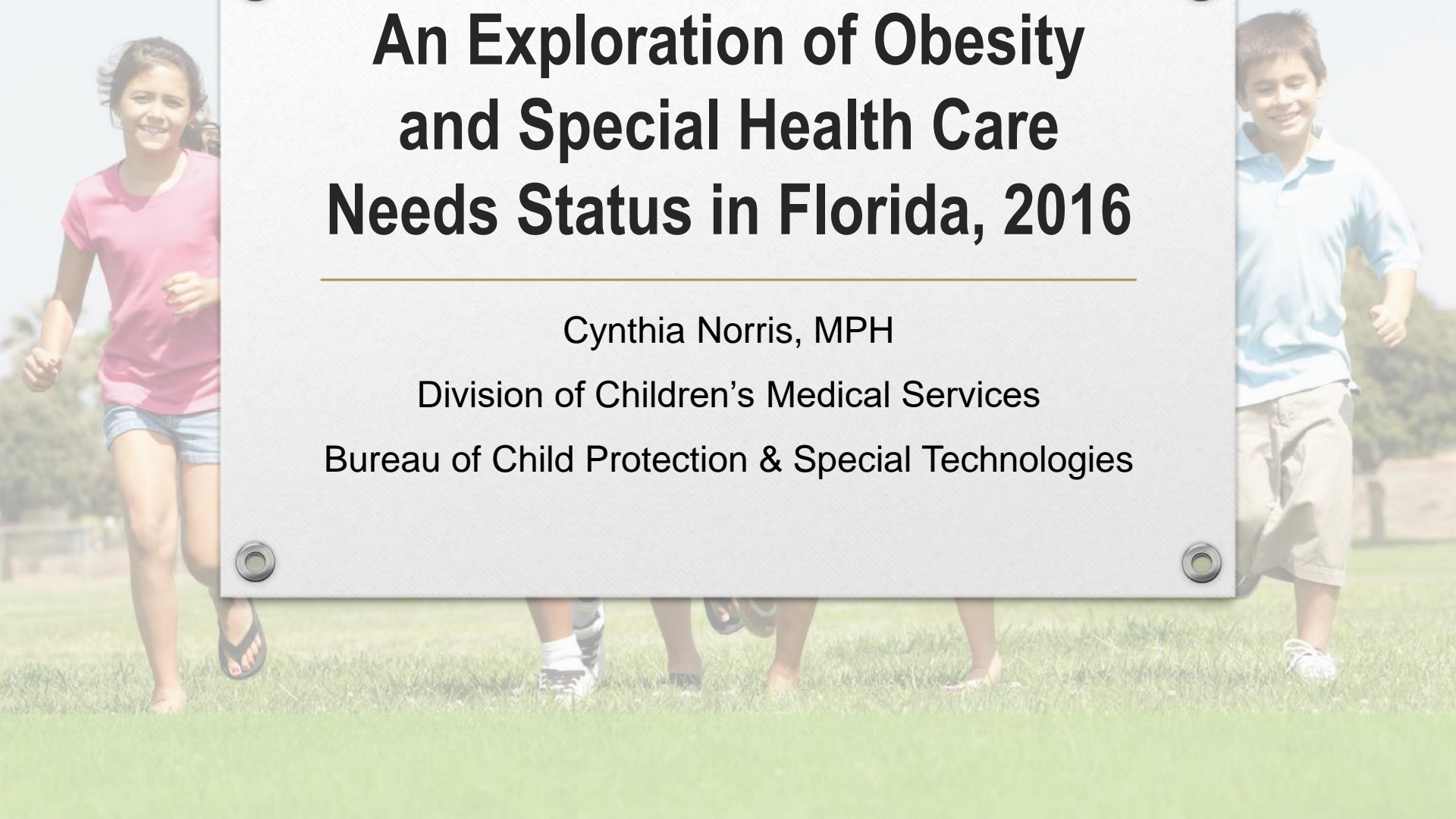# An Exploration of Obesity and Special Health Care Needs Status in Florida, 2016

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Outline

- Introduction
- Background
- Purpose
- Methods
- Results
- Findings
- Discussion

Introduction

- Obesity
  - Body Mass Index (**BMI**)
- Childhood obesity
  - **Florida ranks 13th** for ages 10-17
  - **17%** nationally
  - Linked to adult obesity and secondary conditions
- Factors
  - Physical activity
  - Diet and nutrition

