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

2003–2004
## Overall results by BMI classification

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

### Participation

<table>
<thead>
<tr>
<th></th>
<th>Year 1</th>
<th></th>
<th>Year 2</th>
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</thead>
<tbody>
<tr>
<td>Schools</td>
<td>93% (1,058)</td>
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</tr>
<tr>
<td>Students</td>
<td>98% (444,612)</td>
<td>94% (421,973)</td>
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</tr>
</tbody>
</table>
Percent at risk for overweight & overweight by gender and ethnicity

Comparison of Year 1 & 2 BMI Percentile Scores

Percent

Year 1
Year 2

0  8  16  24  32  40  48  56  64  72  80  88  96

0  8  16  24  32  40  48  56  64  72  80  88  96

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