percentage	Count	Percentage
<b>Overweight</b>	<b>72,636</b>	<b>21.0%</b>	<b>77,351</b>	<b>20.8%</b>
<b>At risk</b>	<b>59,503</b>	<b>17.2%</b>	<b>63,943</b>	<b>17.2%</b>
<b>Healthy</b>	<b>207,491</b>	<b>60.0%</b>	<b>223,127</b>	<b>60.1%</b>
<b>Underweight</b>	<b>6,262</b>	<b>1.8%</b>	<b>6,946</b>	<b>1.9%</b>
<b>Total</b>	<b>345,892</b>	<b>100%</b>	<b>371,367</b>	<b>100%</b>

Participation

Schools

98% (1,110)

93% (1,058)

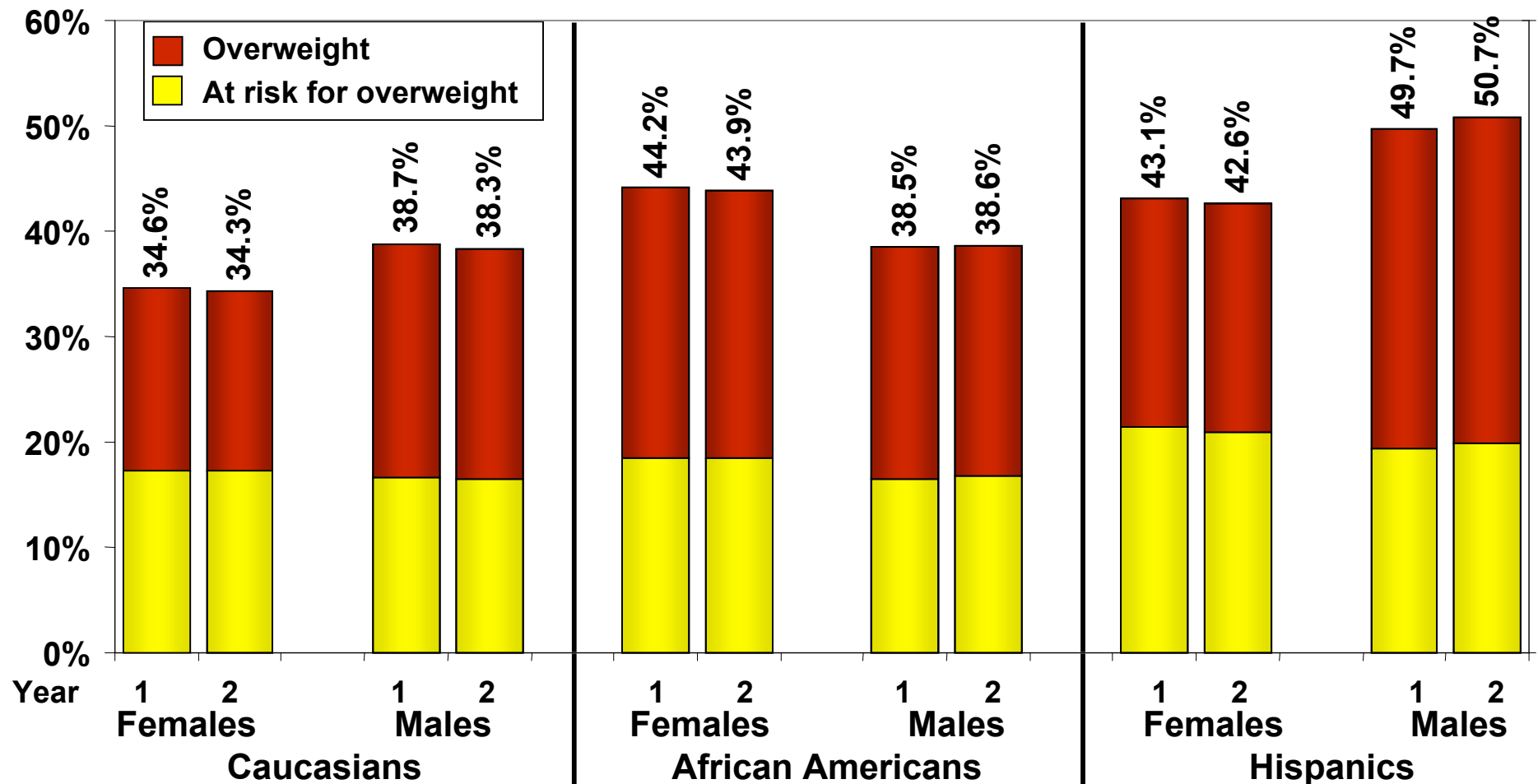
Students

98% (444,612)

94% (421,973)



# Percent at risk for overweight & overweight by gender and ethnicity



Source: Thompson et al, *Morbidity and Mortality Weekly Reports* January 2006; 55(1):5-8.

# Comparison of Year 1 & 2 BMI Percentile Scores

