**A TEN-YEAR LONGITUDINAL STUDY ASSESSING WEIGHT STATUS CHANGES IN CHINESE AMERICAN CHILDREN FROM CHILDHOOD TO ADOLESCENCE/YOUNG ADULTHOOD**

Olivia Zhong1, Raymond Tse, MPH2, Jia Lu Lilian Lin, MPH3, Jennifer D. Lau, MPH2, Chihang Yu2, Eda Chao, MD2, Loretta Au, MD, MPH2

1CUNY School of Medicine/Sophie Davis School of Biomedical Education, New York, NY, 10031

2Charles B. Wang Community Health Center, 125 Walker St, New York, NY 10013

3Institute of Health Policy, Management and Evaluation, Dalla Lana School of Public Health, University of Toronto, Toronto, ON, Canada

**BACKGROUND:**  Obesity is a major risk factor for hypertension, diabetes, and cardiovascular disease in adults. One major predictor of adult obesity is being obese as a child. This association has not been investigated for the Chinese American population.

**METHODS:** In thisretrospective study, a cohort of 1,500 Chinese American pediatric patients ages 5 to 11 in 2007 at Charles B. Wang Community Health Center was followed for ten years from 2007 to 2017. Patients were categorized into two weight classes based on CDC BMI cut-offs: (1) underweight/normal weight (BMI <85%ile) and (2) overweight/obese (BMI ≥85%ile if ˂20 years old or BMI ≥25 if ≥20 years old). Age, gender, place of birth, and insurance status were collected for each patient. Logistic regression was conducted to estimate the odds ratio of being overweight/obese in adolescence/young adulthood in overweight/obese children compared to underweight/normal weight children.

**RESULTS:** Of Chinese American children who were overweight/obese in 2007, 45.7% remained overweight/obese 10 years later. Overall, children who were overweight/obese had 11.1 increased odds of staying overweight/obese over time (95% CI: 8.2-15.0, p<0.001) compared to their underweight/normal weight counterparts. However, this effect depended on the child’s place of birth (p<0.05). Foreign-born children had 43.4 times the odds (95% CI: 15.3-122.9, *p* < 0.001) while US-born children had 9.3 times the odds (95% CI: 6.8-12.8, *p* < 0.001) of staying overweight/obese in adolescence/young adulthood compared to their underweight/normal weight counterparts. There were no significant differences in risk found between male versus female children.

**CONCLUSIONS:** In this study of Chinese American children following for a ten-year period, childhood overweight/obesity is a strong predictor of overweight/obesity later in life. Targeted education and intervention to improve weight status is warranted in the Chinese American children to prevent adult obesity.

**CONTENT CATEGORY:** epidemiology

**KEYWORDS:** *Chinese American, Pediatric Overweight, Body Mass Index, Childhood, Adolescence*