



## “LEAVE NO NEW MEXICO CHILD INSIDE” FACT SHEET

### HEALTH

#### ***CHILDHOOD OBESITY***

- ❖ Studies reported upon in the medical journal, *Pediatrics* reports a link between “screen time” (watching television, playing video games, and on computers) and childhood obesity, both nationally and locally (Sharif & Sargent, 2006).
- ❖ Children and adolescents who watch more than three hours a day are more likely to be overweight (Dietz & Gortmaker, 1985). Several research studies support that each hour of additional television time corresponds to a two to six percent increase in a child’s likelihood of being overweight (Dietz & Gortmaker, 1985; Dennison et al., 2002; Proctor et al., 2003).
- ❖ Obesity is on the rise in New Mexico with 22 percent of NM children between ages 2-5 and 23 percent of high school students being overweight. Children who are overweight are likely to be overweight as adults (NM YRRS, 2001).
- ❖ Overweight and obesity are associated with increased rates of diabetes, heart disease, asthma, arthritis, some cancers, and poor health status; diminish quality of life; and create a significant economic burden on employers, the healthcare system and society as a whole (US DHHS, 2001). Chronic diseases such as these are responsible for six out of every ten deaths in New Mexico (NM Vital Records & Health Statistics, 2004).
- ❖ The economic burden of chronic diseases related to overweight and obesity is devastating to the New Mexico economy. New Mexico spends an estimated \$324 million annually on direct adult medical expenditures (preventive, diagnostic and treatment services) that can be attributed to obesity. (Finkelstein et al., 2004).
- ❖ In 2004, the National Institute of Medicine deemed prevention of childhood obesity a national priority (Paxson, et al., 2006).

#### ***DIABETES***

- ❖ The new lack of childhood activity and its extra pounds can lead to adult-onset diabetes and can actually shorten average lifespan from three to five years (NMDOH & UNM, 2006).
- ❖ Diabetes incidence increased an estimated 37% in New Mexico from 1990 to 2000 (Mokdad et al., 2003).
- ❖ Hispanics and African Americans are twice as likely, and Native Americans are three times as likely to develop diabetes compared to non-Hispanic Whites (NM BRFSS, 2004).
- ❖ Diabetes puts a huge strain on the New Mexico economy. The annual cost to New Mexico for diabetes care is \$1.2 billion (ADA, 2003).
- ❖ People who engage in regular physical activity and healthy eating practices decrease their risk for chronic diseases and generally live healthier and longer lives. 1 case out diabetes out of 7 could be prevented through exercise and diet, saving New Mexico \$140 million annually (ADA, 2003).

#### ***ATTENTION DEFICIT DISORDER***

- ❖ Studies reported upon in the medical journal, *Pediatrics* linked early television viewing in children with attention deficit disorders (ADD) (Christakis, 2004).
- ❖ Contact with the natural world can significantly reduce symptoms of attention deficit disorder in children as young as five years old. (Kuo and Taylor, 2004).

**References:**

- American Diabetes Association (ADA) (2003). "Economic costs of diabetes in the U.S. in 2002." *Diabetes Care*, Vol. 26, pp. 917-932.
- Charles, C. and A. Senauer (2007). Children & Nature Network Research and Studies, Volumes 1 & 2. <http://www.cnaturenet.org/research/Intro>
- Christakis, D.A., F.J. Zimmerman, D.L. DiGiuseppe, and C.A. McCarty (2004). "Early Television Exposure and Subsequent Attentional Problems in Children." *Pediatrics*, Vol. 113, No. 4, pp. 708-713.
- Dennison, B.A., T.A. Erb, P.L. Jenkins (2002). "Television viewing and television in bedroom associated with overweight risk among low-income preschool children." *Pediatrics*, Vol. 109 No. 6.
- Dietz W.H. and S.L. Gortmaker (1985). "Do we fatten our children at the television set? Obesity and television viewing in children and adolescents." *Pediatrics*, Vol. 75, pp. 807-812.
- Finkelstein EA et al. (2004). "State-Level Estimates of Annual Medical Expenditures Attributable to Obesity." *Obesity Research*, January.
- Kuo, Frances E.; and Andrea Faber Taylor (2004). "A Potential Natural Treatment for Attention-Deficit/Hyperactivity Disorder: Evidence from a National Study." *American Journal of Public Health*, Vol. 94, No. 9. American Public Health Association. <http://www.lhhl.uiuc.edu>
- Mokdad, A.H., E.S. Ford, B.A. Bowman, W.H. Dietz, F. Vinicor, V.S. Bales, J.S. Marks. (2003). "Prevalence of obesity, diabetes and obesity-related health risk factors, 2001." *Journal of the American Medical Association*, Vol. 289, No. 1, pp. 7-9.
- New Mexico Behavioral Risk Factor Surveillance System (BRFSS) 2004 data.
- New Mexico Department of Health and New Mexico Public Education Department (2002). "New Mexico Youth Risk and Resiliency Survey (NM YRRS) 2001: Report of State Results."
- New Mexico Department of Health and University of New Mexico (2006). "The New Mexico Plan to Promote Healthier Weight 2006-2015: A Comprehensive Plan to Reduce Obesity, Overweight, and Related Chronic Diseases." New Mexico Department of Health's Physical Activity & Nutrition Program for Healthier Weight and the University of New Mexico's Prevention Research Center. <http://www.health.state.nm.us/obesity.html>
- New Mexico Vital Records and Health Statistics (2004). The State Center for Health Statistics, Public Health Division, New Mexico Department of Health.
- Paxson, C., E. Donahue, C.T. Orleans, and J.A. Grisso (2006). "Childhood Obesity." *The Future of Children*, Vol. 16, No. 1.
- Proctor M., L. Moore, D. Gao, L. Cupples, M. Bradley, M. Hood, and R. Ellison (2003). "Television viewing and change in body fat from pre-school to early adolescence: The Framingham Children's Study." *International Journal of Obesity*, Vol. 27, pp.827-833.
- Sharif, Iman, MD, MPH and James. D. Sargent, MD (2006). "Association Between Television, Movie, and Video Game Exposure and School Performance." *Pediatrics*, Vol. 118, No. 4, pp. e1061-e1070.
- U. S. Department of Health and Human Services (2001). "The Surgeon General's call to action to prevent and decrease overweight and obesity." U.S. Dept. of Health and Human Services, Public Health Service, Office of the Surgeon General; pp. 8-9.