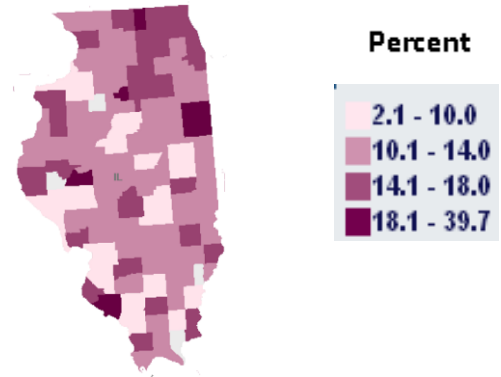


Illinois State Factsheet ⁱ

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

Key Points

- Illinois ranked 36th for protective factors against childhood obesity and 7th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 14 percent in 1998 to 15 percent in 2008.
- Among adults, the prevalence of obesity did not reach 30 in any of 102 counties by 2007.
- 37 percent of adults in Illinois are overweight and 27 percent are obese.
- Illinois will spend over 14.7 billion dollars annually by 2018 on health care costs attributable to obesity.



Sources: 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		IL (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		63.4	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	70.2	69	74.7 NC
	Black non-Hispanic	52.4	61.6	73.1 NV
	Hispanic	54.7	51.8	72.2 MT
by household income	0-99% FPL	55.9	53.8	78.6 MN
	400% +	72.2	70.9	77.6 AL
by insurance status	None	63.4	54.5	81.1 HI
	Public	58.7	60	74.3 AK
	Private	65.7	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		80.3	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	84.3	82.9	96.9 DC
	Black non-Hispanic	63.6	61.6	70.3 NC
	Hispanic	82.7	75.2	93.3 UT
by household income	0-99% FPL	73.9	68.8	82.4 UT
	400% +	87.5	86	92.5 WA
by insurance status	None	84.7	72.4	89.3 UT
	Public	74.2	70.1	86.1 WY
	Private	83.2	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Illinois.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	IL (%)	Nation (%)	Best state(%)	
Mother	32.9	32.9	42.9	VT
Father	42.3	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	IL (%)	Nation (%)	Best state(%)	
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% of children living in supportive neighborhoods					
overall	83.4	83.2	92.9	UT	
by race/ ethnicity	White non-Hispanic	90.1	88.8	94.7	UT
	Black non-Hispanic	72.9	71	85.9	AK
	Hispanic	73.6	76.1	90.6	VT
by household income	0-99% FPL	71.3	70.7	89.2	UT
	400% +	91.4	91.1	98	UT

% of children living in neighborhoods with NO graffiti, dilapidated housing or litter				
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overall	72.2	71.4	78	MA	
by race/ ethnicity	White non-Hispanic	80.2	75.6	81.9	CT
	Black non-Hispanic	53.2	63	78.3	MA
	Hispanic	67.5	66.5	86.8	AL
by household income	0-99% FPL	56.9	57.4	72.9	CO
	400% +	83.7	83.2	90.5	FL

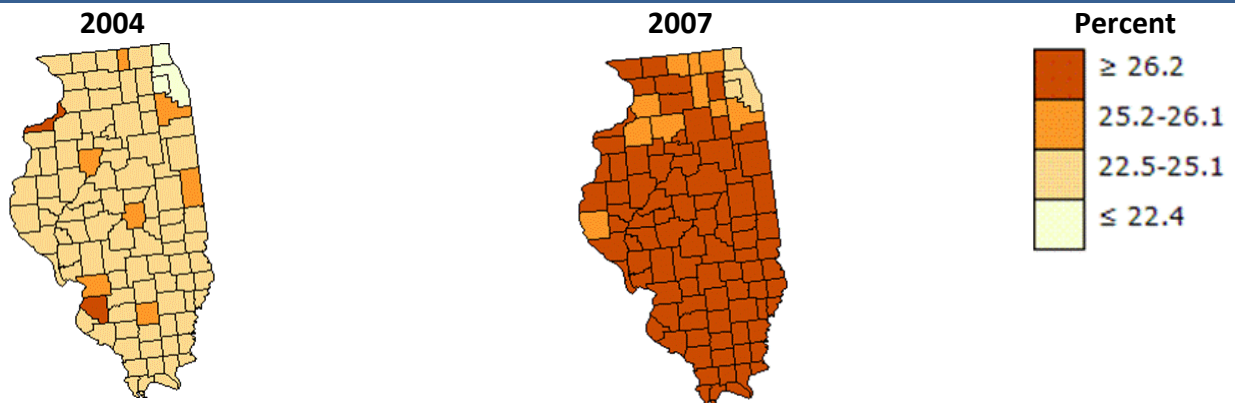
% of children living in neighborhoods with parks, recreation centers, and sidewalks				
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overall	79.7	65.1	87.4	UT	
by race/ ethnicity	White non-Hispanic	79.3	62.6	95.2	DC
	Black non-Hispanic	85	72.4	95.8	RI
	Hispanic	73.5	62.7	82.1	SD
by household income	0-99% FPL	68.1	57.6	88.2	MA
	400% +	85.7	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	IL (%)	Nation (%)	Best state(%)	
Positive social skills	93.9	93.6	97.1	MN
Usually or always engages in school	82.2	80.5	86	MA
Involved in at-least one after-school activity	81.2	80.7	90.5	MN
Family eats meals together every day	41.9	45.8	54.2	ID

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



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 ILLINOIS, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
3,439	3,568	5,866	14,779

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"