FIRST THINGS FIRST

Ready for School. Set for Life.

AGENDA ITEM: Regional School Readiness Benchmarks

BACKGROUND: The First Things First State Board established School Readiness Indicators in FY2012. In FY2013 work began to establish statewide and regional benchmarks to evaluate the progress towards meeting the School Readiness Indicators. Special statewide workgroups determined the best evaluation measures at a statewide level. Regional level data will be available over the next few months. Currently data is available on School Readiness Indicator #7.

RECOMMENDATION: The Regional Council will be reviewing the regional level benchmarking data over the next few months. Regions will be asked to set regional benchmarks using this data and prepare a plan to present to the State Board next spring. This attachment provides the data on School Readiness Indicator #7 which has been identified as a priority indicator for the region. With the assistance of Amy Kemp, Evaluation Consultant the Regional Council will discuss the process, data and begin working with the Benchmark worksheet to set Regional Level Benchmarks. This will begin at the May meeting, but will be completed at the June meeting. The Regional Council may vote on the Regional Benchmark for Indicator #7 at the June meeting and complete the worksheet.

School Readiness Indicators
2020 Gila Regional Benchmark Summary

Indicator #7:	Number/Percentage of children age 2-4 at a healthy weight (Body Mass Index-BMI)
Intent:	Increase the number of children who maintain a healthy body weight

Key Definitions: Body mass index (BMI) is a measure used to determine childhood overweight and obesity. It is calculated using a child's weight and height. BMI does not measure body fat directly, but it is a reasonable indicator of body fatness for most children and teens.[1] A BMI is calculated by taking the weight in pounds divided by the height in inches squared times 703 {Formula: weight (lb) / [height (in)]^2 x 703)}

A BMI is not usually calculated for children under the age of 2 years. Healthy weight at 2-4 years of age is a standard measure for the WIC program to report to the CDC. A child's weight status is determined using an age- and sex-specific percentile for BMI rather than the BMI categories used for adults because children's body composition varies as they age and varies between boys and girls.

For children and adolescents (aged 2—19 years):

- **Underweight** is defined as a BMI less than 5th percentile for children at the same age and sex- an underweight child can have many different reasons that include feeding disorders to lack of food resources or being food insecure.[2]
- **Healthy weight** is defined as a BMI at 5th to 85th percentile.[2]
- **Overweight** is defined as a BMI at or above the 85th percentile and lower than the 95th percentile for children of the same age and sex.[2]
- **Obesity** is defined as a BMI at or above the 95th percentile for children of the same age and sex.[2]

Benchmark Data Source:
Body Mass Index (BMI) is a measure used to determine childhood overweight and obesity. It is calculated using a child's weight and height. Two primary sources of Body Mass Index (BMI) data were considered for this indicator:

- Arizona Department of Health Services, Women, Infants, and Children (WIC) Nutrition Program data: WIC is a federally funded program providing residents with nutritious foods, nutrition education, and referrals. WIC serves pregnant, breastfeeding, and postpartum women, and infants and children under age five who are at nutritional risk and who are at or below 185 percent of the federal poverty guidelines.[3] Around 62% of newborns in the state are eligible for the WIC program whereas around 25-30% are eligible between the ages of 2-4 years of age. This program measures BMI of all enrolled 2-4 year old participants for all regions of the state. WIC data is available for non-tribal regions and the Navajo Nation Regional Council (with tribal permissions) through the Arizona Department of Health Services (DHS). Data for tribal regions is available (pending tribal permissions) through the Intertribal Council of Arizona (ITCA) or tribal authorities. WIC serves a very large number of low-income 2-4 year olds and their families in Arizona; however, it does not measure the BMI of all Arizona children, only those enrolled in the WIC program. Some regions may be better represented by WIC data than others. Specifically, those communities with large percentages of the population at or below 185 percent of the federal poverty guidelines will have better measurement with the WIC data.

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[1] Centers for Disease Control and Prevention (CDC): http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

[2] Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. *Pediatrics* 2007;120 Supplement December 2007:S164—S192.

[3] Arizona Women, Infants & Children (WIC) Program: http://azdhs.gov/azwic/

- Arizona Health Care Cost Containment System (AHCCCS): The Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services. Data is collected through AHCCCS for all participants, but this data is not currently available in a standardized report, and access to the data requires permission from AHCCCS.

