



FIRST THINGS FIRST

Ready for School. Set for Life.

Maricopa/Phoenix
Cross Regional Benchmarking

South Phoenix – Subcommittee Meeting

Thursday, August 14, 2013

12:00 pm – 2:00 pm

City of Phoenix Burton Barr Library, 1st Floor, Conference Room “A”

1221 North Central Avenue

Phoenix, AZ 85004

AGENDA

- | | | |
|------|--|--|
| I. | Welcome and Introductions | Jennifer Johnson. Phoenix/GRIC Senior Director
Wendy Sabatini, Maricopa Senior Director |
| IV. | Setting Benchmark for South Phoenix – Indicator #7 | Amy Kemp, Ph.D., FTF Consultant |
| | a. Process | |
| | b. Timeline | |
| V. | Committee Discussion | All |
| VI. | Next Steps | Jonathon Gonzales, Regional Director |
| VII. | Next Meeting: Monday, September 9, 2013 | |
| | 12:00 pm – 2:00 pm | |
| | West-MEC | |
| | 5487 North 99 th Avenue | |
| | Glendale, AZ 85305 | |

South Phoenix
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.

Step 3. Review the statewide trend and benchmark.

Step 4. Review the regional baseline data.

Step 5. Review the regional trend data.

Step 6. Determine current estimated need, estimated service, and aspirational goal.

Total Children 0-5 in Region*	Potential Benchmark	Children at a Healthy Weight at Each Benchmark	Children not at Healthy Weight at Each Benchmark	Additional Number of Children to be Served to Meet Benchmark
52,710	71%	37424	15286	1581
52,710	72%	37951	14759	2108
52,710	73%	38478	14232	2635
52,710	74%	39005	13705	3162
52,710	75%	39532	13178	3690
52,710	76%	40060	12650	4217
52,710	77%	40587	12123	4744

*US Census 2010, South Phoenix Regional Needs and Assets Report



Step 7. Set the regional benchmark.

Indicator:	Number and percentage of children ages 2-4 at a healthy weight (Body Mass Index-BMI).
Baseline:	<input type="text"/> % of children age 2-4 at a healthy weight (BMI).
Benchmark (target):	<input type="text"/> % of children age 2-4 at a healthy weight (BMI).
Target setting method:	<input type="text"/> Percentage points improvement.
Data Source:	WIC Arizona.

**Central Phoenix
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).
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Step 4. Review the regional baseline data.

Step 5. Review the regional trend data.

Step 6. Determine current estimated need, estimated service, and aspirational goal.

Total Children 0-5 in Region*	Potential Benchmark	Children at a Healthy Weight at Each Benchmark	Children not at Healthy Weight at Each Benchmark	Additional Number of Children to be Served to Meet Benchmark
33,891	70%	23724	10167	1017
33,891	71%	24063	9828	1356
33,891	72%	24402	9489	1695
33,891	73%	24740	9151	2033
33,891	74%	25079	8812	2372
33,891	75%	25418	8473	2711
33,891	76%	25757	8134	3050

*US Census 2010, Central Phoenix Regional Needs and Assets Report



Step 7. Set the regional benchmark.

Indicator:	Number and percentage of children ages 2-4 at a healthy weight (Body Mass Index-BMI).
Baseline:	<input type="checkbox"/> % of children age 2-4 at a healthy weight (BMI).
Benchmark (target):	<input type="checkbox"/> % of children age 2-4 at a healthy weight (BMI).
Target setting method:	<input type="checkbox"/> Percentage points improvement.
Data Source:	WIC Arizona.



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School Readiness Indicators 2020 South Phoenix 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

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/>

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.

- 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).

