OBESITY PREVALENCE AMONG LOW-INCOME CHILDREN IN OKLAHOMA WIC, 2005-2010
Presenter: Ashley Weedn, MD

1Ashley Weedn, MD, 1Jessica Hale, MS, 2Dave Thompson, PhD, 1Paul Darden, MD
1Department of Pediatrics, University of Oklahoma Health Sciences Center, 2Department of Biostatistics and Epidemiology, University of Oklahoma Health Sciences Center

Background: The prevalence of childhood obesity in preschool-aged children has doubled over the past 30 years. National WIC data indicate a stabilization in obesity prevalence in low-income preschool children from 2003-2008, except among American Indians, whose obesity rates continued to climb.

Objectives: To determine the prevalence of obesity in low-income preschool children in Oklahoma, to identify disparities in obesity among four major race/ethnic groups, and to describe obesity prevalence from 2005-2010.

Methods: Subjects included 218,488 children aged 2-4 years who participated in the Oklahoma WIC program. Logistic regression identified disparities in obesity among four race/ethnic groups and trends in obesity prevalence from 2005-2010.

Results: Disparities in obesity by race/ethnicity were evident with prevalence highest in Hispanics and lowest in African Americans. As a group, boys were more obese than girls (p < .0001); however, obesity prevalence increased among girls from 2005-2010 (p=.0004). Among race/ethnic groups, no differences in obesity trends were seen in girls; however, African American boys increased in obesity prevalence (OR: 1.05; 95% CI: 1.02-1.08) while boys in other race/ethnic groups showed no change.

Conclusions: In contrast to national WIC trends for low-income American Indian preschool children, obesity is not increasing in American Indians participating in Oklahoma WIC. Recent studies indicate a leveling off in obesity prevalence among low-income preschool children; however, in Oklahoma, obesity is increasing among certain subgroups of low-income preschool children. These findings suggest a need for targeted obesity interventions in Oklahoma WIC youth.