



OVERVIEW

The Consortium to Lower Obesity in Chicago Children (CLOCC), the Child Health Data Lab, the Chicago Department of Public Health and Healthy Places are pleased to present findings from the 2011-2012 fielding of the Illinois Health Survey for Youth (IHSY). IHSY is a random digit dial survey designed to obtain information from caregivers about the health and healthcare of children under age 18 in their care. Technical information about the survey is provided on page 4.

Healthy Places is a \$5.8 million project funded by a cooperative agreement from the Centers for Disease Control and Prevention (CDC) through the U.S. Department of Health and Human Services' Communities Putting Prevention to Work initiative (CPPW). Funding comes from the Affordable Care Act's Prevention and Public Health Fund. As bona fide agent of the City of Chicago and in partnership with the Chicago Department of Public Health (CDPH), the Consortium to Lower Obesity in Chicago Children (CLOCC) at Ann & Robert H. Lurie Children's Hospital of Chicago leads Healthy Places. The initiative began in September 2010 and runs through April 2013.

The overall goal of Healthy Places is to implement sustainable policy, systems and environmental changes that address obesity in Chicago by creating healthier environments where Chicagoans live, work, learn and play. The Healthy Places project includes many organizations and governmental agencies across Chicago and is focused in five areas: food access, safe walking and biking, breastfeeding support, school environments, and media and public education.

KEY FINDINGS

- Less than half of children are meeting CLOCC's 5-4-3-2-1 Go! recommendations.
- Drinking four or more servings of water a day was the most commonly met goal, with 39% of children meeting this goal.
- Being active for an hour each day had the lowest percentage of children meeting it across all race/ethnicities, income and education levels sampled.

5-4-3-2-1 Go!®

How Chicago youth are doing

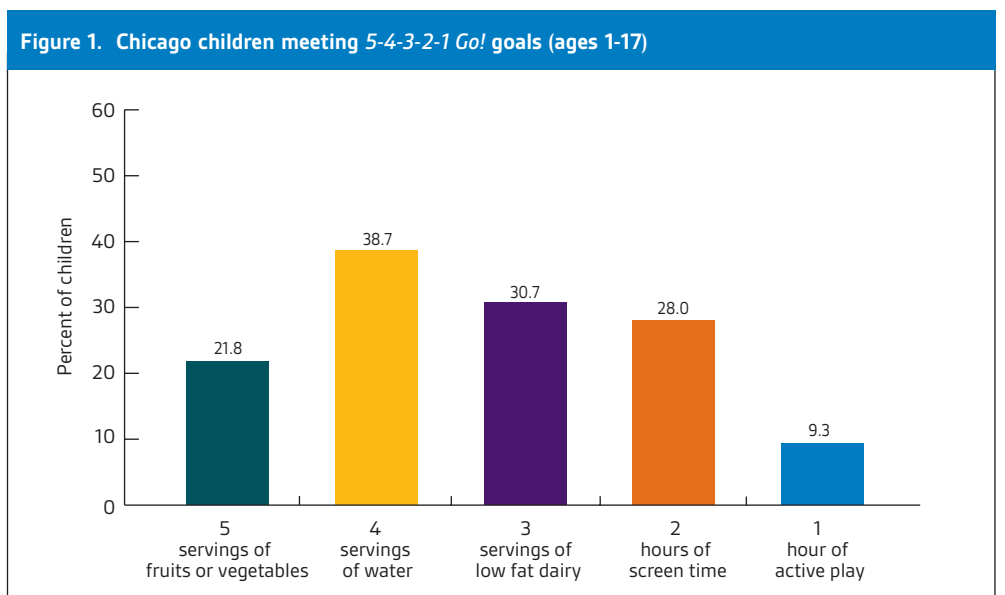
HEALTHY LIVING RECOMMENDATIONS

The Consortium to Lower Obesity in Chicago Children's (CLOCC) 5-4-3-2-1 Go!® guidelines provide an easy way to remember how to eat healthy and embrace an active lifestyle.