Introduction

- Children with special health care needs (CSHCNs)/Children and youth with special health care needs (CYSHCNs)

- Nationally **20%** of child population

- Complexity of condition(s)
  - Physical & nutritional limitations

Background

- Special health care needs
  - Higher prevalence of obesity, and lower levels of physical activities (HP 2020)
  - Increased risk of developing secondary conditions
  - Greater needs care and services
- Intellectual disabilities
  - Autism spectrum disorder

Background

- Lower levels of cardio and respirator fitness, less muscular endurance, and higher rates of obesity than children without disabilities

- CYSHCNs are often left out of programs designed to promote healthy weight or nutrition

- Poorer school outcomes

- Measurement of physical activity

Purpose

- Describe the study population

- Explore factors related to obesity

- Explore the prevalence of obesity among children with and without special health care needs

Methods: Data Source

- 2016 National Survey of Children's Health (NSCH)

- Sampling

  ○ Administered by the US Census Bureau

  ○ Child randomly select at the household level

- Weighting and Estimation

- Key Variables

  ○ BMI variable (ages 10-17 only)

  ○ Special Health Care Needs screener

Methods: Study Design & Analysis

- Cross-sectional, exploratory design

- Secondary data analysis
  - 2016 NSCH - FL households (n=905)
  - STATA SE, version 15

- New Variable
  - New BMI: obese or overweight – Yes/No (n=455)

- Descriptive
  - Frequencies & weighted prevalence estimates

Methods: Selected Survey Variables

Demographics	Physical & Functional Status	Emotional & Mental health	Health Insurance Coverage	Healthcare Access & Quality	Community & School Activities	Family & Activities
Age

Gender

Race/Ethnicity

Household Income

Family Structure

Parent Education | **Special Health Care Needs Status (SHCN)**

Body Mass Index (BMI)

Physical activity

Health status | Bullied

Bully | Consistency of insurance coverage

Adequacy of current insurance

Type of insurance coverage | Preventative medical visit

Medical home

Transition to adult health care | Participation in organized activities

Safe neighborhood

Neighborhood amenities | ACEs

Food insufficiency

Time spend watching TV

Time spent with electronic devices |

Results: Child-level demographics

Variable	Unweighted (n)	Weighted %
Obese or overweight		
No	316	63.39%
Yes	139	36.61%
Special health care needs status		
With	134	27.20%
Without	321	72.80%
Age		
10-13 yrs old	206	46.18%
14-17 yrs old	249	53.82%
Sex		
Male	227	49.56%
Female	228	50.44%
Race/Ethnicity		
Hispanic	144	31.72%
White, Non-Hispanic	227	42.50%
Black, non-Hispanic	38	19.09%
Other	46	6.69%

Results: Household-level demographics

Variable	Unweighted (n)	Weighted %
Parent Education*		
less than high school	11	7.9%
high school diploma/GED	59	18.5%
more than high school	380	73.6%
Household Income		
0-99% FPL	132	17.9%
100-199% FPL	74	18.9%
200-399% FPL	58	26.9%
400% FPL or more	191	36.2%
Insurance Type*		
Public	116	37.5%
Private	260	50.5%
Both	9	1.6%
Insured, Other	4	0.1%
Uninsured	35	9.9%
Family Structure *		
two parent, married	303	68.5%
two parent, not currently married	29	6.5%
single mother	88	16.4%
Other family type	34	8.6%
Household Language*		
English	381	88.1%
Other than English	66	11.9%