Data source selected:
There currently is no data source that measures the BMI of all Arizona children. However, WIC data from DHS and ITCA (pending tribal permissions) were identified as best data sources for this indicator because consistent data are available for all regions and the WIC program serves a large number of Arizona 2-4 year-olds (105,968 in the initial data pull).

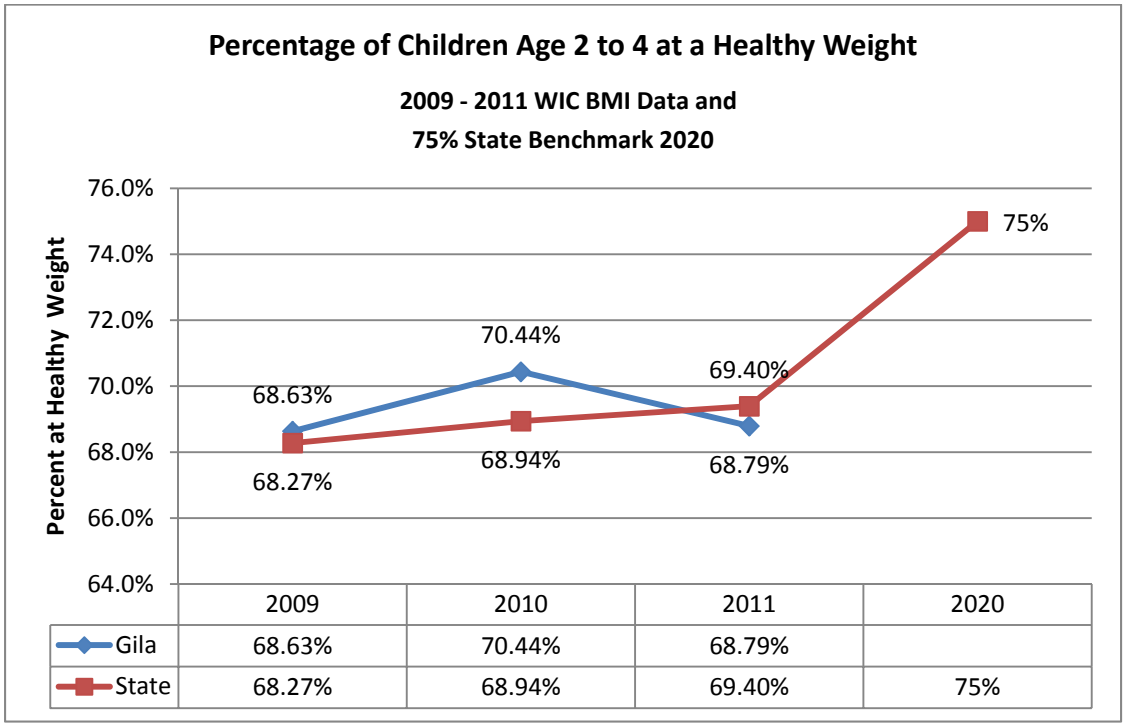
Baseline (Region and State):

- 2010: In Gila, **70%** (498) of children age 2-4 were at a healthy body weight
- 2010: In Arizona, **69%** (72,521)[4] of children age 2-4 were at a healthy body weight

[4] Statewide baseline presented here (69%) is based on data from the Arizona Department of Health WIC program; no data from tribal WIC programs are included. The regional benchmarking statewide baseline data vary from those utilized in statewide benchmarking. Statewide benchmarking was informed by WIC data from the Centers for Disease Control which included tribal data and duplicated child counts. It was calculated with a slightly different methodology from that employed in Arizona. FTF is working with data partners to identify the best approach to methodology and will present any variations to baseline statewide number to the FTF Board and Councils for review.

