

No evidence of unintended consequences following passage of Arkansas obesity legislation

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Arkansas Act 1220 of 2003

To address childhood obesity in Arkansas

1. Annual BMI measurements for all school children & report to parents
2. Restricted access to vending machines in elementary schools
3. State-wide Child Health Advisory Committee with prescribed membership and specific charge to examine future policies
4. Establishment of Local Nutrition and Physical Activity Advisory Committees in every school district
5. Public reporting of vending revenues
6. Hiring of Community Health Promotion Specialists to provide technical assistance to schools

Act 1220 Evaluation Timeline

-----2004----- -----2005----- -----2006-----

Spring Fall Spring Fall Spring Fall

Baseline
Data
Collection

Year 1
Follow-up
Data
Collection

Year 2
Follow-up
Data
Collection

Research Question

- What, if any, unintended negative consequences occur as a result of Act 1220 implementation?

Methods

- Telephone interviews with families with children enrolled in Arkansas public schools
 - 2,358 parents interviewed during 2006
 - 361 adolescents \geq 14 years of age interviewed during 2006

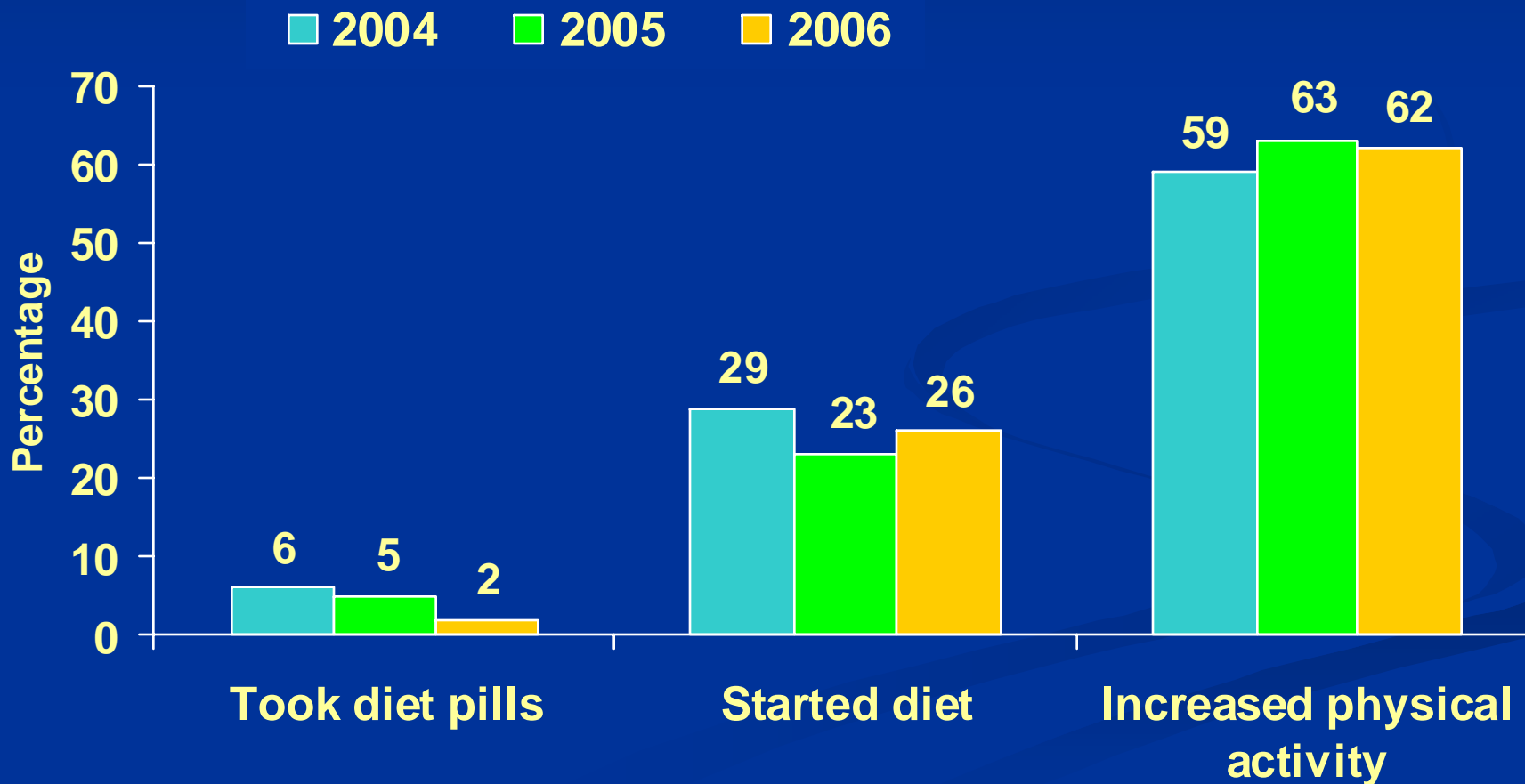
Behaviors of interest

- Parents
 - Putting child on diet
 - Taking child to weight loss clinic
 - Giving child diet pills
- Adolescents
 - Weight concern
 - Teasing
 - Dieting
 - Diet pill use
 - Excessive physical activity

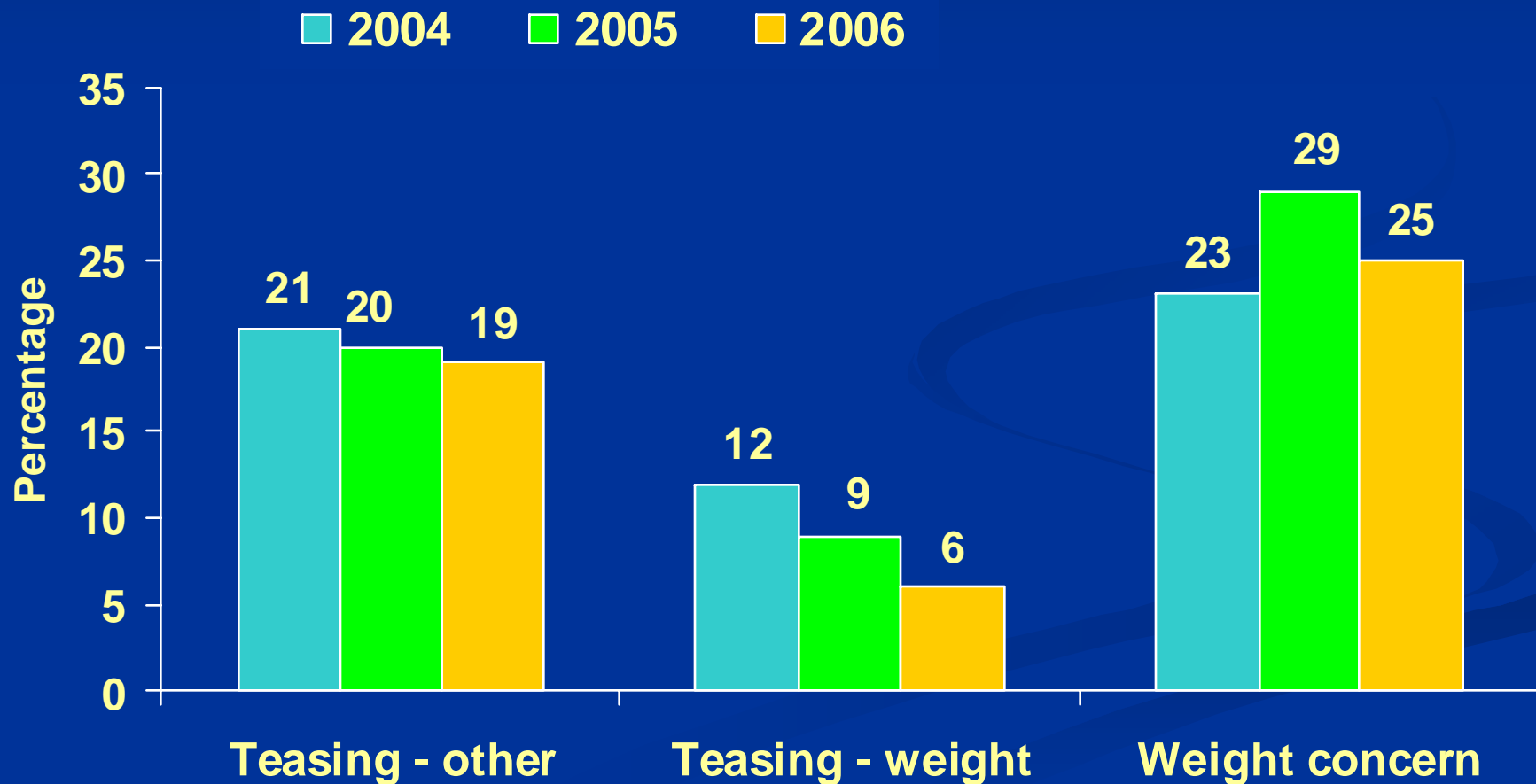
Parents are not reacting in ways that would raise concern.



