

Body Mass Index: The Arkansas Experience

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Act 1220 Goals

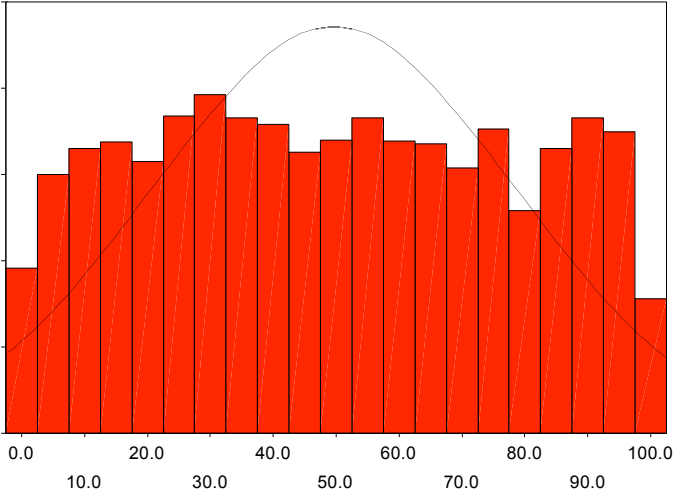
- Change the environment within which children go to school and learn health habits everyday
- Engage the community to support parents and build a system that encourages health
- Enhance awareness of child and adolescent obesity to mobilize resources and establish support structures

Act 1220 Activities and Impact

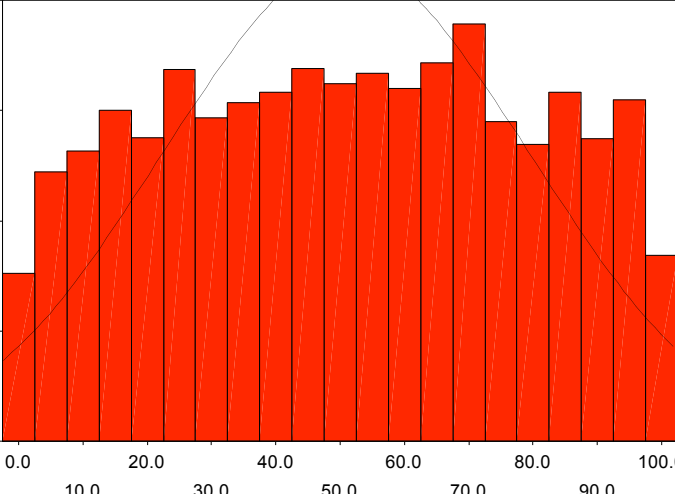
- Elimination of all vending machines in public elementary schools statewide
- Requires professional education of all cafeteria workers
- Public disclosure of “pouring contracts”
- Parent advisory committees for all schools
- Child Health Advisory Committee
- Annual BMI Assessment on every child