Trend Line (Region and State):

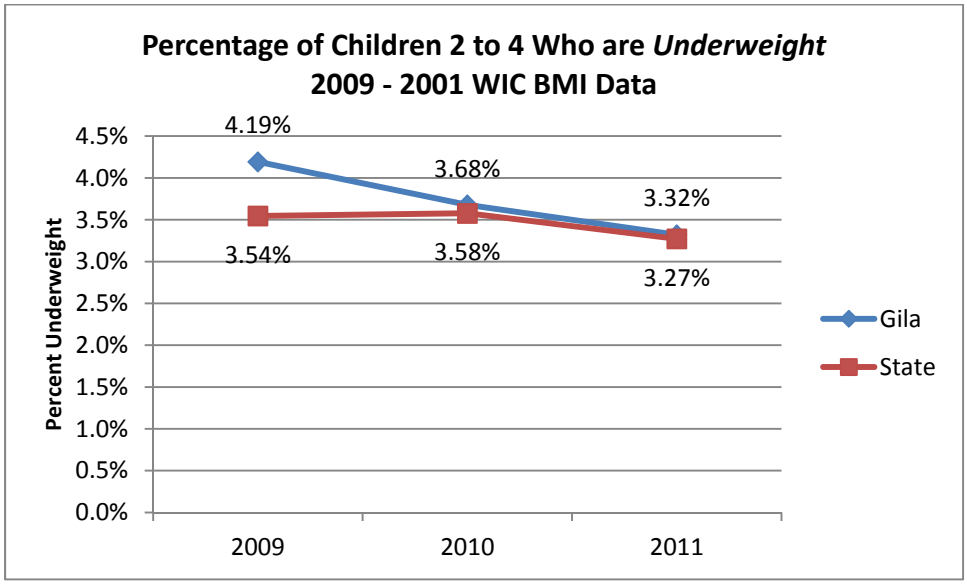
Graph 1: Percentage of children age 2 to 4 who are at a healthy weight (based on body mass index- BMI). Data displayed is presented for both the region (identified with diamonds) and state (identified with blocks) for years 2009 through 2011. The state benchmark for 2020 (75%) is also presented in this graph**.**