No increase in unintended negative consequences of BMI measurement – adolescent behavior



No increase in unintended negative consequences of BMI measurement – adolescent behavior, cont'd



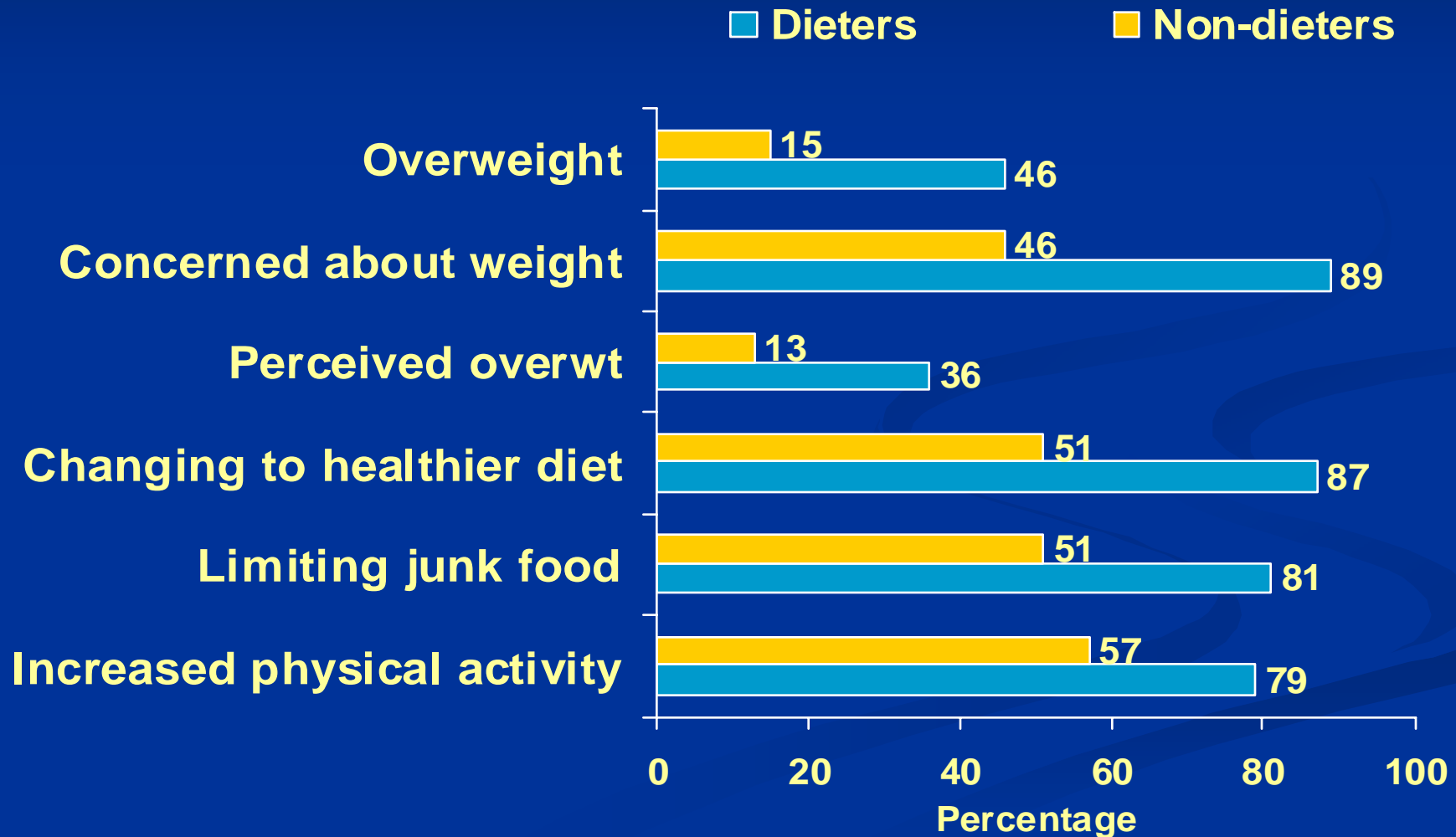
Dieters v. non-dieters, 2006

■ No differences

- Gender
- Race/ethnicity
- Free/reduced lunch participation
- Grades
- Frequency of vending purchases
- Frequency of family meals per week