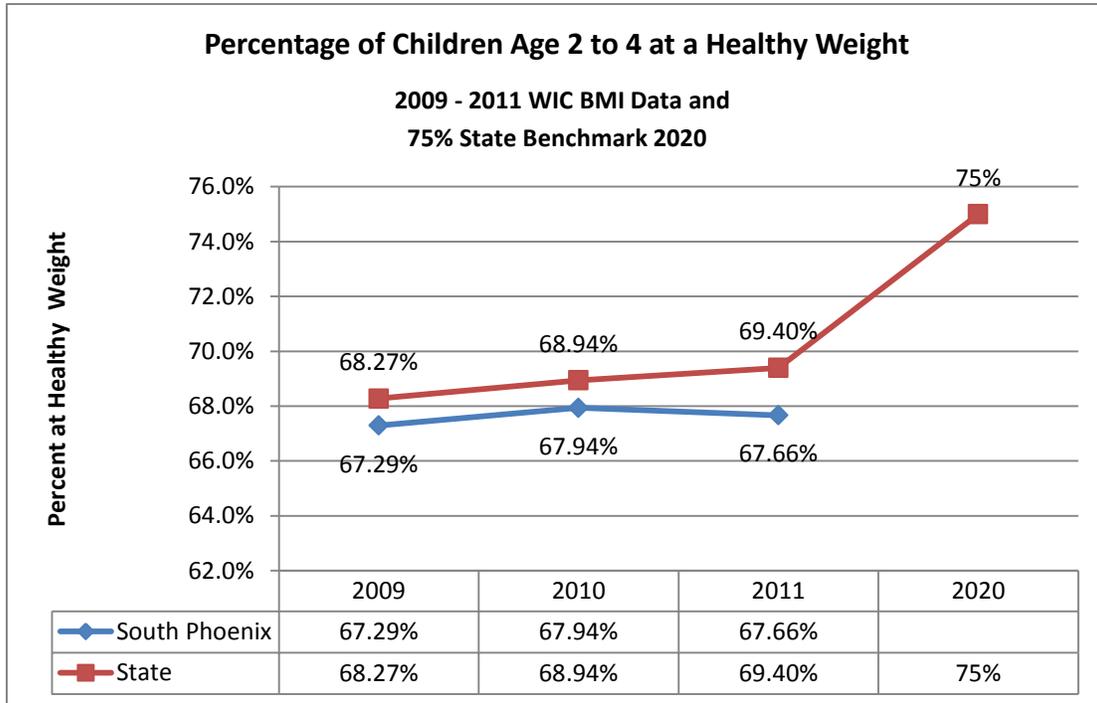
Baseline (Region and State):

- 2010: In South Phoenix, **68%** (11,848) 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):

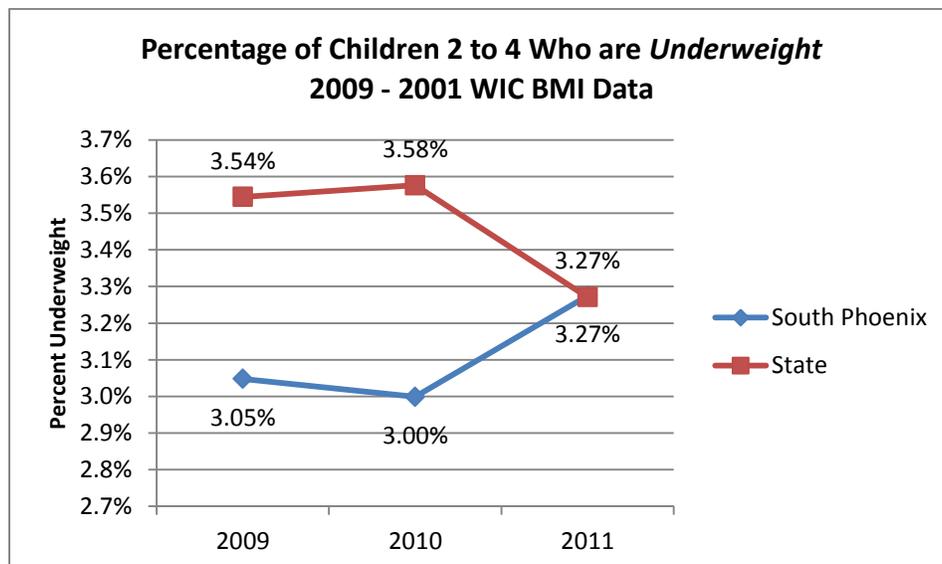
Graph 1: Percentage of children age 2 to 4 who are at a healthy weight (based on body mass index- BMI). Data displayed is presented for both the region (identified with diamonds) and state (identified with blocks) for years 2009 through 2011. The state benchmark for 2020 (75%) is also presented in this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