NHANES BMI Normalized Percentile Histograms

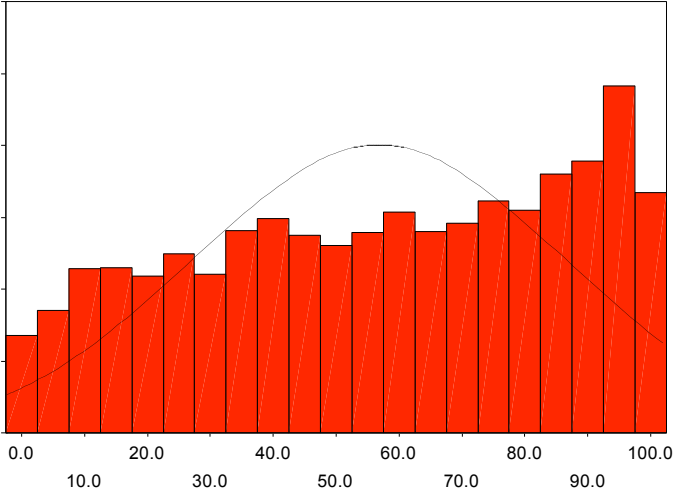
EXAM: 1 1971-74



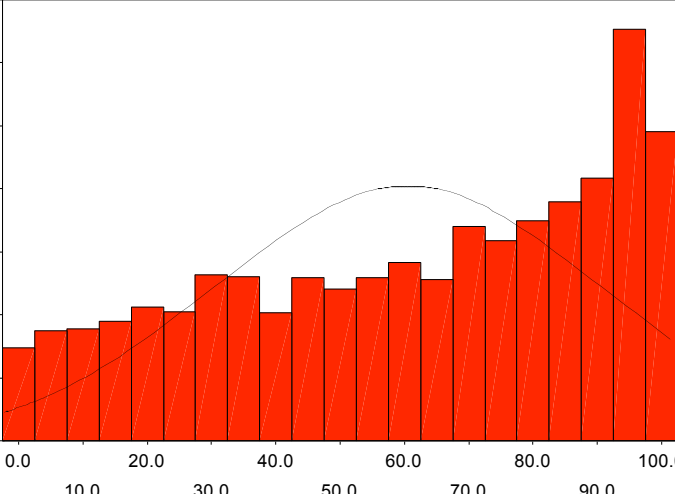
EXAM: 2 1976-80



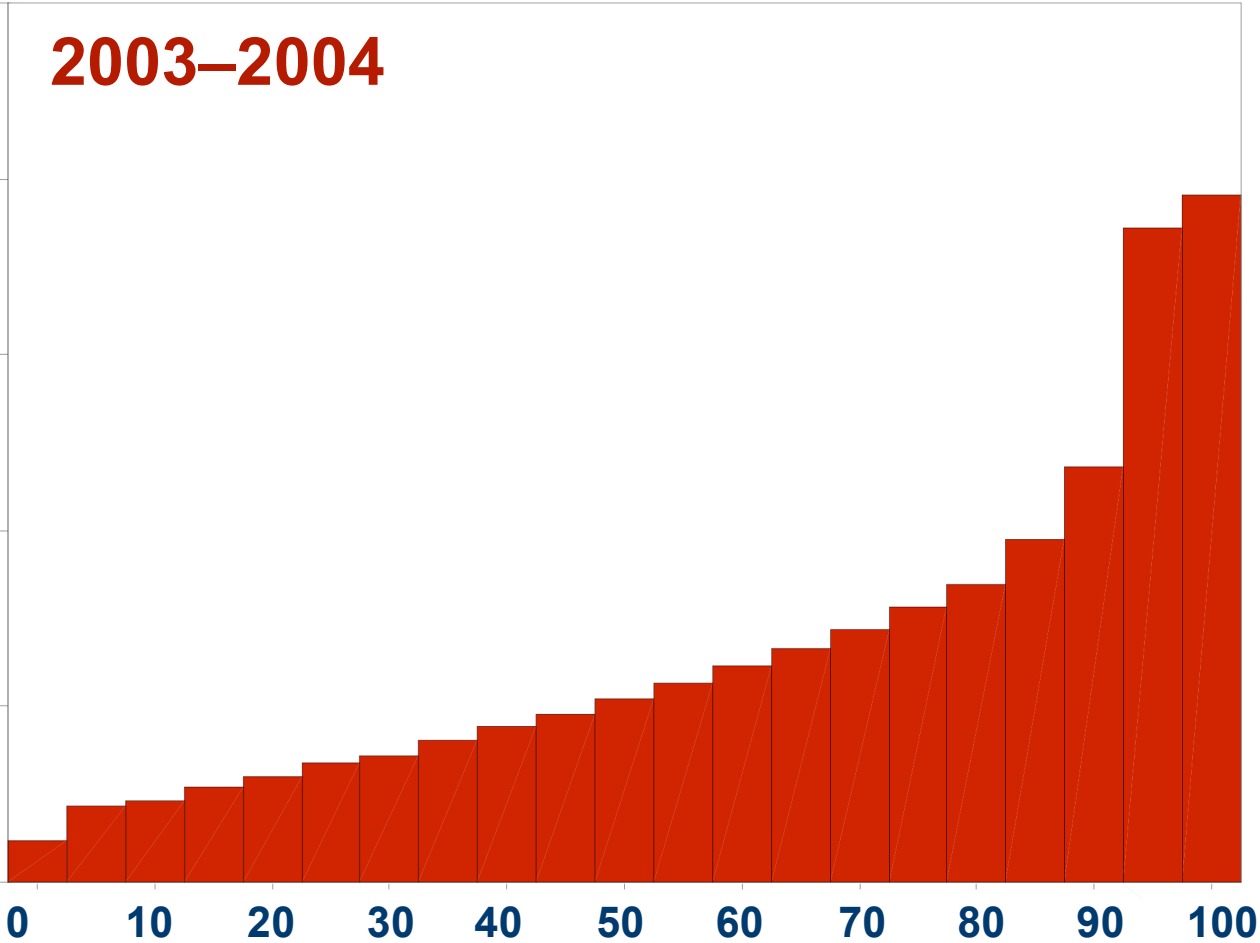
EXAM: 3 1988-94



EXAM: 4 1999-2001



Arkansas BMI standardized percentiles



Overall results by BMI classification

Category	Year 1		Year 2	
Overweight	72,636	21.0%	77,351	20.8%
At risk	59,503	17.2%	63,943	17.2%
Healthy	207,491	60.0%	223,127	60.1%
Underweight	6,262	1.8%	6,946	1.9%
Total	345,892	100%	371,367	100%

