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PRESS RELEASE – For Immediate Release

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Most South Central Idaho Third Graders Are At a Healthy Weight

TWIN FALLS-The majority of third grade children in south central Idaho are at a healthy weight, according to the 2011-2012 Body Mass Index (BMI) Assessment. BMI is calculated using a child's height and weight and is one of the most widely used indicators of body fat for children.

As part of a statewide BMI study, South Central Public Health District (SCPHD) weighed and measured 364 third-grade students in six counties at six randomly selected schools. Of these, 66% of children were at their ideal weight, 32% were overweight or obese, and 2% were underweight. These results are similar to other Idaho third grade students (insert side bar).

Childhood obesity in south central Idaho has not significantly changed since the last assessment in 2007-2008. However, statewide, 30% of third graders tipped the scale as overweight or obese in 2012 compared to 28% just four years ago.

SCPHD will be meeting with and working with school personnel to discuss the results of this assessment and create effective solutions to combat childhood obesity.

A goal of the Physical Activity and Nutrition Program at SCPHD is to empower south central Idaho residents to live healthy lives by helping increase access to healthy foods and creating opportunities for physical activity. For more information, please call Susie Beem at SCPHD at 737-5946.

Side bar:

	South Central Public Health District	Idaho
Underweight	2.1%	1.5%
Healthy Weight	66.4%	68.8%
Overweight	17.0%	15.1%
Obese	14.5%	14.6%