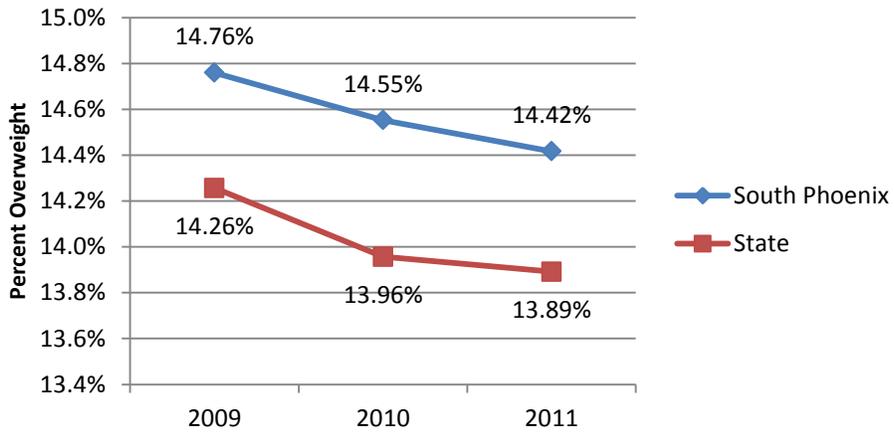
Benchmark (Region and State):

- 2020: In South Phoenix, **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)

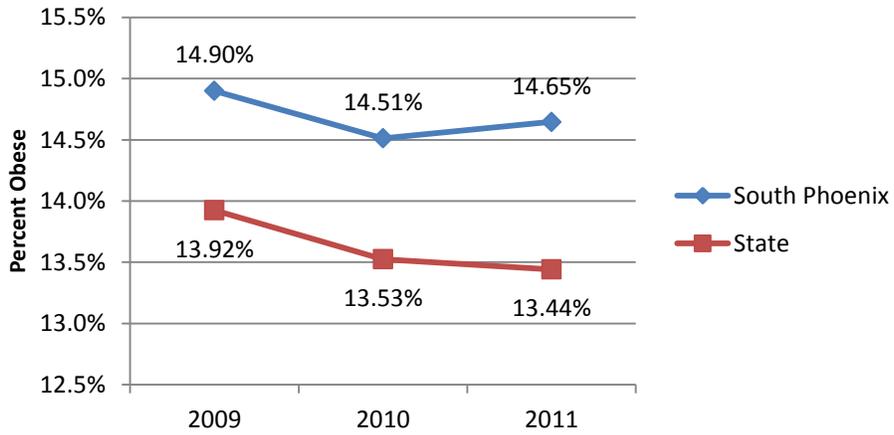
Graphs 2 - 4: Percentage of children age 2 to 4 who are Underweight, Overweight or Obese (based on body mass index- BMI). Data displayed is presented for both the region and state for years 2009 through 2011.



