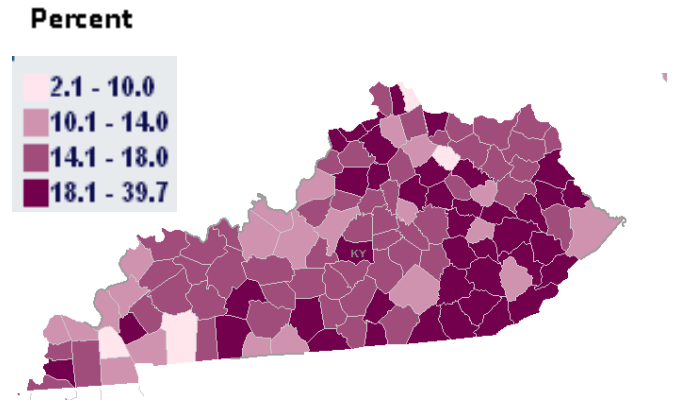


Kentucky State Factsheet ⁱ

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

Key Points

- Kentucky ranked 35th for protective factors against childhood obesity and 48th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 12 percent in 1998 to 16 percent in 2008.
- Among adults, the prevalence of obesity increased to 30 in 88 of 120 counties by 2007.
- 35 percent of adults in Kentucky are overweight and 32 percent are obese.
- Kentucky will spend over 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		KY (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		62.5	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	62.3	69	74.7 NC
	Black non-Hispanic	69	61.6	73.1 NV
by household income	0-99% FPL	52.6	53.8	78.6 MN
	400% +	72.6	70.9	77.6 AL
by insurance status	None	52.9	54.5	81.1 HI
	Public	60.2	60	74.3 AK
	Private	65.3	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		78	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	80.6	82.9	96.9 DC
	Black non-Hispanic	56.1	61.6	70.3 NC
	Hispanic	74.3	75.2	93.3 UT
by household income	0-99% FPL	62.7	68.8	82.4 UT
	400% +	89.7	86	92.5 WA
by insurance status	None	78	72.4	89.3 UT
	Public	69.5	70.1	86.1 WY
	Private	83.1	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Kentucky.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	KY (%)	Nation (%)	Best state(%)
Mother	33.3	32.9	42.9 VT
Father	48.1	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

	KY (%)	Nation (%)	Best state(%)
overall	85.1	83.2	92.9 UT
by race/ ethnicity	White non-Hispanic	86.3	94.7 UT
	Black non-Hispanic	74.6	85.9 AK
	Hispanic	78.2	90.6 VT
by household income	0-99% FPL	67	89.2 UT
	400% +	93	98 UT

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

	KY (%)	Nation (%)	Best state(%)
overall	68	71.4	78 MA
by race/ ethnicity	White non-Hispanic	67.8	81.9 CT
	Black non-Hispanic	67.2	78.3 MA
	Hispanic	68.9	86.8 AL
by household income	0-99% FPL	54.3	72.9 CO
	400% +	81.6	90.5 FL

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

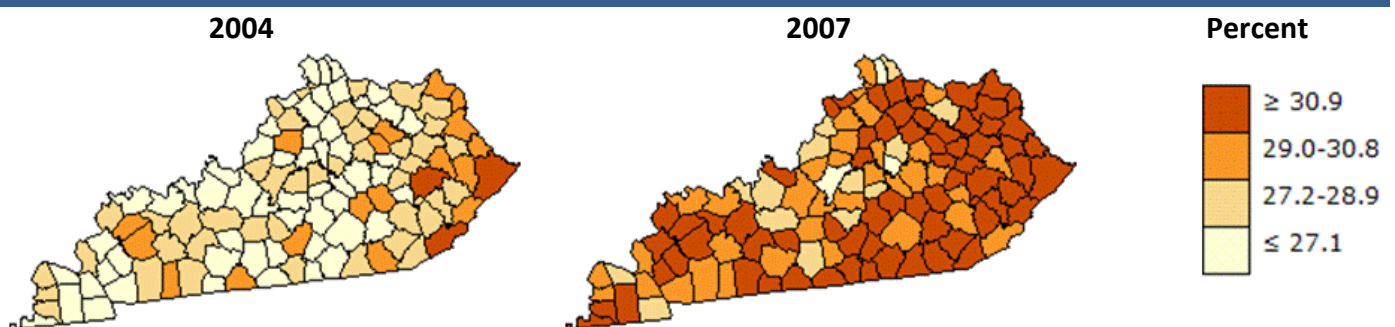
	KY (%)	Nation (%)	Best state(%)
overall	40.5	65.1	87.4 UT
by race/ ethnicity	White non-Hispanic	36.9	95.2 DC
	Black non-Hispanic	72.6	95.8 RI
	Hispanic	45.9	82.1 SD
by household income	0-99% FPL	38.6	88.2 MA
	400% +	46.6	92.4 DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS

	KY (%)	Nation (%)	Best state(%)
Positive social skills	94	93.6	97.1 MN
Usually or always engages in school	81.9	80.5	86 MA
Involved in at-least one after-school activity	78.5	80.7	90.5 MN
Family eats meals together every day	45.4	45.8	54.2 ID

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



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 KENTUCKY, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
1,163	1,288	2,402	6,008

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"