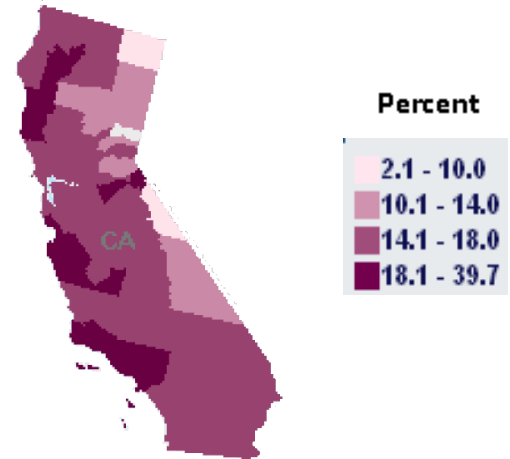


California State Factsheet ⁱ

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

Key Points

- California ranked 43rd for protective factors against childhood obesity and 15th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 16 percent in 1998 to 17 percent in 2008.
- Among adults, the prevalence of obesity did not reach 30 in any of 58 counties by 2007.
- 36 percent of adults in California are overweight and 26 percent are obese.
- California will spend over 40.6 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 greater impact on certain groups such as young children

POSITIVE BEHAVIORS BY RACE, INCOME, INSURANCE		CA (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		62.4	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	69	69	74.7 NC
	Black non-Hispanic	65.6	61.6	73.1 NV
	Hispanic	55.6	51.8	72.2 MT
by household income	0-99% FPL	39.6	53.8	78.6 MN
	400% +	76.6	70.9	77.6 AL
by insurance status	None	45.9	54.5	81.1 HI
	Public	53.2	60	74.3 AK
	Private	68.9	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		79.3	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	83.5	82.9	96.9 DC
	Black non-Hispanic	56.1	61.6	70.3 NC
	Hispanic	76.4	75.2	93.3 UT
by household income	0-99% FPL	74.1	68.8	82.4 UT
	400% +	84.1	86	92.5 WA
by insurance status	None	70.9	72.4	89.3 UT
	Public	70.7	70.1	86.1 WY
	Private	84.3	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/California.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	CA (%)	Nation (%)	Best state(%)	
Mother	33	32.9	42.9	VT
Father	41.6	44.9	57.6	HI

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

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS

% of children living in supportive neighborhoods		CA (%)	Nation (%)	Best state(%)	
overall		80.9	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	86.4	88.8	94.7	UT
	Black non-Hispanic	70.8	71	85.9	AK
	Hispanic	75.6	76.1	90.6	VT
by household income	0-99% FPL	70	70.7	89.2	UT
	400% +	89.6	91.1	98	UT

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

overall		CA (%)	Nation (%)	Best state(%)	
overall		69.2	71.4	78	MA
by race/ ethnicity	White non-Hispanic	76.2	75.6	81.9	CT
	Black non-Hispanic	69.9	63	78.3	MA
	Hispanic	63.6	66.5	86.8	AL
by household income	0-99% FPL	60.4	57.4	72.9	CO
	400% +	79.5	83.2	90.5	FL

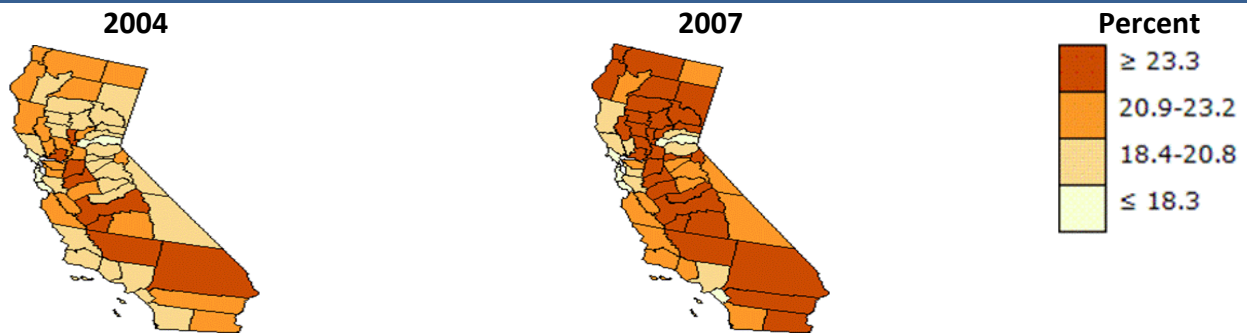
% of children living in neighborhoods with parks, recreation centers, and sidewalks

overall		CA (%)	Nation (%)	Best state(%)	
overall		77.9	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	81.4	62.6	95.2	DC
	Black non-Hispanic	90.3	72.4	95.8	RI
	Hispanic	70.8	62.7	82.1	SD
by household income	0-99% FPL	64.5	57.6	88.2	MA
	400% +	85.9	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	CA (%)	Nation (%)	Best state(%)	
Positive social skills	95.3	93.6	97.1	MN
Always engages in school	76.6	80.5	86	MA
Involved in at-least one after-school activity	73	80.7	90.5	MN
Family eats meals together every day	49.7	45.8	54.2	ID

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



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 CALIFORNIA, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
7,675	8,644	15,810	40,692

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"