*Total number is different for characteristics due to missing values
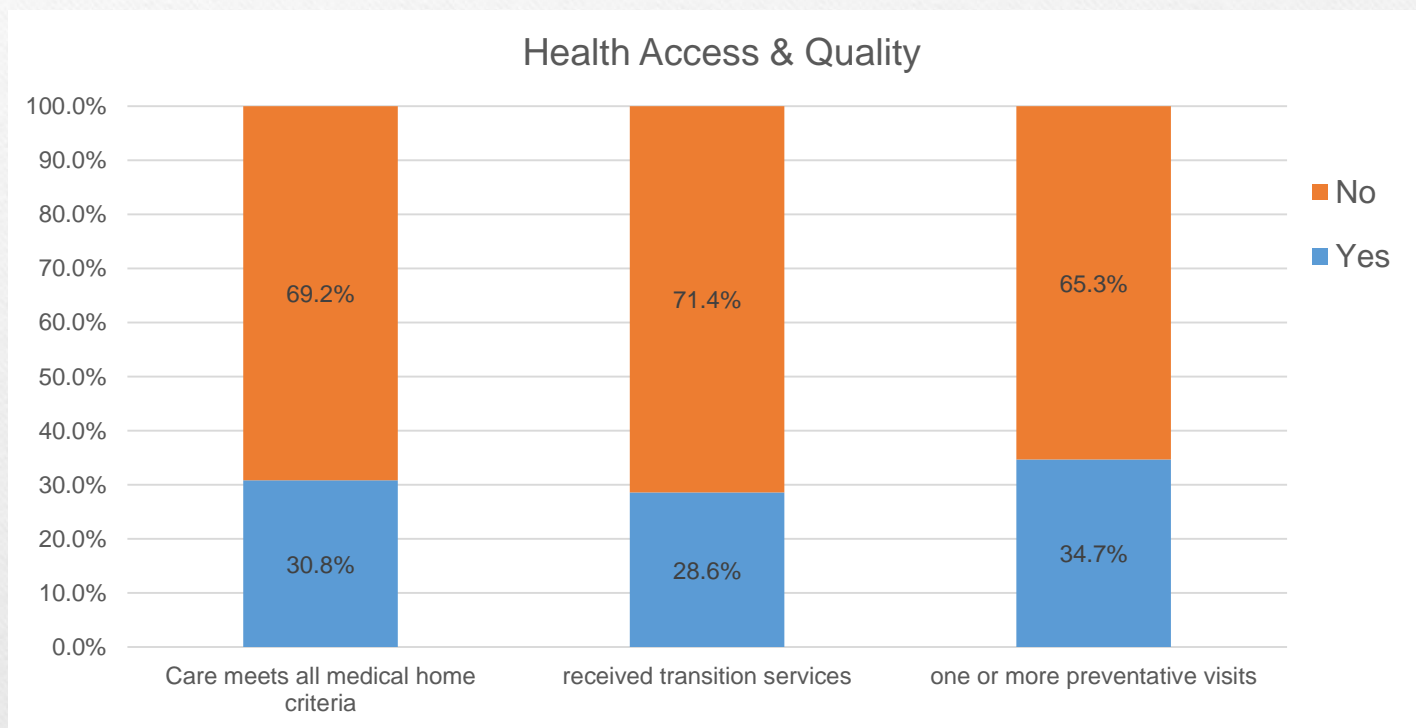
Results:
