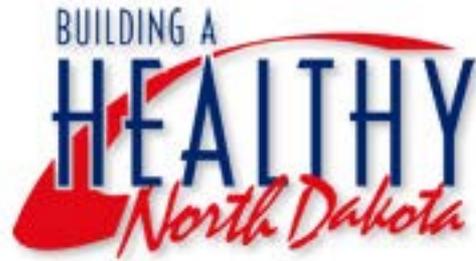




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Department of Health

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- **Mission:** Inspire and support North Dakotans to improve physical, mental and emotional health for all by building **innovative statewide partnerships.**



Building a Healthy North Dakota

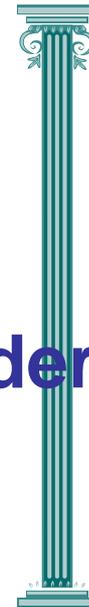
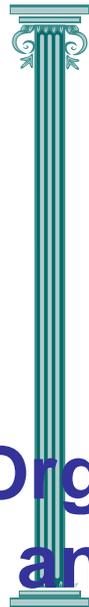
Risk Factors

Special Populations

Diseases

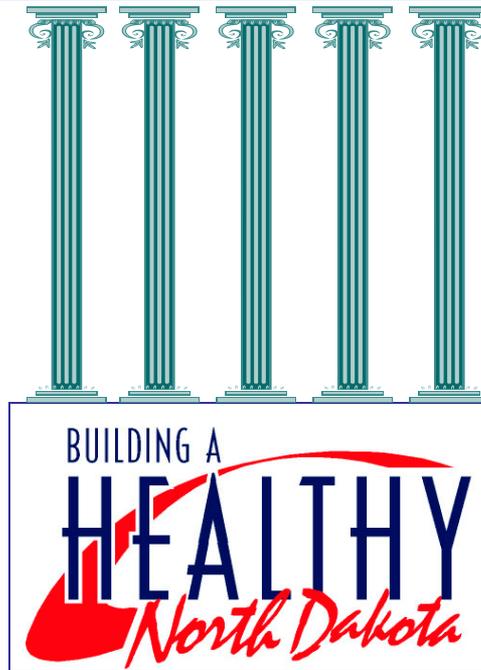
Channels

**Agencies, Organizations, Stakeholders
and Individuals**



Healthy North Dakota

**Agencies, Organizations,
Stakeholders and Individuals**





WORKSITE WELLNESS

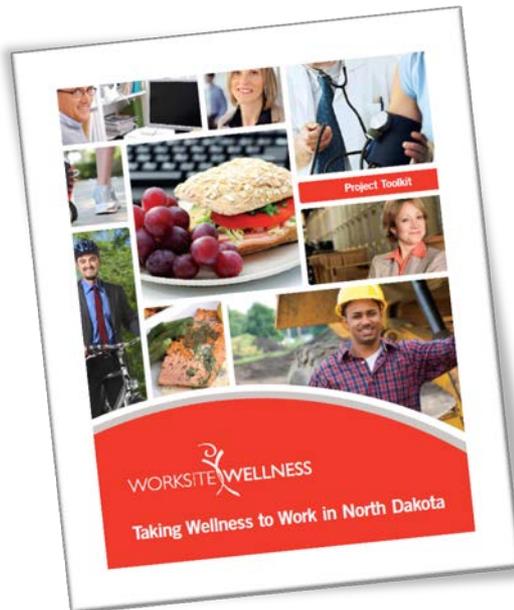
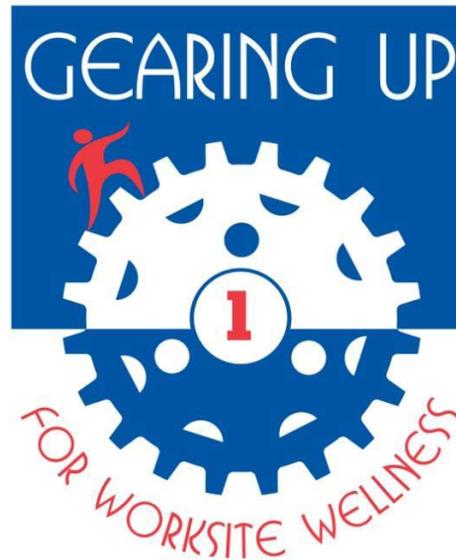
building a healthy north dakota



ND

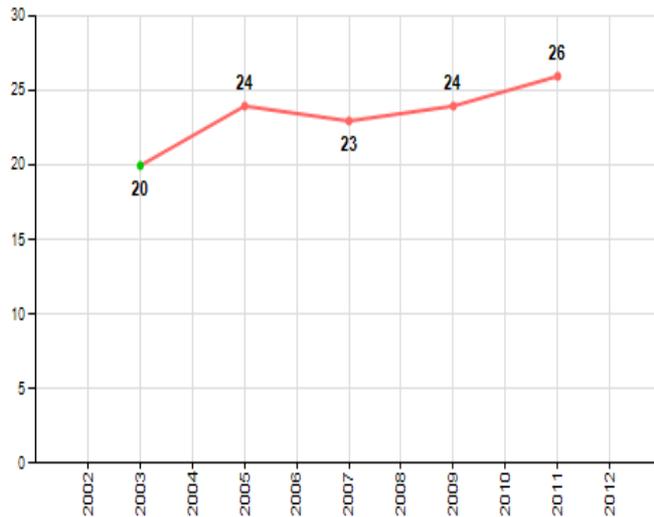
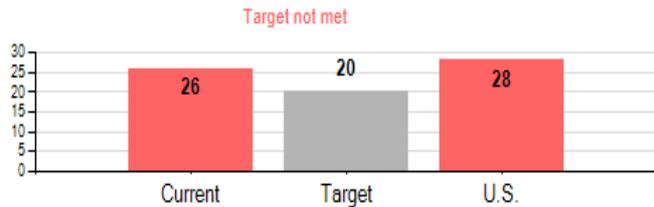


- www.NDworksitewellness.org
- Toolkit
- Training



Creating a
Hunger Free
North Dakota

By 2015, decrease the percentage of ND youth grades 9-12 who are overweight or obese to 20%.



[View Details](#)

Importance:

Increased body weight in youth is associated with early onset of serious risk factors for disease (diabetes, high blood pressure, high cholesterol) and has also been associated with adverse mental health outcomes among teens including increased depression and suicidal thoughts.

Indicator Description:

Every other year, freshmen and senior high school students complete a health survey in a random sample of high schools across North Dakota. Students are considered obese if their body mass index (based on self-reported height and weight) is at or above the 95th percentile for a standard growth curve and overweight if at or above the 85th percentile but less than the 95th percentile.

Findings:

The combined percentage of children overweight or obese has been rising steadily. The increase in the percentage of obese children between 1999 and 2011 is statistically significant.

Interpretation:

The reasons for rising youth obesity are complex. Poor food choices (e.g., too few fruits and vegetables, too much refined sugar) and reduced physical activity (e.g., increased computer, video game and television use) appear to be driving factors. Trends in rising youth obesity are likely to continue until the underlying risk factors are altered. Achieving healthy weight while still young appears to increase the likelihood that the person will have a normal body weight as an adult. Interventions to maintain or reduce body weight during the time that the child is still growing can be very successful since the child can 'grow into' a healthier body weight. Once substantial growth has stopped, reducing weight and keeping it down is much more difficult.

[Abbreviations](#)

[Technical Notes](#)



Healthy People, Healthy Communities