The percent of children in the IHSY sample who meet or exceed the recommendation for each specific guideline is shown in Table 1 and Figure 1. Fewer than 40% of children in Chicago (ages 1-17) meet any of the five guidelines. Only 9.3% meet the active play guideline.

These data suggest the need for significant support of healthy choices for children and families in Chicago.

5 or more servings of fruits/vegetables the previous day	21.8% (18.2-25.3)
4 or more servings of water the previous day	38.7% (34.4-43.1)
3 or more servings of low fat dairy the previous day	30.7% (26.7-34.7)
2 hours or less screen time, daily average	28.0% (23.6-32.4)
1 or more hours of active play each day in the last 7 days	9.3% (6.5-12.1)



Education a factor in meeting 5-4-3-2-1 Go! goals

While the majority of children in Chicago are not meeting the 5-4-3-2-1 Go! recommendations, children whose parents had completed a college degree or higher were more likely to meet the standards than those children whose parent(s) had not completed high school. Those whose parents were more highly educated were more likely to consume 5 or more servings of fruits or vegetables and 4 or more servings of water, and get at least one active hour of play 7 days a week; these differences were statistically significant.

Low income children at highest risk of not meeting 5-4-3-2-1 Go! goals

While the majority of children in Chicago are not meeting the 5-4-3-2-1 Go! recommendations, more low income children are failing to meet the standards than children from households with higher income. The most commonly met goals by low income children are water and low fat dairy consumption (37% and 34% respectively); approximately the same percent as higher income children. Those in households making less than \$50,000 per year were less likely to consume 5 servings of fruits and vegetables, and those in households making \$20,000 to \$50,000 per year were less likely to consume 3 servings of low fat dairy; these differences were statistically significant.

Minority children less likely to meet 5-4-3-2-1 Go! goals

Except for servings of water and active play, Non-Hispanic Black and Hispanic children are less likely to meet the 5-4-3-2-1 Go! recommendations. Non-Hispanic Black children are most likely to meet the guidelines for water consumption and 1 hour of active play per day (48% and 13% respectively). Non-Hispanic Black and Hispanic children are less than half as likely to consume 5 or more servings of fruits and vegetables daily than Non-Hispanic White children, and Hispanic children are least likely to consume 4 or more servings of water; these differences are statistically significant.