Obesity across indicators
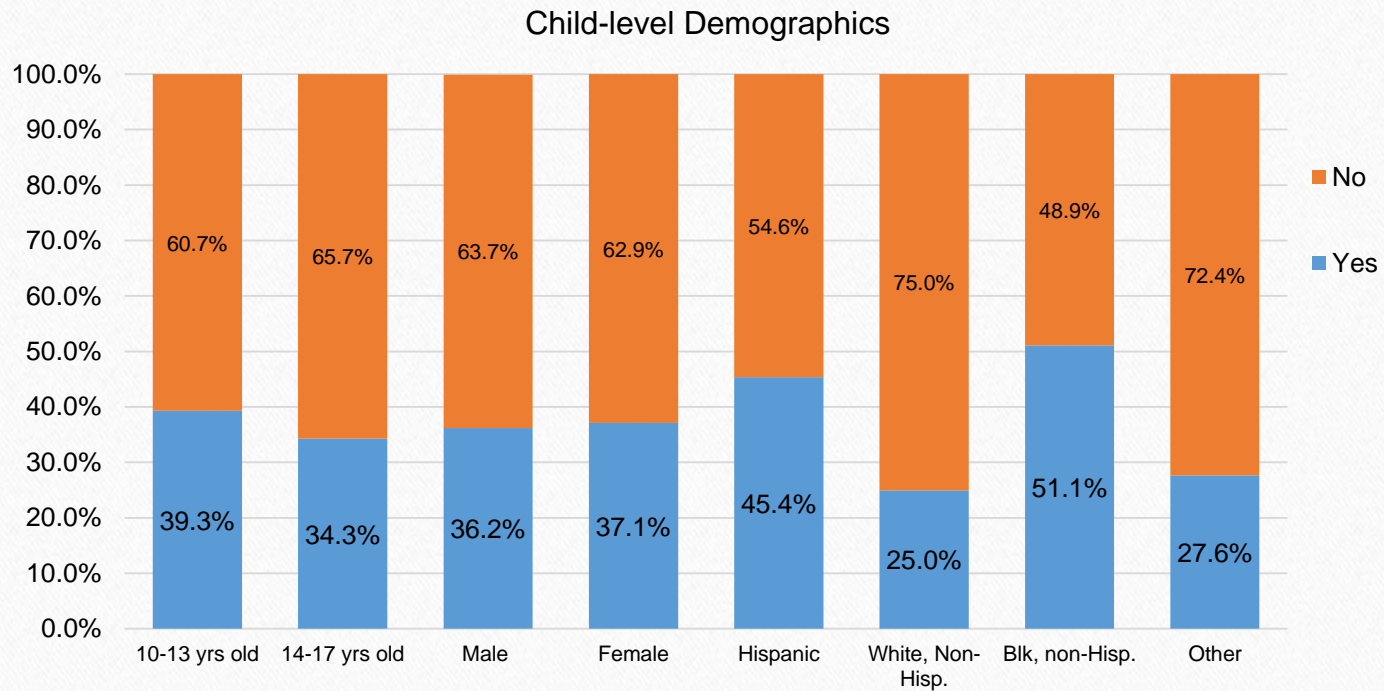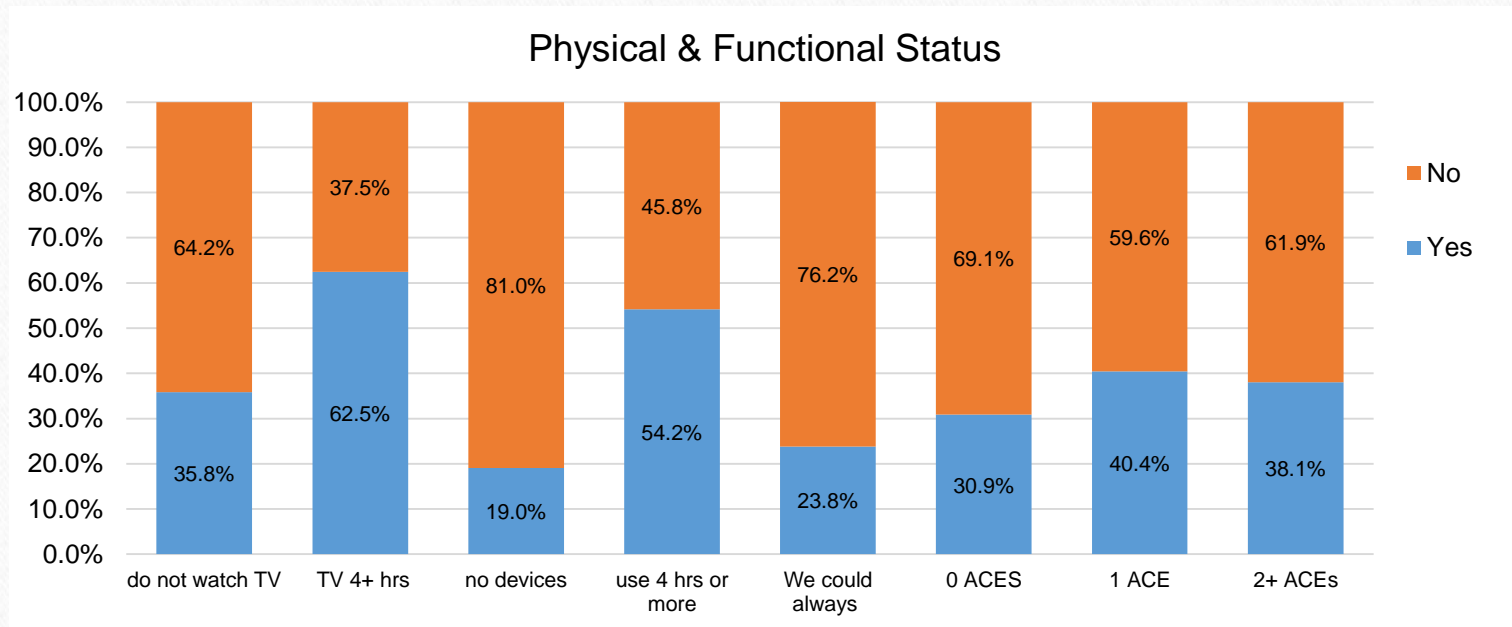
Child-level Demographics

