## 2018 - 2019 Spartanburg County BMI Overview

### 2018-19 % Overweight/Obese Spartanburg County Students

<table>
<thead>
<tr>
<th>Grade</th>
<th>Overweight or Obese (%)</th>
<th>Measured Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>30.2%</td>
<td>92.1% measured (3,437 of 3,731)</td>
</tr>
<tr>
<td>3rd</td>
<td>36.8%</td>
<td>85% measured (3,097 of 3,642)</td>
</tr>
<tr>
<td>5th</td>
<td>41%</td>
<td>91% measured (3,277 of 3,602)</td>
</tr>
</tbody>
</table>

### % Students OW/OB by Gender

- Female: 36.4%
- Male: 35.7%

### % Students OW/OB by SES (based on free/reduced lunch eligibility)

- Low SES: 38.6%
- High SES: 32.3%

### % Students OW/OB by Race/Ethnicity

- Hispanic: 46.3%
- Black: 33.3%
- White: 38.8%
HEALTHY SCHOOL PROGRAM SUCCESSES

POLICY & ENVIRONMENTAL CHANGES TO INCREASE WATER CONSUMPTION, ENCOURAGE PHYSICAL ACTIVITY AT HOME, AND IMPROVE OUTDOOR SCHOOL ENVIRONMENT

- Reusable water bottles purchased / water bottle filling stations installed
- Sports equipment purchased / take home recess bags created
- Fitness trails created on school grounds

NUTRITION SERVICES TO INCREASE ACCESS TO HEALTHY FOOD OPTIONS

- Healthy food tasting provided for students and parents
- Healthy food provided for health fair vendors and cooking clubs
- School kitchen equipment purchased
- Hub City Farmer’s Market partnership provides food for schools

HEALTH & PHYSICAL EDUCATION TO INCREASE KNOWLEDGE AMONG STUDENTS AND TEACHERS

- PE teachers attended State PE Conference learning new ideas to engage students
- New PE equipment purchased to increase cardiovascular endurance and muscular strength of students
- Alternative learning environments offered

PHYSICAL ACTIVITY TO INCREASE MOVEMENT AND PLAY

- Interactive learning games purchased
- Guided recess implemented
- Daily activity breaks incorporated into classroom

EMPLOYEE WELLNESS ACTIVITIES TO INCREASE WATER CONSUMPTION, HEALTHY EATING & PHYSICAL ACTIVITY

- Reusable water bottles purchased for faculty
- More exercise options provided (access to weights, fitness trails, competitive challenges)
- Health screenings provided