

**TITLE:** The Lane County Body Mass Index Project: A step in developing an epidemiology of school-based risk for obesity prevention in Oregon

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**STUDENT SUBMISSION:** No

**TOPIC/TARGET AUDIENCE:** Policy makers, program developers, evaluators, and researchers

**ABSTRACT:** 1). Background. The Lane County BMI Project was a four-year school-based BMI surveillance program implemented in 24 low-income elementary schools among 8 school districts.

2). Purpose. The program provided baseline BMI data for evaluating obesity prevention efforts in the county.

3.) Methods. We examined the annual weight gain among 2,180 students across the three year of project assessments for 2015-2017. Our analysis included BMI classifications underweight, normal, overweight, and Class 1, Class 2 and Class 3 severe obesity status.

4). Results. Annual weight gains were significantly, progressively higher among students with overweight to Class III obesity status in each of the two years examined. For 2015-2016, annual weight gain ranged from an average of 6.3 lbs. for students with normal BMI status to 24.3 lbs. with Class III obese status. In 2016-2017, the average annual weight gain ranged from an average of 7.4 lbs. for students with normal BMI status to 26.4 lbs. for students in the class III obese status.

5). Summary. Students from overweight to severe obese Class 3 BMI status demonstrated consistent and extreme annual weight gain compared to children in the normal BMI range.

**OBJECTIVE(S):** Identify and describe ranges of unhealthy annual weight gain for elementary aged children.

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