Results:
Obesity across indicators

Physical & Functional Status

Category	Yes	No
do not watch TV	35.8%	64.2%
TV 4+ hrs	62.5%	37.5%
no devices	19.0%	81.0%
use 4 hrs or more	54.2%	45.8%
We could always	23.8%	76.2%
0 ACES	30.9%	69.1%
1 ACE	40.4%	59.6%
2+ ACEs	38.1%	61.9%

Results:
Obesity across indicators

Health Access & Quality

Indicator	Yes	No
Care meets all medical home criteria	30.8%	69.2%
received transition services	28.6%	71.4%
one or more preventative visits	34.7%	65.3%

Results:
Obesity across indicators

Health Insurance Coverage

Results:
Obesity across indicators

Emotional & Mental Health

Category	Yes	No
bullied TRUE	35.5%	64.5%
bullied NOT true	35.9%	64.1%
bully TRUE	45.2%	54.7%
bully NOT TRUE	35.3%	64.7%
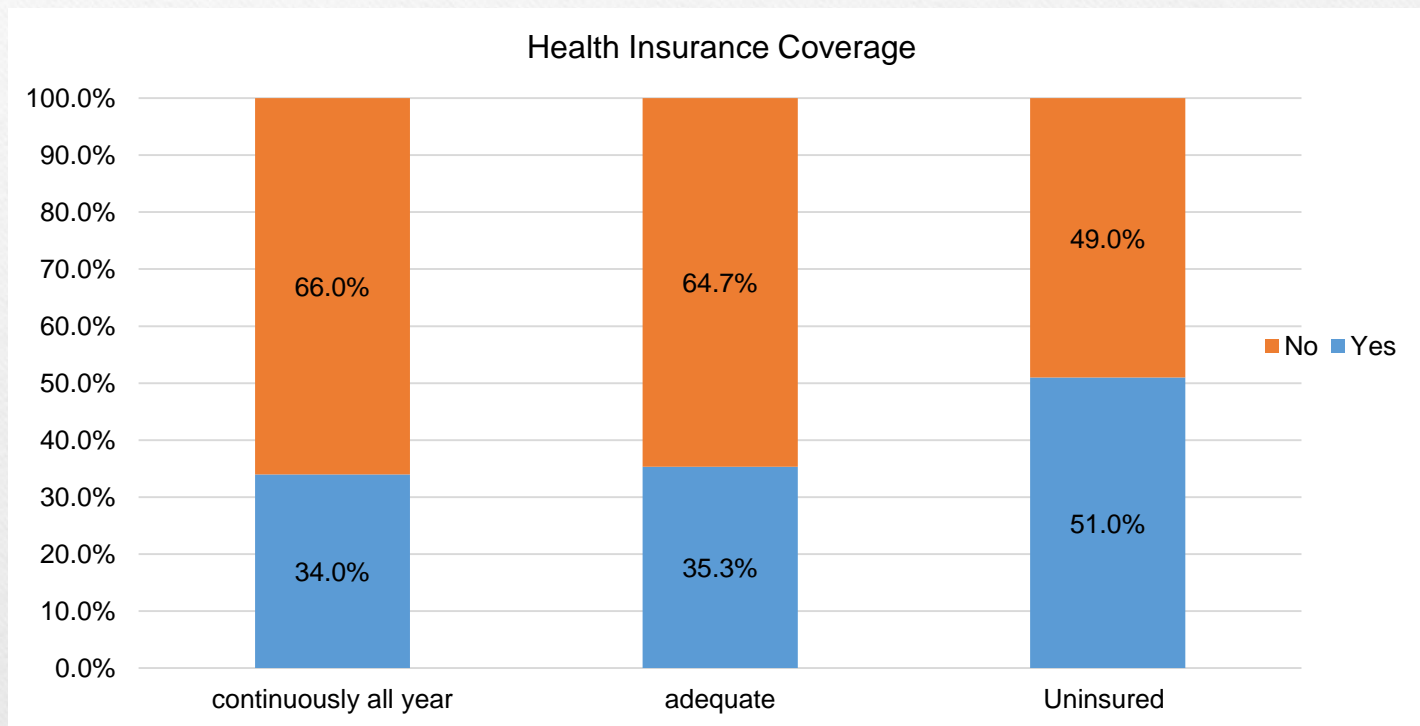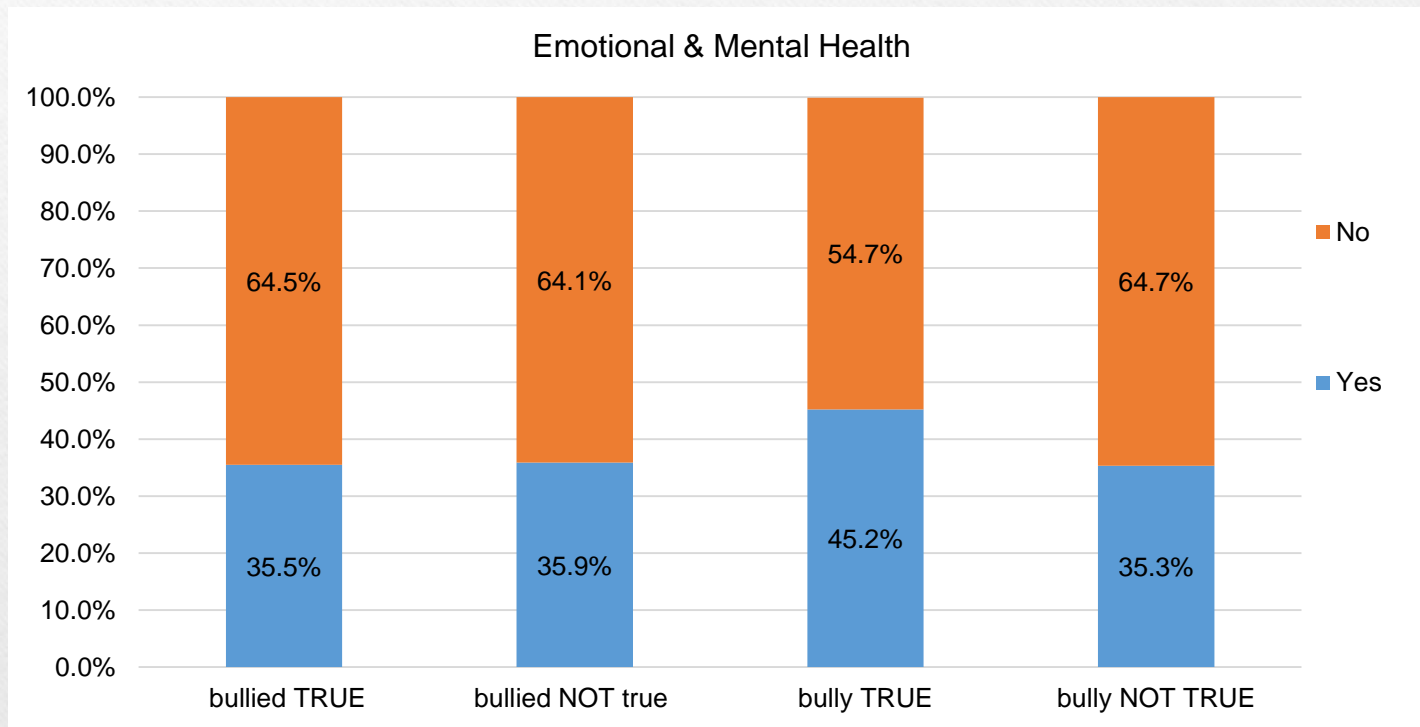
Results:
Obesity across indicators

