Children’s Health in the Miami Valley Region

Jamee R. Ebert, M.D., MBA, MPH, FAAP
Lead Physician, Lipid Clinic, Dayton Children’s Medical Center
Associate Professor, Community Health and Pediatrics

2008 Child Assessment
Regional Assessment

- Third assessment conducted every two to three years.
- Funded CMC Foundation Board; conducted by an outside research firm.
- 600 parents surveyed (at the 95 percent level of confidence).

First two assessments done in 2002 and 2004.
Regional Assessment

The assessment gauges parents' perceptions of their child's:

- Daily Life
- General Health Status
- Mental Health Status
- Special Health Needs
- Safety and Violence
- Nutrition and Exercise
- Medical Care
- Health Care Access

First two assessments done in 2002 and 2004
Helmet usage

Child "Always" Used a Helmet While Riding a Bicycle in the Past Year
(Among Parents of a Child Aged 5 to 14 Who Rode a Bicycle in the Past Year)

- Represents a statistically significant difference between joined data points.

<table>
<thead>
<tr>
<th>Service Area</th>
<th>2002</th>
<th>2004</th>
<th>2008</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Svc.</td>
<td>20%</td>
<td>18%</td>
<td>20%</td>
<td>20%</td>
</tr>
<tr>
<td>Northern Svc.</td>
<td>20%</td>
<td>18%</td>
<td>20%</td>
<td>20%</td>
</tr>
<tr>
<td>Southern Svc.</td>
<td>31%</td>
<td>36%</td>
<td>35%</td>
<td>38%</td>
</tr>
<tr>
<td>GMR Svc.</td>
<td>30%</td>
<td>32%</td>
<td>33%</td>
<td>34%</td>
</tr>
<tr>
<td>UD (6-14)</td>
<td>41%</td>
<td>40%</td>
<td>42%</td>
<td>43%</td>
</tr>
</tbody>
</table>

Sources:
- 2009 PRC National Health Survey, Professional Research Consultants

Notes:
- Percentages reflect "always" responses given by parents of children aged 5 through 14 who rode a bicycle within the past year.
Obvious increased awareness of obesity: media, schools, etc. all talking about the issue.

23.5 percent of respondents identified obesity, nutrition or exercise as the “number-one” community health issue facing area children younger than age 15.

In comparison with the 2004 findings, this marks a significant increase in mention of obesity as the number-one health issue.
Dr. Kasten thinks increase may partially be due to increase in diagnosis and understanding of autism spectrum.

The most prevalent medical conditions among area children: allergies to airborne substances (13.9%), asthma (11.6%), and developmental delays/learning disabilities (11.1%, a significant increase over 2004 findings).

Twenty-five percent of children with asthma and 14.4% of children with airborne allergies missed school in the past year because of their condition.
How big is childhood obesity in the Greater Dayton/Montgomery County/Miami Valley area?

- Montgomery County
- Eleven County totals (Montgomery, Greene, Fayette, Clinton, Warren, Butler, Darke, Miami, Clark, Shelby)
Overweight (BMI > 85th%)

- Montgomery County
  - 19,605
- 11 County Region
  - 62,801

2006 census estimates and NHANES data
Obese (BMI $\geq 95^{th\%}$)

- Montgomery County
  - 6,535
- 11 County Region
  - 20,937

2006 census estimates and NHANES data
Insulin Resistance Syndrome

- Montgomery County
  - 4,455
- 11 County Region
  - 14,366

2006 census estimates, NHANES data, and CMC Lipid Clinic data

- Approximately 900 children with IRS are followed at Dayton CMC
Impaired Glucose Tolerance

- Montgomery County
  - 1,294
- 11 County Region
  - 4,173

2006 census estimates, NHANES data, and Sinha’s 2002 data

- Approximately 200 children with impaired glucose tolerance are followed at Dayton CMC
Type II Diabetes

- Montgomery County
  - 98
- 11 County Region
  - 316

2006 census estimates, NHANES data, and Sinha's 2002 data

- Approximately 100 children with T2DM are followed at Dayton CMC
Questions