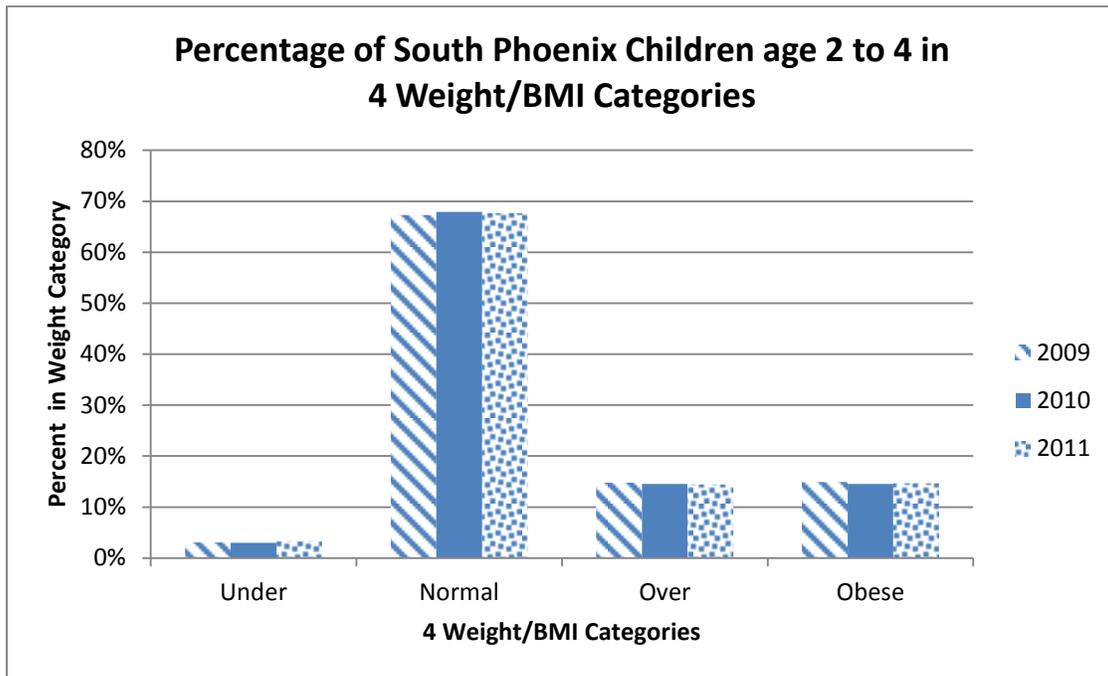
Percentage of Children who are *Overweight*
2009 - 2011 WIC BMI Data



Percentage of Children 2 to 4 Who Are *Obese*
2009 - 2011 WIC BMI Data



Graph 5: South Phoenix 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.



South Phoenix: Percent and number of children in each weight category for years 2009-2011				
Year	<i>Under</i>	<i>Normal</i>	<i>Over</i>	<i>Obese</i>
2009	3.05% (N=521)	67.29% (N=11,503)	14.76% (N=2523)	14.90% (N=2547)
2010	3.00% (N=523)	67.94% (N=11,848)	14.55% (N=2538)	14.51% (N=2531)
2011	3.27% (N=558)	67.66% (N=11,531)	14.42% (N=2457)	14.65% (N=2496)



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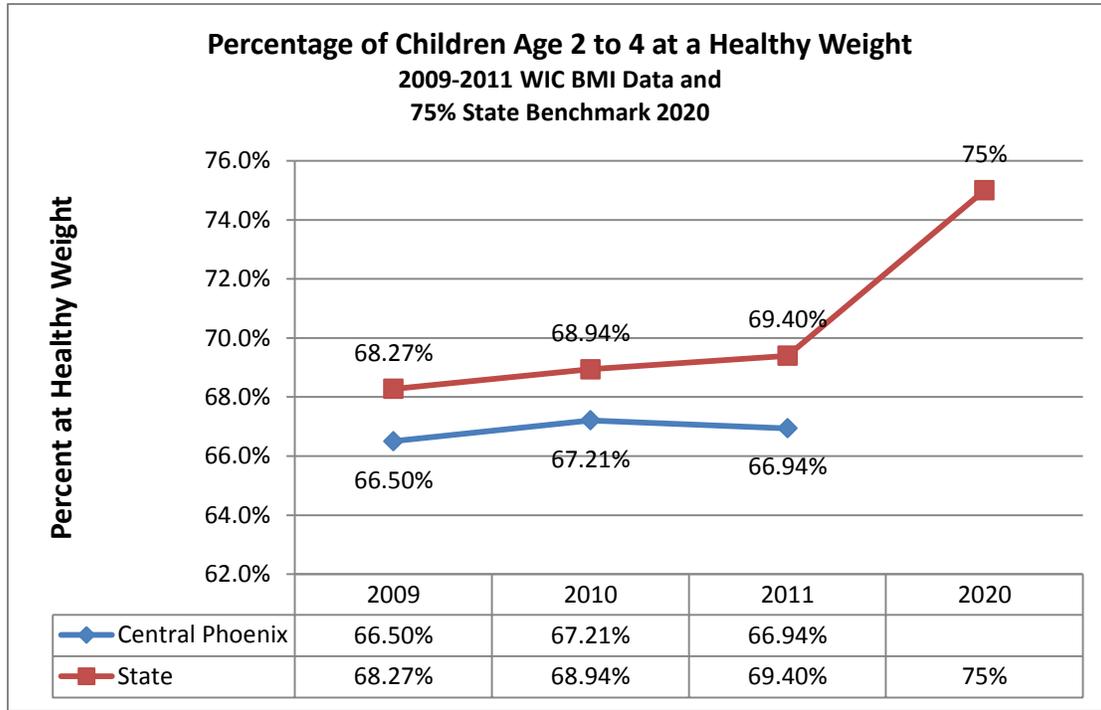
Baseline (Region and State):

