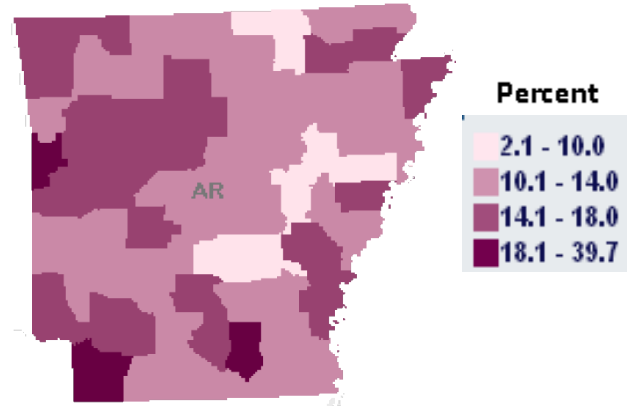


Arkansas State Factsheet ⁱ

Prevalence of obesity among low income children ages 2-4, 2006-2008, percent by county ⁱⁱ

Key Points

- Arkansas ranked 45th for protective factors against childhood obesity and 43rd for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 10 percent in 1998 to 14 percent in 2008.
- Among adults, the prevalence of obesity increased to 30 in 39 of 75 counties by 2007.
- 35 percent of adults in Arkansas are overweight and 31 percent are obese.
- Arkansas will spend over \$3.8 billion dollars annually by 2018 on health care costs attributable to obesity.



Source: Pediatric Nutrition Surveillance System data mapped in the Food Environment Atlas

There are many interacting determinants of childhood obesity. Physical activity and media time are important contributors which may have a greater impact on certain groups such as young children

POSITIVE BEHAVIORS BY RACE, INCOME, INSURANCE		AR (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		65.6	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	69.7	69	74.7 NC
	Black non-Hispanic	59.5	61.6	73.1 NV
	Hispanic	43.2	51.8	72.2 MT
by household income	0-99% FPL	63.4	53.8	78.6 MN
	400% +	64.4	70.9	77.6 AL
by insurance status	None	64.4	54.5	81.1 HI
	Public	64.5	60	74.3 AK
	Private	66.7	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		74.3	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	80.5	82.9	96.9 DC
	Black non-Hispanic	54.6	61.6	70.3 NC
	Hispanic	78.8	75.2	93.3 UT
by household income	0-99% FPL	54	68.8	82.4 UT
	400% +	82.1	86	92.5 WA
by insurance status	None	67.2	72.4	89.3 UT
	Public	66.4	70.1	86.1 WY
	Private	81.9	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Arkansas.pdf>. It contains other data, including the obesity prevalence for all children

ii. Obesity defined as Body Mass Index (BMI) at or above the 95th percentile.

iii. For rankings, 1st is best and 50th is worst. Rankings are based on cumulative percents from 2007 National Survey of Children's Health. Protective factors = % reporting positive social skills + % always engaging in school + % in families which eat meals together every day. Neighborhood environment = % living in supportive neighborhoods + % in neighborhoods with no detracting elements (litter, graffiti, etc.) + % living in neighborhoods with parks, recreation centers and sidewalks

Parent physical activity is a strong predictor of the activity of their children

% OF PARENTS PHYSICALLY ACTIVE, 4 or more days/ week		AR (%)	Nation (%)	Best state(%)
Mother		33.7	32.9	VT
Father		46.8	44.9	HI

The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		AR (%)	Nation (%)	Best state(%)
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% of children living in supportive neighborhoods

overall		85	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	88.7	88.8	94.7	UT
	Black non-Hispanic	75.2	71	85.9	AK
	Hispanic	80.5	76.1	90.6	VT
by household income	0-99% FPL	73.7	70.7	89.2	UT
	400% +	92.1	91.1	98	UT

% of children living in neighborhoods with NO graffiti, dilapidated housing or litter

overall		70.2	71.4	78	MA
by race/ ethnicity	White non-Hispanic	72.1	75.6	81.9	CT
	Black non-Hispanic	62.4	63	78.3	MA
	Hispanic	77.5	66.5	86.8	AL
by household income	0-99% FPL	58.5	57.4	72.9	CO
	400% +	83.4	83.2	90.5	FL

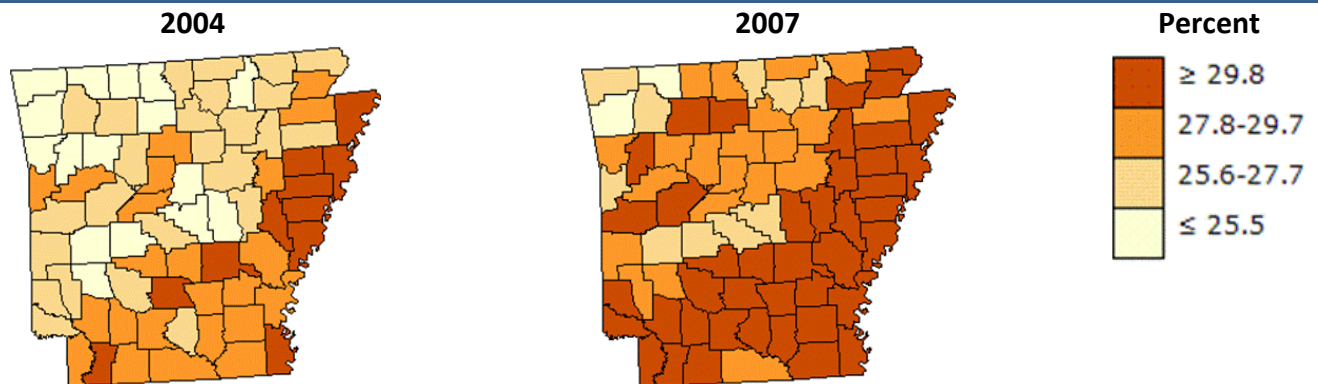
% of children living in neighborhoods with parks, recreation centers, and sidewalks

overall		44.4	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	40.6	62.6	95.2	DC
	Black non-Hispanic	51.2	72.4	95.8	RI
	Hispanic	57.4	62.7	82.1	SD
by household income	0-99% FPL	38.9	57.6	88.2	MA
	400% +	52.5	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	AR (%)	Nation (%)	Best state(%)	
Positive social skills	91.9	93.6	97.1	MN
Usually or always engages in school	75.7	80.5	86	MA
Involved in at-least one after-school activity	79	80.7	90.5	MN
Family eats meals together every day	46.7	45.8	54.2	ID

AGE-ADJUSTED ESTIMATES OF THE PERCENT OF ADULTS WHO ARE OBESE IN ARKANSAS



Data from Centers for Disease Control and Prevention: National Diabetes Surveillance System. Available online at: <http://www.cdc.gov/diabetes/statistics/index.htm>.

COST OF ADULT OBESITY IN ARKANSAS, MILLIONS OF DOLLARS				
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)	Source: 2000 data are from Finkelstein, et al: "State-level estimates of annual medical expenditures attributable to obesity". 2008 - 2018 projected estimates are from Thorpe: "The Future Costs of Obesity: National and State Estimates of the Impact of Obesity on Direct Health Care Expenses"
663	880	1,504	3,832	