Family & Actvities

Results:
Obesity across indicators
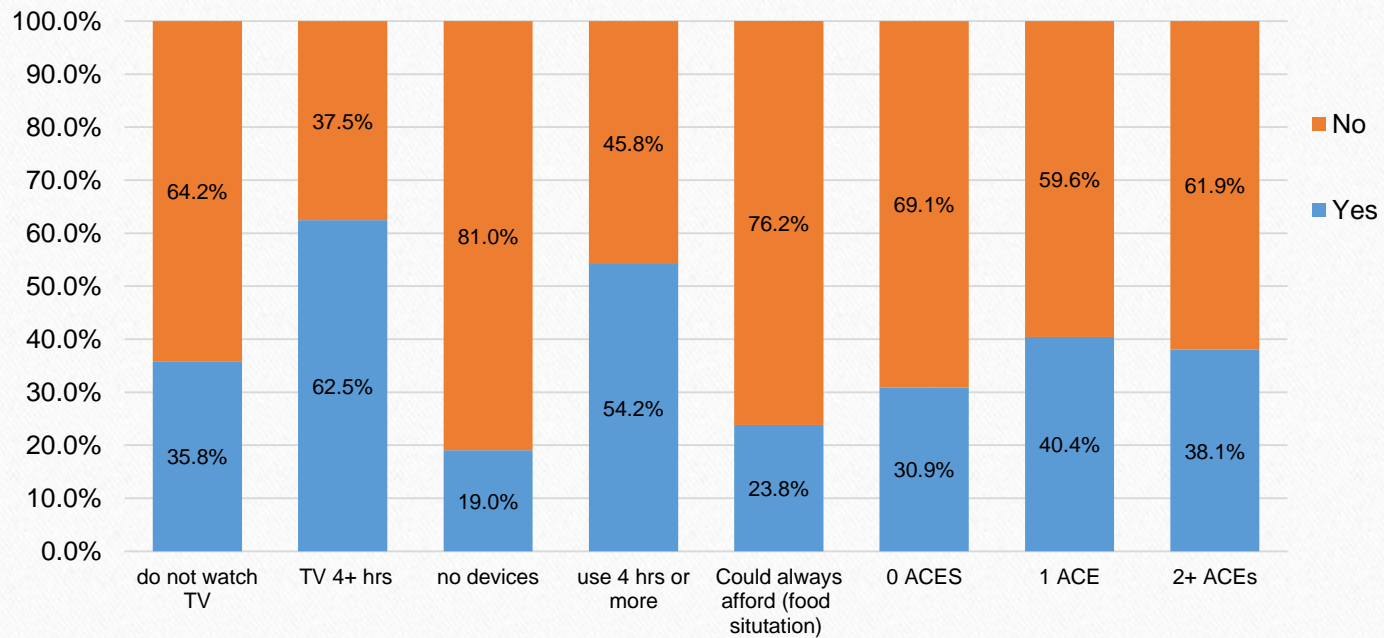
Community & School Activities
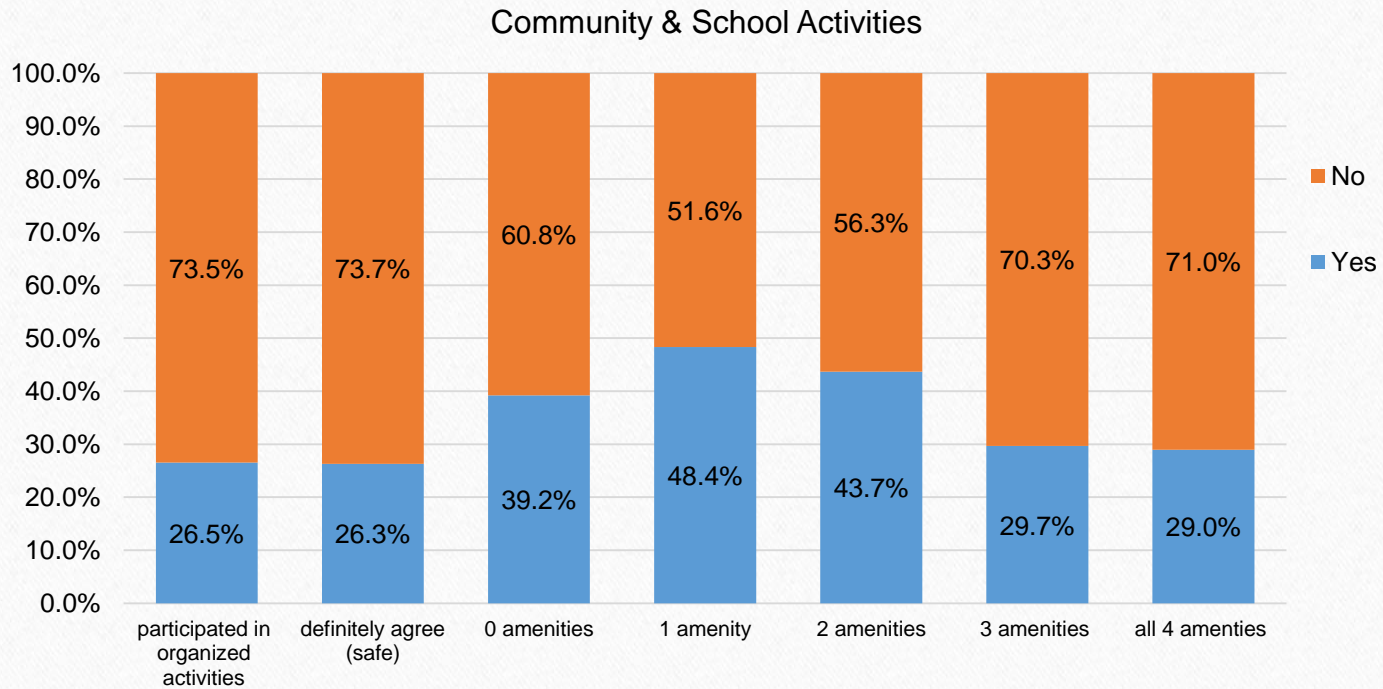
Results:
Special Healthcare Needs & Obesity/Overweight Status

