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Predictors of obesity among adolescents with disabilities

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Presenter Disclosure

Mia Papas, PhD

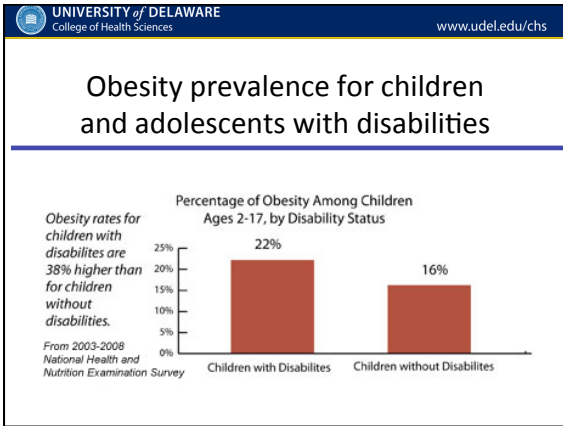
The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

“No relationships to disclose”

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Outline

- Describe obesity prevalence among adolescents with disabilities
- Examine physical activity, poor diet, and unhealthy dietary behaviors among adolescents with disabilities
- Evaluate risk factors associated with obesity among adolescents with disabilities



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Children with disabilities are more susceptible to obesity

- Differences in body composition
 - muscle mass vs. fat mass
- Medications that increase appetite or decrease metabolism
- Lack of physical activity
- Parents may be over-permissive or over-restrictive regarding food and exercise

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Study Population

- 2011 Youth Risk Behavior Surveillance Survey (YRBS)
- 9,775 adolescents in grades 9 – 12
- 4 States: Delaware, North Carolina, North Dakota, Rhode Island

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YRBS Disability Status

- Do you have any physical disabilities or long-term health problems (long-term means 6 months or more)?
- Do you have any long-term emotional problems or learning disabilities (long-term means 6 months or more)?

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Obesity Status

- Self-reported weight and height
- Sex- and age-specific BMI percentiles were estimated based on reference data from the year 2000 CDC growth tables
- Obesity defined as BMI \geq 95th %ile

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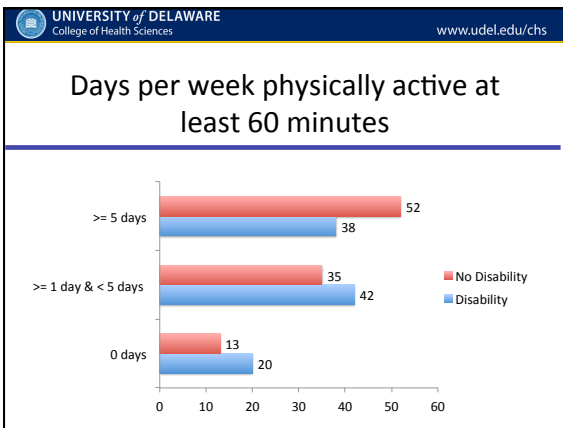
Demographic Characteristics

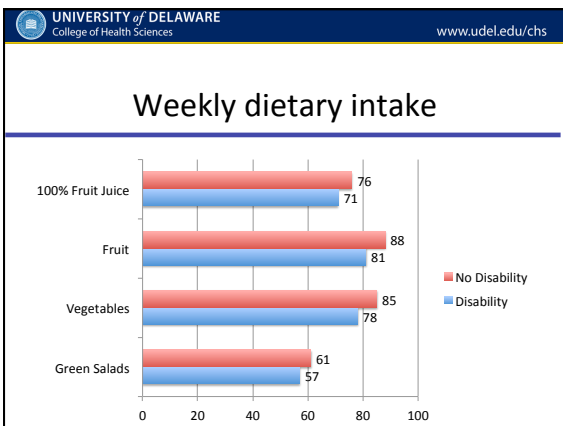
- 22% of survey respondents reported a physical, emotional, or learning disability
- 51% were female
- 55% in the 9th or 10th grade
- 75% were between 15 and 17 years of age
- Race/ethnicity:
 - 63% were White
 - 20% were Black
 - 10% were of Hispanic or Latino descent

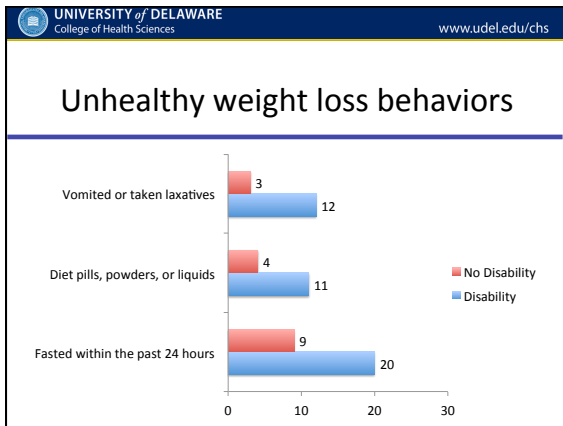
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Perception of weight

- Adolescents with disabilities were more likely to be obese
 - 16% obesity among those with disability vs. 10% obesity for those without disability
 - Odds ratio=1.7 (95% CI: 1.3, 2.1)
- 45% of all adolescents stated they were actively trying to lose weight
- Increased odds of trying to lose weight for adolescents with disabilities compared to those without disabilities
 - Odds ratio=1.4 (95% CI: 1.0, 2.0)







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Predictors of obesity for all adolescents

	Odds Ratio	95% CI
2+ hours of television watching per day	1.2	1.0, 1.4
2+ hours of video games per day	1.4	1.1, 1.7
Unhealthy weight loss behaviors		
Fasting within the past 24 hours	1.7	1.3, 2.3
Taking diet pills, powders or liquids	1.6	1.1, 2.4

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- ### Conclusions
- Adolescents with disability have a higher prevalence of obesity
 - Associated with:
 - Decreased physical activity
 - Worse dietary habits
 - Unhealthy weight loss behaviors
 - Successful interventions need to target dietary choices, physical activity, and weight control strategies among adolescents with disabilities

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Future research

- Measure obesity among children and adolescents with disabilities
- Examine types of disabilities
- Increase participation of children with disabilities in health promotion programs

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Thank you!

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