Figure 2: Chicago children meeting 5-4-3-2-1 Go! goals, by parent(s) education

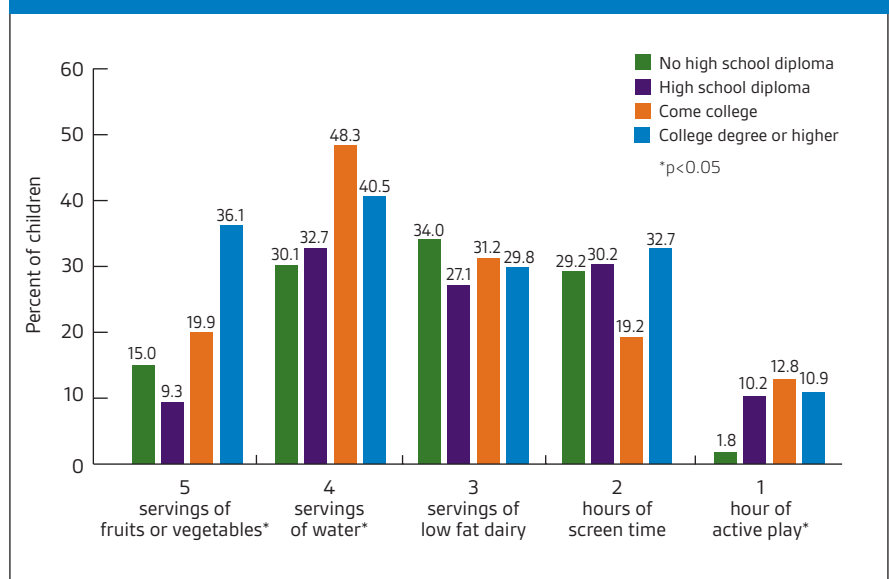


Figure 3: Chicago children meeting 5-4-3-2-1 Go! goals, by family income

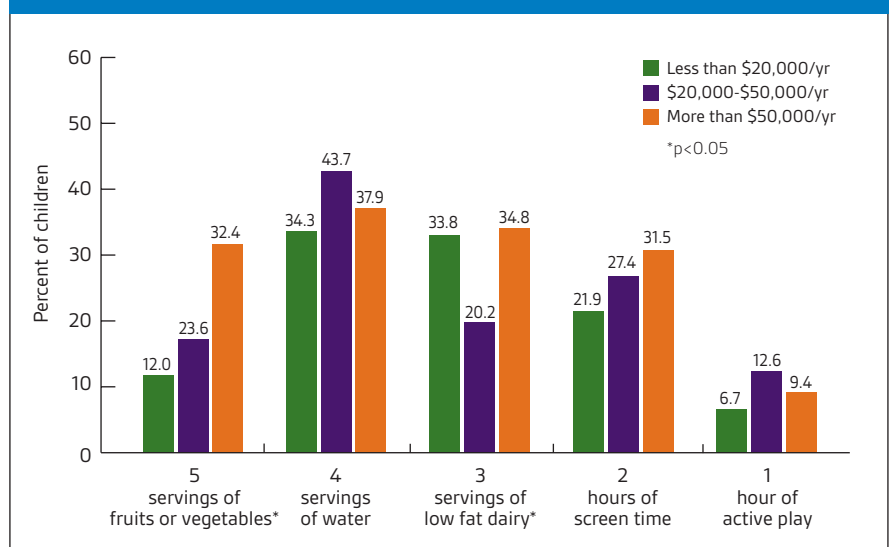
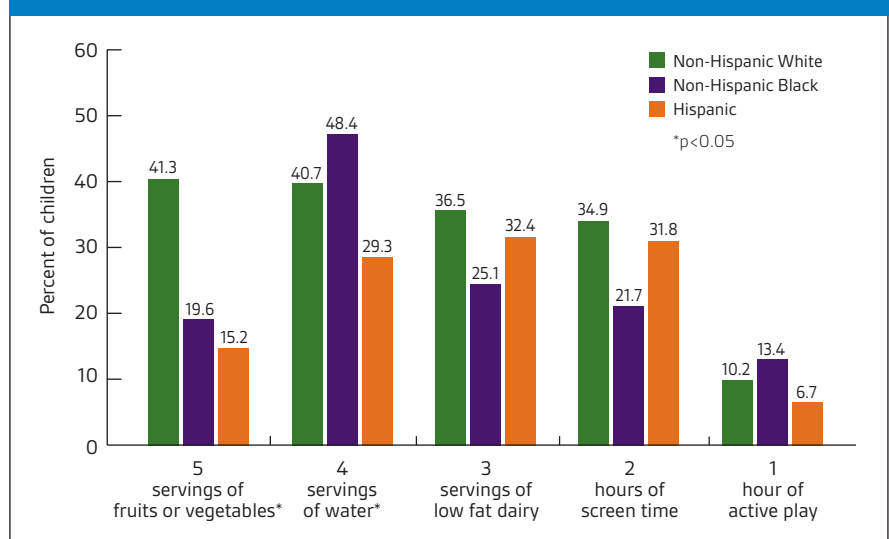


Figure 4: Chicago children meeting 5-4-3-2-1 Go! goals, by race/ethnicity





CLOCC's public education message has been providing clear, positive guidance to families and children in Chicago since 2004. The message is evidence-based and consistent with medical literature and national recommendations supporting childhood obesity prevention, including those from American Academy of Pediatrics, Institute of Medicine and Centers for Disease Control and Prevention. *5-4-3-2-1 Go!* has a significant reach in Chicago and beyond. Hundreds of community-based organizations have been trained on the *5-4-3-2-1 Go!* message. The message has a strong regional presence based on the efforts of CLOCC and our partners to disseminate the message through community organizations, pediatrician offices, schools, faith communities, media campaigns and more. *5-4-3-2-1 Go!* materials have been accessed in 49 states and 18 countries.