Special healthcare needs status
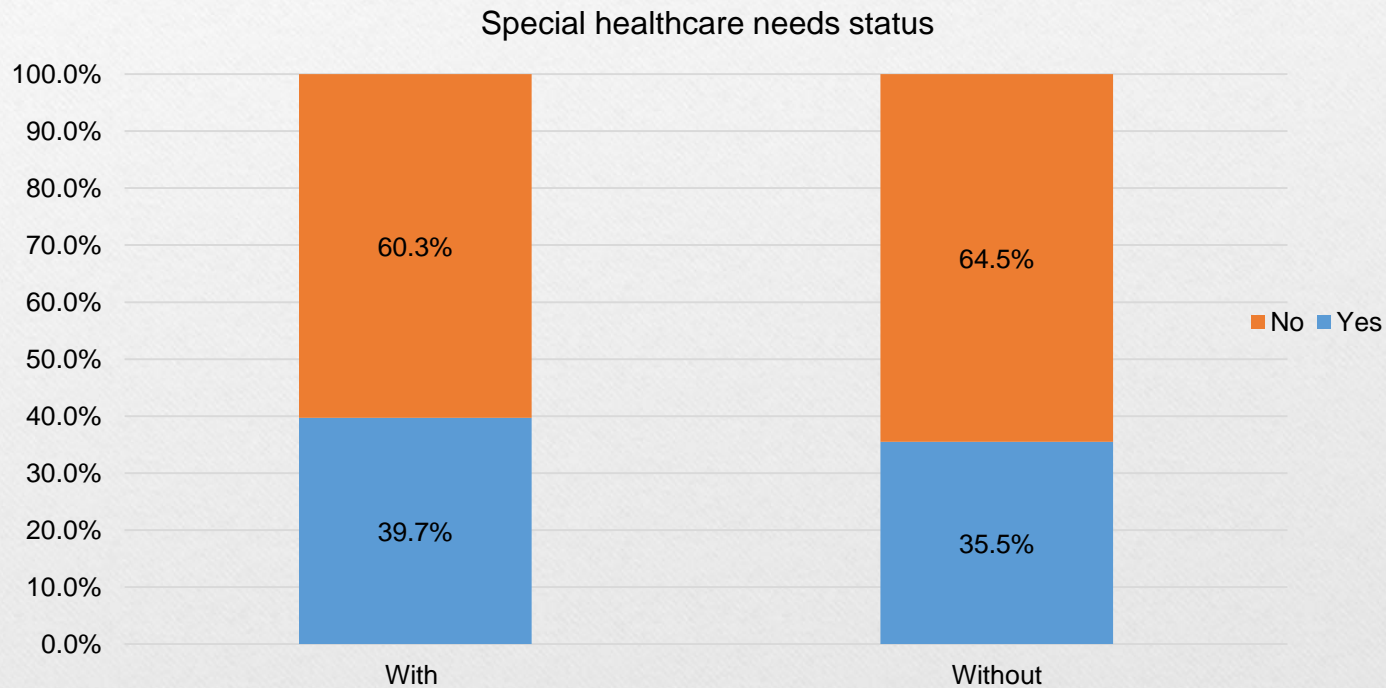
Findings

- Florida's obesity prevalence is higher than national estimates

- Important indicators
  - Physical & function status
  - Health access & quality
  - Community & school activities
  - Family & activities

Findings

- Related child level demographics

  - Ethnicity

- Did not find higher prevalence

  - Emotional and mental health

  - Age

- Higher prevalence of obesity/overweight status with SHCN status

Discussion

- Limitations
  - Sample size
  - Self-reported
  - Measurement of food and nutrition
- Future research
  - Analyze significance of select factors
  - Larger sample

Discussion

- Recommendations
  - Early intervention for those are at-risk
  - Inclusion into public health programming
  - Standard for assessing physical activity

Questions