Participation

Schools

98% (1,110)

93% (1,058)

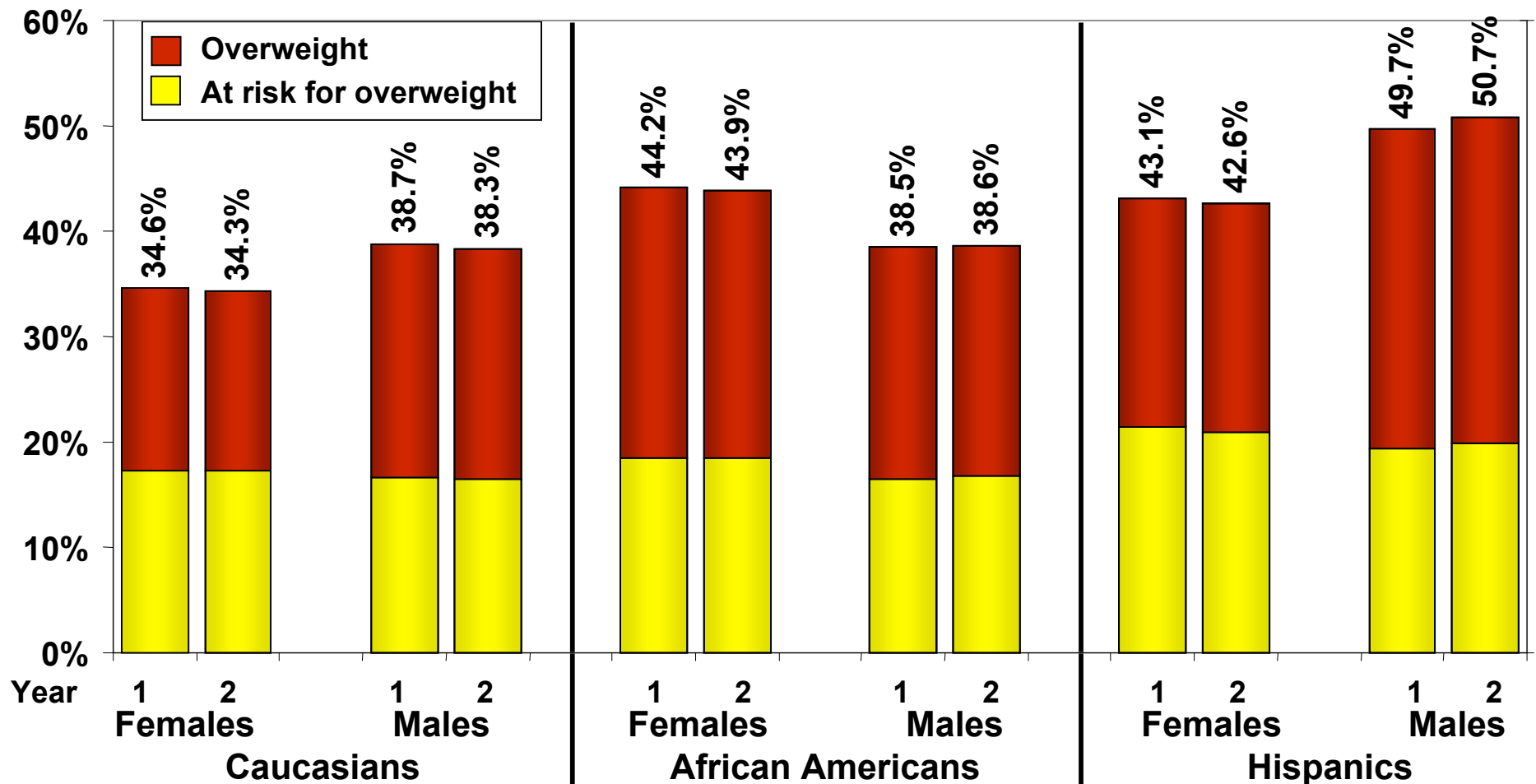
Students

98% (444,612)

94% (421,973)



Percent at risk for overweight & overweight by gender and ethnicity



Source: Thompson et al, *Morbidity and Mortality Weekly Reports* January 2006; 55(1):5-8.

Comparison of Year 1 & 2 BMI Percentile Scores