Many organizations have demonstrated strong institutional support for the *5-4-3-2-1 Go!* message, including:

- City of Chicago Inter-Departmental Task Force on Childhood Obesity (comprised of 11 City of Chicago agencies)
- YMCA of Metro Chicago
- Illinois Park and Recreation Association
- United Way of Metropolitan Chicago
- DuPage County Health Department (FORWARD Initiative)

TRAINING ON 5-4-3-2-1 GO!

Message trainings are available and tailored to various audiences, including:

- Community-based organizations
- Pediatricians (web-based training)
- Professional development for teachers
- Early childhood providers
- After-school programs
- Teen health ambassadors
- Worksite wellness
- Children with physical disabilities (in process)
- Community organization training in Spanish

RESOURCES

- Presentations for each recommendation (available in English and Spanish)
- Games manual with lesson plans for movement-based activities to teach recommendations
- Customizable handouts for parents and caregivers on helping children achieve daily recommendations, available in English, Spanish, Polish and Chinese (Traditional and Simplified)
- Fact sheets to support recommendations, available in multiple languages
- Links to curriculum and activities that promote some or all of the *5-4-3-2-1 Go!* message

A red rounded rectangle containing a list of five recommendations. Each number is in a large, stylized font with a white star inside. To the right of each number is the corresponding recommendation in white text. At the bottom right of the rectangle is the "go!" logo with a star.

- 5 servings of fruits and vegetables a day
- 4 servings of water a day
- 3 servings of low-fat dairy a day
- 2 hours or less of screen time a day
- 1 hour or more of physical activity a day

For more information about *5-4-3-2-1 Go!* visit clocc.net/partners/54321Go

or contact Rebecca Calendo at rcalendo@luriechildrens.org

5-4-3-2-1 Go! Goals and BMI

More than 40% of children in the IHSY sample are categorized as overweight or obese, per their parent-reported heights and weights (Figure 5).

Figure 6 depicts the BMI categories of the IHSY sample by 5-4-3-2-1 Go!® guidelines. Those meeting the fruits/vegetables, water and activity guidelines, and those who met two or more of the guidelines, were less likely to be overweight or obese than those who did not; these differences were not statistically significant.

Figure 5. BMI for Chicago children (ages 2-17)