- 2010: In Central Phoenix, **67%** (7,407) 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.

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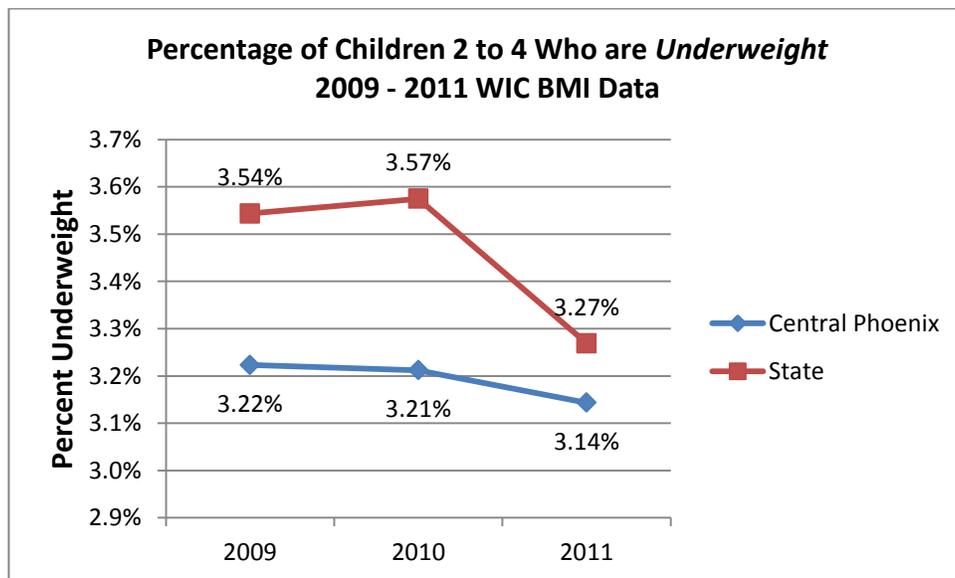
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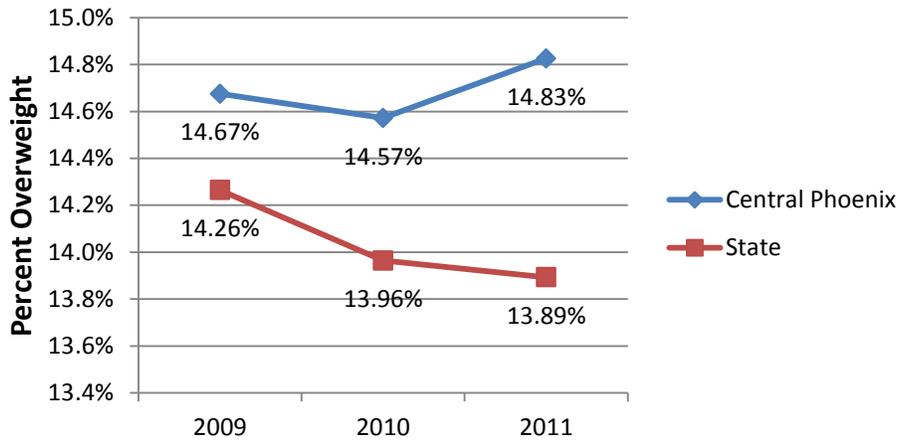
Benchmark (Region and State):

- 2020: In Central Phoenix, **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)