Differences

Dieters v. non-dieters, 2006



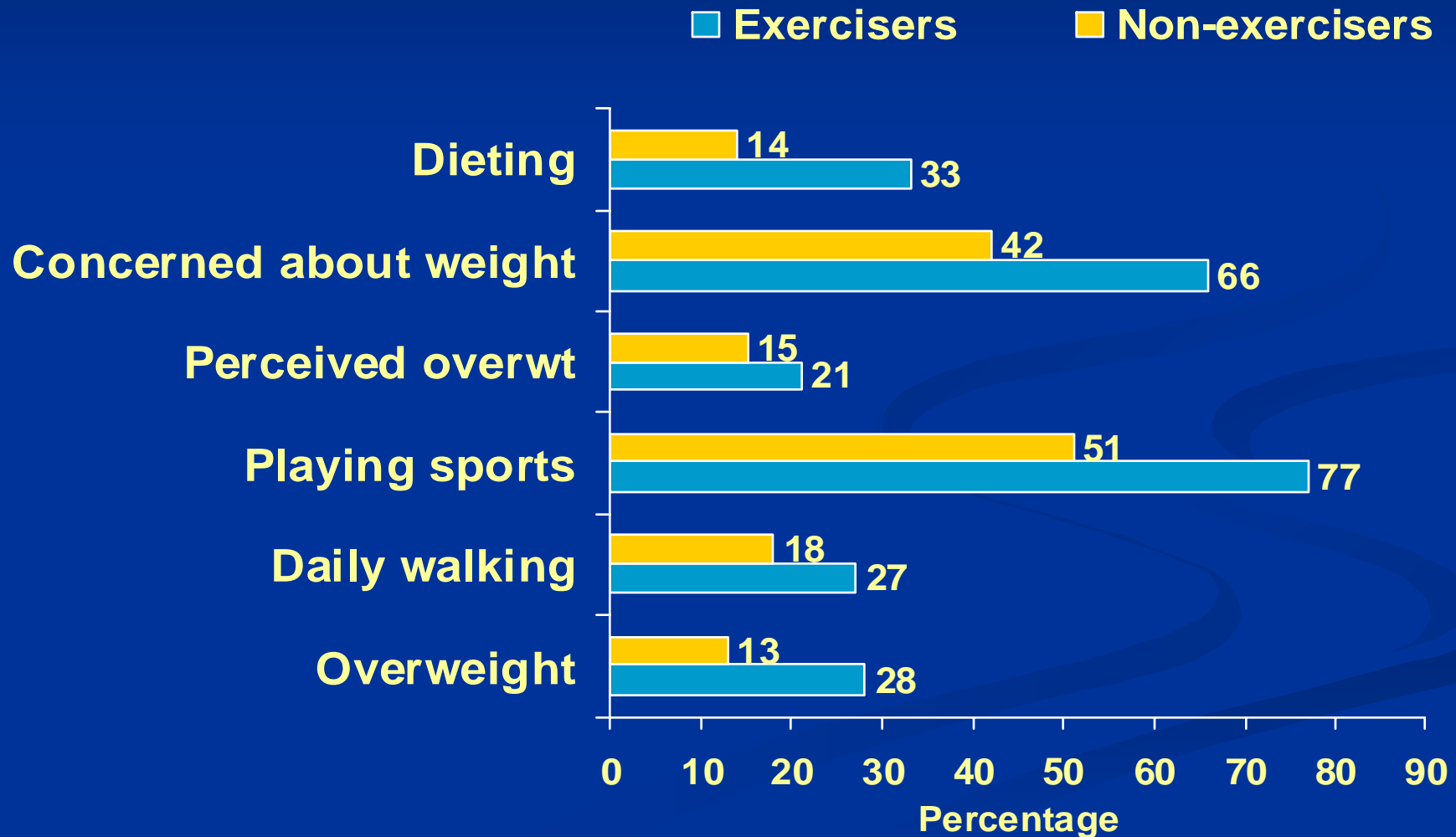
Exercisers v. non-exercisers, 2006

■ No differences

- Gender
- Race/ethnicity
- Free/reduced lunch participation
- Grades
- Frequency of family meals per week

Differences

Exercisers v. non-exercisers, 2006



Conclusions

- No evidence at this time of feared negative consequences of increased attention to childhood obesity and youth weight status because of implementation of Act 1220.
- Continuing to monitor