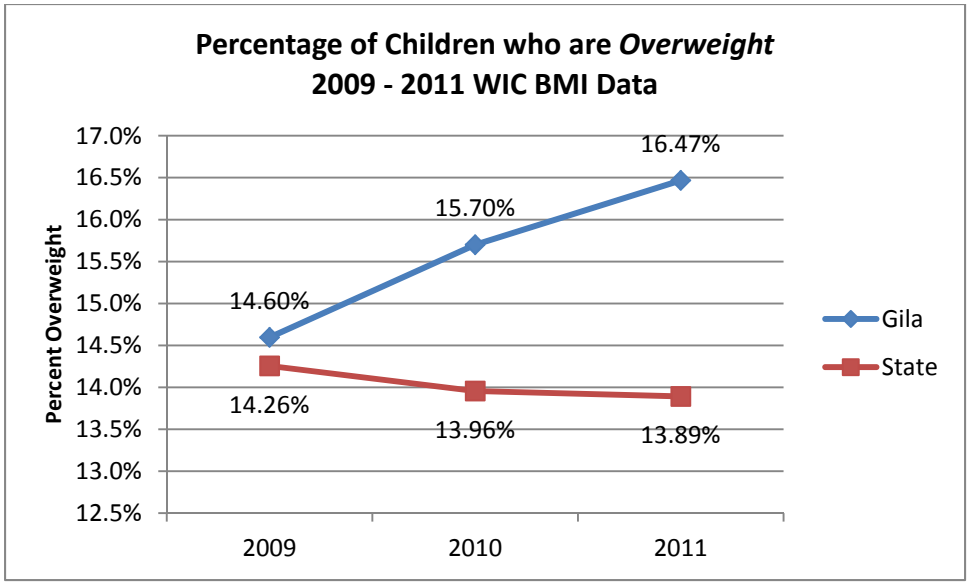


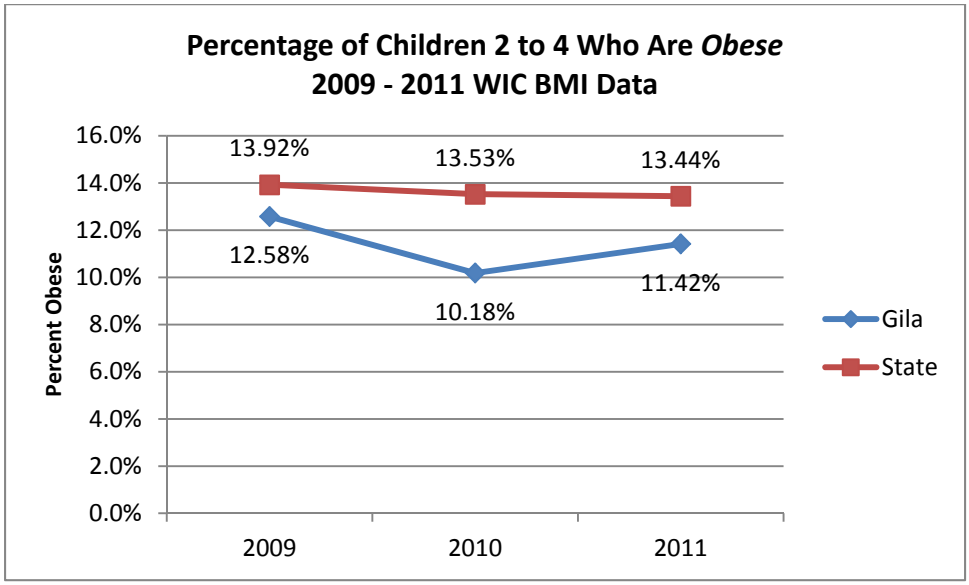
Benchmark (Region and State):

- *2020: In Gila,* ***XX*** % of children *age 2-4* at a *healthy weight* (BMI)
- *2020: In Arizona, 75%* of children *age 2-4* at a *healthy weight* (BMI)

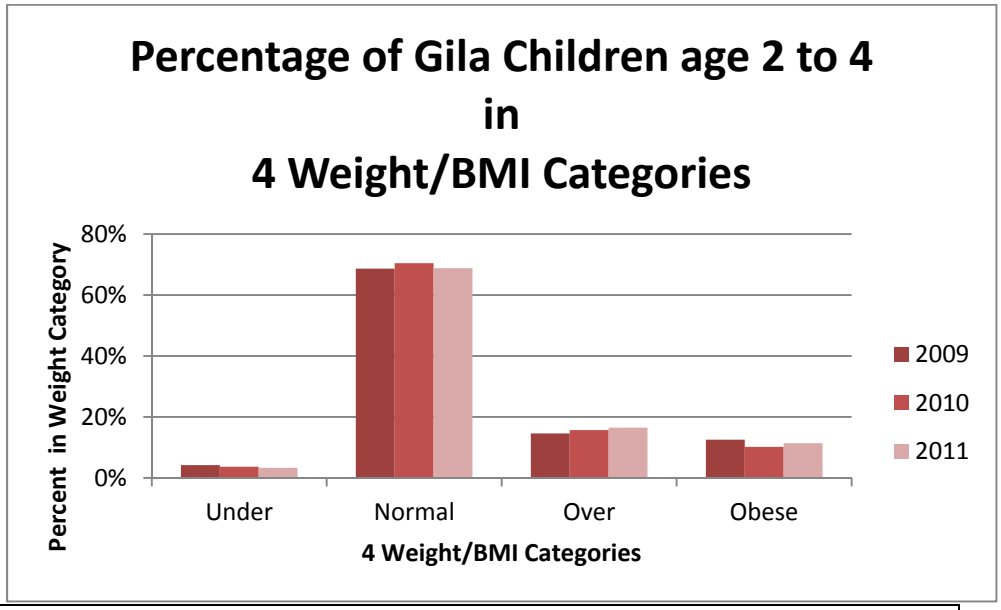
Graphs 2 - 4: Percentage of children age 2 to 4 who are *Underweight*, *Overweight* or *Obese* (based on body mass index- BMI). Data displayed is presented for both the region and state for years 2009 through 2011.




Percentage of Children who are *Overweight*
2009 - 2011 WIC BMI Data
Percent Overweight
17.0%
16.5%
16.0%
15.5%
15.0%
14.5%
14.0%
13.5%
13.0%
12.5%
14.60%
15.70%
16.47%
14.26%
13.96%
13.89%
2009
2010
2011
Gila
State


Percentage of Children 2 to 4 Who Are *Obese*
2009 - 2011 WIC BMI Data
Percent Obese
16.0%
14.0%
12.0%
10.0%
8.0%
6.0%
4.0%
2.0%
0.0%
13.92%
13.53%
13.44%
12.58%
10.18%
11.42%
2009
2010
2011
Gila
State

Graph 5: Gila children age 2 to 4 presented in four weight categories (based on body mass index-BMI). Data displayed compares percentages for years 2009 through 2011.