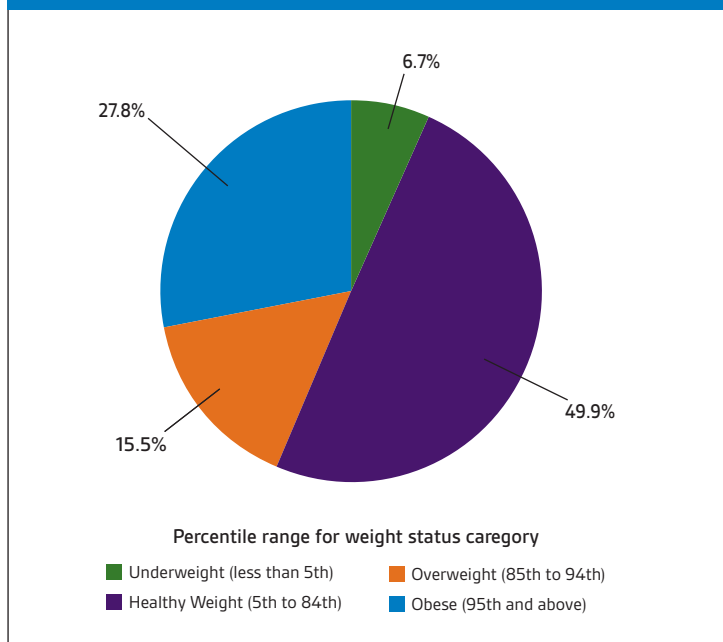
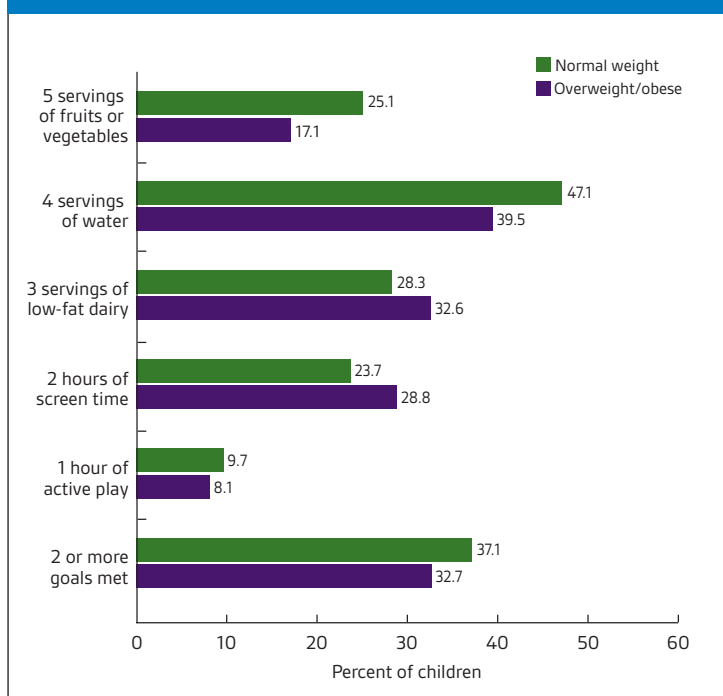


Figure 6. Chicago children meeting 5-4-3-2-1 Go! goals by BMI category



TECHNICAL NOTES

The Illinois Health Survey for Youth (IHSY) consists of questions about the child's overall health status, healthcare access and utilization, screening and immunization, nutrition and physical activity, healthy living, child care, child emotional functioning, acute conditions and chronic conditions. This round of the IHSY included questions related to breastfeeding, park usage and public support for government involvement in healthy living policy and environmental changes in Chicago.

Data collection occurred August 29, 2011 – February 10, 2012.

The survey sample completed interviews with 866 adult parents of children ages 0-17 in Chicago, using a random digit dial procedure and was made up of 267 cell phone numbers and 599 land line numbers. The sample included a targeted oversampling of phone numbers most likely to be in 10 identified neighborhoods in Chicago where a greater percentage of the neighborhood population was living below the poverty line than the Chicago average. Of the 866 interviews, 174 were completed in Spanish and 20 in languages other than Spanish or English. Data were weighted to reflect the overall youth population in the City of Chicago (U.S. 2010 Census).

SUPPORT PROVIDED BY:

This round of the IHSY was supported by Healthy Places, an initiative of Healthy Chicago. Healthy Places is a collaborative effort between the Chicago Department of Public Health and the Consortium to Lower Obesity in Chicago Children at Ann & Robert H. Lurie Children's Hospital of Chicago funded by the Centers for Disease Control and Prevention's Communities Putting Prevention to Work initiative, Cooperative Agreement Number 1U58DP002376-01. Its contents are solely the responsibility of the authors/organizers and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

IHSY partnering organizations include:

- Chicago Department of Public Health
- Ann & Robert H. Lurie Children's Hospital of Chicago (Faculty Practice Plan and the Office of Child Advocacy)
- Northern Illinois University, Public Opinion Laboratory
- Illinois Department of Public Health
- Illinois Children's Healthcare Foundation
- Kohl's Cares for Kids
- Chicago Community Trust

For more information about the IHSY, please contact:

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