



**CALIFORNIA STATE SCIENCE FAIR
2010 PROJECT SUMMARY**

Name(s) Ethan S. Oro	Project Number J0320
Project Title Which Habits Contribute Most to Obesity?	
Abstract Objectives/Goals One of the USAs most common health problems is obesity, and the factors that cause obesity are poorly understood. The objective of this study is to identify factors that contribute to childhood obesity. My hypothesis is that kids who eat school lunches like Kid Chow will have a lower BMI and that genetics and eating strategies of parents will play a role. Methods/Materials Along with mandatory BMI collection required by the state, I used an online survey program called Survey Monkey and collected responses from the 102 5th grade students at my local elementary school. I asked 36 questions about students habits such as snacking and meal behavior, after school activities, and parental guidance. I examined the responses in kids with normal and high BMIs and then determined which differences were significant. Results In contrast to my hypothesis, I found that the type of lunch and the amount of TV watching does not correlate with BMI. However, I found that whether you eat a snack at school matters, as does participation in certain sports activities and parental size. Conclusions/Discussion I found that snacks, type of sports and parent size were important factors in childhood obesity. This information will be useful to school principals in determining programs to keep kids healthy. I hope to extend this study to other schools in my area.	
Summary Statement Using online surveys and BMI calculations, I found that snacks, type of sports and parent size were important factors in childhood obesity.	
Help Received I received help from the PE teacher who collected BMI data and directed kids to take surveys. She provided invaluable suggestions. My father helped with the statistics.	