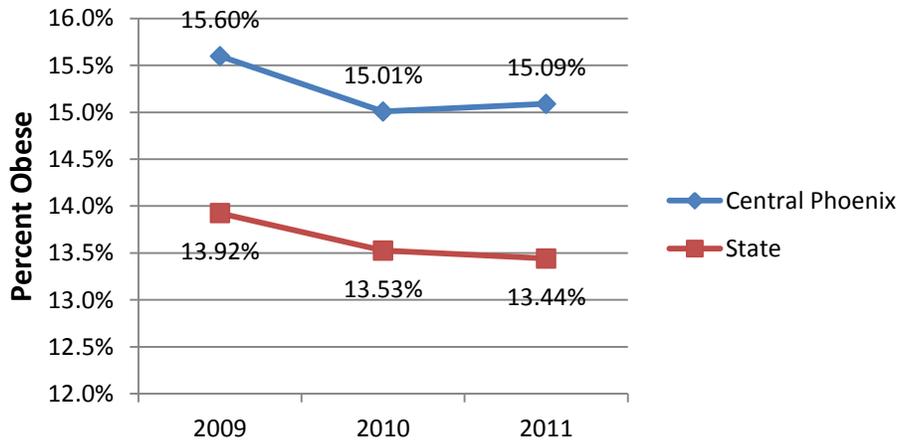
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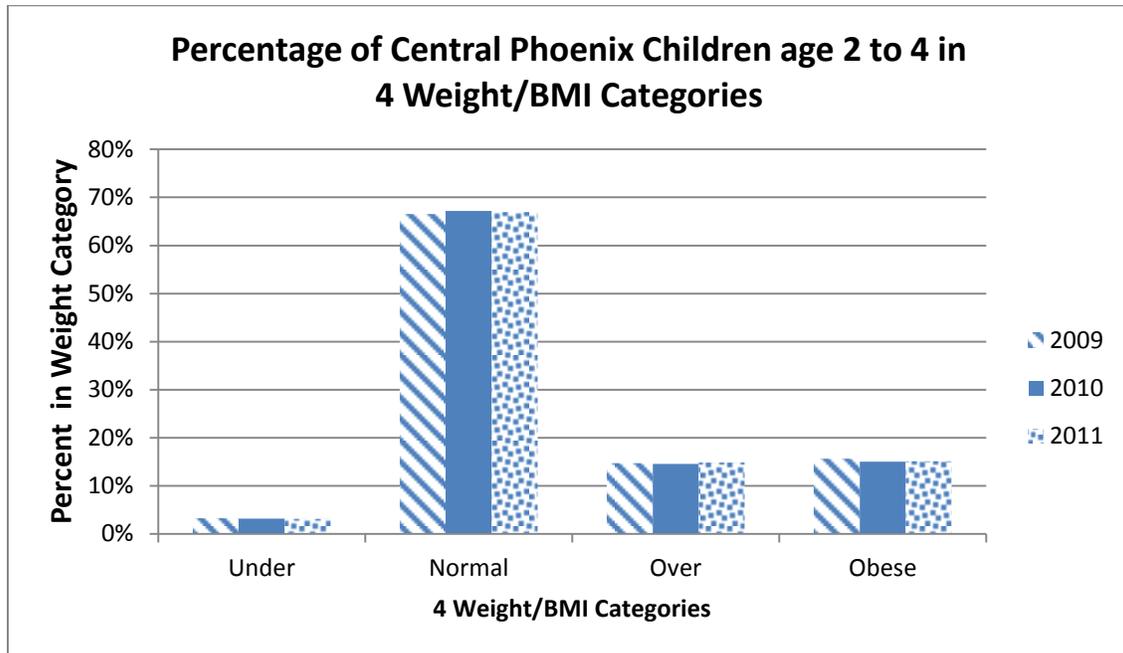
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Central Phoenix: Percent and number of children in each weight category for years 2009-2011				
Year	<i>Under</i>	<i>Normal</i>	<i>Over</i>	<i>Obese</i>
2009	3.22% (N=349)	66.5% (N=7,201)	14.67% (N=1,589)	15.60% (N=1,689)
2010	3.21% (N=354)	67.21% (N=7,407)	14.57% (N=1,606)	15.01% (N=1,654)
2011	3.14% (N=335)	66.94% (N=7,134)	14.83% (N=1,580)	15.09% (N=1,608)