Gila: Percent and number of children in each weight category for years 2009-2011				
Year	***Under***	***Normal***	***Over***	***Obese***
2009	4.19% (N=27)	68.63% (N=442)	14.60% (N=94)	12.58% (N=81)
2010	3.68% (N=26)	70.44% (N=498)	15.70% (N=111)	10.18% (N=72)
2011	3.32% (N=25)	68.79% (N=518)	16.47% (N=124)	11.42% (N=86)

Gila
School Readiness Indicator Worksheet – Indicator 7

Step 1: Discuss the indicator and its intent. Make sure all participants understand how improvement in this indicator will positively impact the lives of children.

Indicator #7:	Number and percentage of children ages 2-4 at a healthy weight (Body Mass Index-BMI).
Intent:	Increase the number of children who maintain a healthy body weight.

Step 2: Review the national trend and benchmark.

Healthy People 2020 Objective

Indicator:	Reduce the proportion of children aged 2 to 5 years who are considered obese.
Baseline:	**10.7%** of children aged 2 to 5 year were considered obese in 2005-08.
Benchmark (target):	**9.6%**.
Target setting method:	**10%** improvement.
Data Source:	National Health and Nutrition Examination Survey, CDC, NCHS.

Healthy People 2020, Topics and Objectives. http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=29.

Step 3. Review the statewide trend and benchmark.

First Things First - School Readiness Indicators

Indicator:	Number and percentage of children ages 2-4 at a healthy weight (Body Mass Index-BMI).
Baseline:	**69%** of children age 2-4 at a healthy weight (BMI).
Benchmark (target):	**75%** of children age 2-4 at a healthy weight (BMI).
Target setting method:	**6** percentage points improvement.
Data Source:	WIC Arizona. FTF School Readiness Indicators.

Step 4. Review the regional baseline data.

Step 5. Review the regional trend data.

Step 6. List the policies, activities, or programs that are in place or planned for implementation before 2020 that may influence this indicator.

Name	Description	Contact Person	FTF Funded (y/n)	Grant Funded (y/n)	Partner Funded (y/n)	In-Kind or Other (describe)
Healthy Steps			Yes			
WIC Programs						
Globe Community Efforts						
Empower Program						
TOPS						
Fit City Partnerships?						

Step 7. List the coordination or collaboration activities that are in place or planned before 2020 that may influence this indicator.

Name	Description	Contact Person	FTF Funded (y/n)	Grant Funded (y/n)	Partner Funded (y/n)	In-Kind or Other (describe)
Gila County with Cities						
Possible Events						
FTF Collaborative Efforts						

Step 8. What is the likely timeframe of policies, activities, programs, or collaborations?

Name	Currently In Place or Planned?	Initial, Intermediate, or Longer Term?
Healthy Steps	Full implementation by July 2013	

Step 9. How many children or families are the policies, activities, programs, or collaborations likely to reach?

Name	Eligibility Requirements or Targets	Target Service Units
Healthy Steps	None	200
TOPS	Pregnant and Parenting Teens	75
Rural Schools Program		

Step 10. Determine current estimated need, estimated service, and aspirational goal.

	Need/Units/Goals	Notes
Estimated Total Children in Need	Total Children 0-5: 2,943 Estimated Need: 883 (30%)	
Estimated Total Service Units of Current Activities		
Estimated Total Service Units of Planned Activities		
Aspirational Goal for Service Units by 2020		
Percentage Point Increase in School Readiness Indicator that Reflects this Aspirational and Attainable Goal		

Step 11. Set the regional benchmark.

Indicator:	Number and percentage of children ages 2-4 at a healthy weight (Body Mass Index-BMI).
Baseline:	**70 %** of children age 2-4 at a healthy weight (BMI).
Benchmark (target):	☐ **%** of children age 2-4 at a healthy weight (BMI).
Target setting method:	☐ Percentage points improvement.
Data Source:	WIC Arizona.