

## 2013 Child Behaviors and Health in Mand Preliminary Results

The US Department of Agriculture (USDA)-supported Children's Healthy Living Program, or CHL, has been working with your community to understand the behaviors and health of children 2-8 years of age. During 2013, parents, teachers, community members, and project partners gathered data in your community. A total of 50 children from Mand participated in this study. Here we have some preliminary results from our joint work. With this information parents and community leaders can see where things are going well and where additional energy, leadership, and resources will need to be placed to raise the next generation of healthy, happy children.

### Child sex, age, race distribution

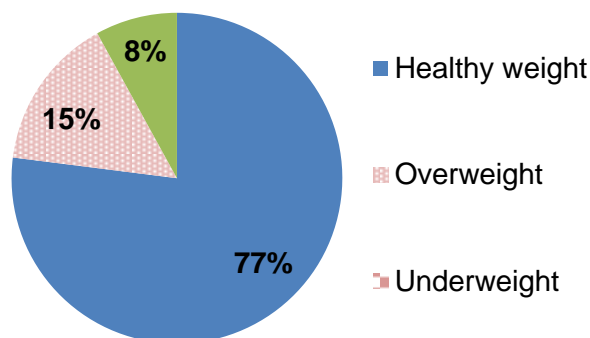
Among the 50 children, a total of 45 had information on sex, of which 28 (62%) were girls and 17 (38%) were boys. All 50 children had information on age, of which 42 (84%) were of age group 2-5 years and 8 (16%) were of age group 6-8 years. Furthermore, all 50 children had information on race, of which 46 (92%) were Native Hawaiian/ Pacific Islander (NHPI) and 4 (8%) were more than one race.

Potential outliers with extreme values (defined as those with a value of 3 standard deviations (sd) above or below the mean) were excluded from this report. Due to the small sample size, sex or age specific results were not reported in order to prevent the identification of an individual participant.

### Children's Body Mass Index by Category as defined by the Center for Diseases Control and Prevention (CDC)

A total of 39 children were included for this analysis. Among them, 77% were healthy weight, 15% were overweight, 8% were obese, and 0% were underweight (Figure 1).

**Figure 1. Prevalence of overweight and obesity of study children from Mand (n=39)**



Strategies that have found to be effective in the prevention of childhood obesity include: (1) A healthy lifestyle, which encourages children to move more, sleep more and spend less screen time (2) A healthy diet, which encourages children to drink more water, eat more fruit and vegetables and consume fewer sugar sweetened beverages. Below we show how the children are doing on achieving some of those strategies.

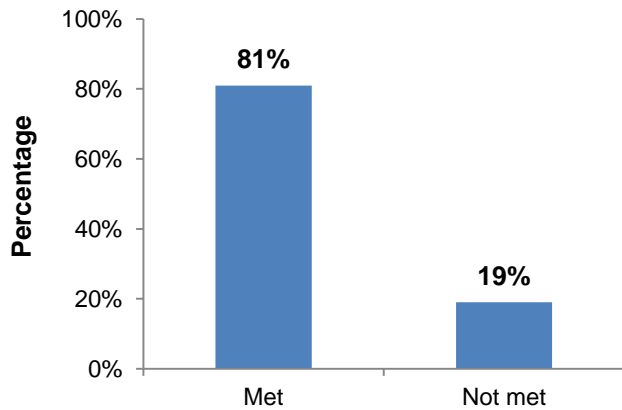
### Children moderate and vigorous level of physical activity (MVPA) as measured by accelerometer

In Pohnpei, about 100 children were asked to wear an accelerometer for 6 days, which records the child's activity by each second. Average minutes per day of children's MVPA were obtained from the accelerometer data.

In Mand, a total of 21 children had valid accelerometer data. Among those 21 children, daily average minutes of moderate and vigorous physical activity (MVPA) were 144.8 (sd=125.8).

Eighty-one percent of those 21 children met the national recommendation of 60 minutes a day of MVPA (Figure 2).

**Figure 2. Percentage of children meeting national recommendation of 60 minutes a day of moderate and vigorous types of physical activity**



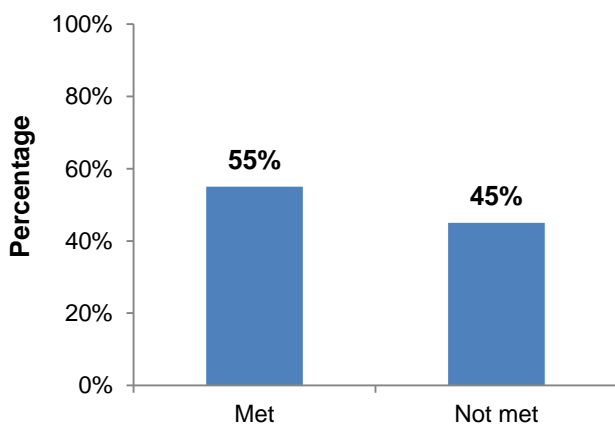
Almost one in five children (19%) did not meet the national recommendation of 60 minutes a day of MVPA. This is an opportunity for both parents and educators to intervene to help children get more physical activity.

### Children's screen time

A total of 44 children were included in the analysis of screen time. Among them, average screen time, such as watching TV, video games, or DVD, or playing active or inactive video games was 3.3 hours (sd=4.0).

While the national recommendation is for each child to spend 2 or less hours on screens every day, only 55% of our study children met this recommendation (Figure 3).

**Figure 3. Percentage of children meeting the national recommendation of each child to spend 2 or fewer hours of screen time every day**



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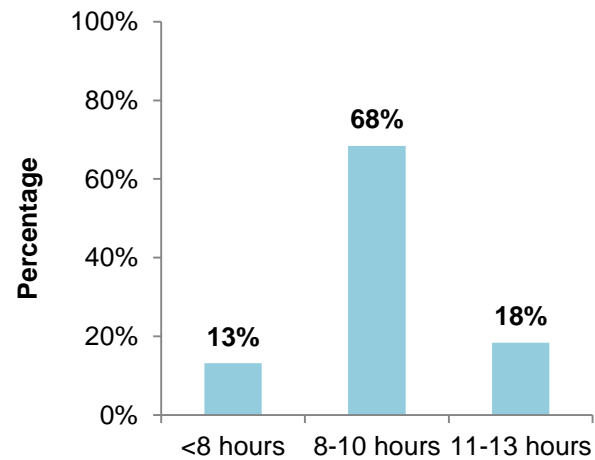
Almost half (45%) of children appear to be spending too much time watching screens! This is an opportunity for both parents and educators to intervene to help children spend less screen time.

### Children Sleep Duration

A total of 41 children were included in the analysis of sleep duration. The average number of hours of sleep per day among those 41 children were 9.5 (sd=1.8).

Among the 38 two to five year olds, 18% met the national recommendation of sleep of between 11-13 hours daily (11-13 hours in the graph). Another 68% of children slept more than 8 hours but less than 11 hours daily (8-10 hours in the graph) and 13% slept less than 8 hours (<8 hours in the graph) (Figure 4).

**Figure 4. Percent of children 2-5 years old among 3 groups of sleep duration**



Four in five (81%) of our younger children ages 2-5 years did not meet the national recommendation of 11-13 hours daily of sleep. This is an opportunity for both parents and educators to intervene to help children get more sleep.

### Acknowledgements

We would like to thank all the families of participants who completed our assessments so that we could make this important information available, as well as all our community partners for working with us to improve the health of children across the Pacific.



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