**PRESENTATION TIME: 3:30 PM – 3:40 PM**

**PRESENTER: Eda Chao, M.D.**

**PREVALENCE AND PREDICTORS OF CHILDHOOD OBESITY IN CHINESE AMERICANS IN AN URBAN COMMUNITY HEALTH CENTER**

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**BACKGROUND:** Childhood obesity is a major health concern which leads to worse health outcomes in adulthood. Although Asians generally have lower obesity rates compared to other race/ethnic groups, they experience higher cardiovascular risk at any BMI. Prevalence of childhood obesity in Chinese Americans has not been well documented because of the underrepresentation of this population in national and citywide surveys. This study aims to present prevalence of overweight and obesity in Chinese Americans who visited an urban community health center. In addition, we will assess sociodemographic characteristics such as age, gender, birthplace, and grandparental care as risk factors for childhood overweight and obesity.

**METHODS:** This is a cross-sectional study of Chinese Americans who visited a community health center in 2015 (n=12,275, ages 2-19). Overweight and obesity were defined using the CDC BMI percentile cutoffs of ≥85% and ≥95%, respectively. Independent variables included in the analyses were gender, age group, birth weight, US-born, insurance, and caregiving by at least one grandparent. Univariate and multivariate logistic regression analyses were conducted to determine the strength of the associations.

**RESULTS:** Approximately 21% of Chinese American children were overweight and 8% were obese in this population. Males have 2.3 times the odds of being obese as compared to females. Children ages 6-11 have the highest overweight and obesity rates compared to other age groups. Children who were born in the US have 1.34 times the odds of being obese. Children with a grandparent as a caregiver have 1.37 times the odds of being overweight than those who were not. These results were significant at p<0.0001.

**CONCLUSIONS:** Groups identified as at high risk for overweight were male, between ages 6 to 11, US-born, self-pay patients, and those with a grandparent caregiver. These groups require early obesity prevention education and closer clinical monitoring.

**CONTENT CATEGORY:** Epidemiology

**KEYWORDS:** *Chinese American, Obesity, Overweight, Pediatrics*