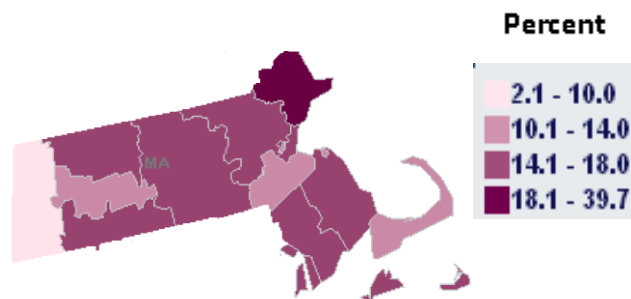


Massachusetts State Factsheet ⁱ

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

Key Points

- Massachusetts ranked 6th for protective factors against childhood obesity and 3rd for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 15 percent in 1998 to 17 percent in 2008.
- Among adults, the prevalence of obesity did not reach to 30 in any of 14 counties by 2007.
- 36 percent of adults in Massachusetts are overweight and 22 percent are obese.
- Massachusetts will spend over 5.7 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		MA (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		64.3	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	68.1	69	74.7 NC
	Hispanic	46.5	51.8	72.2 MT
by household income	0-99% FPL	56.9	53.8	78.6 MN
	400% +	69.9	70.9	77.6 AL
by insurance status	None	54.5	60	74.3 AK
	Public	68	67.6	75.2 VT
	Private	84.3	78.1	87.7 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		84.3	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	86.3	82.9	96.9 DC
	Black non-Hispanic	68.5	61.6	70.3 NC
	Hispanic	73.6	75.2	93.3 UT
by household income	0-99% FPL	69.3	68.8	82.4 UT
	400% +	88.9	86	92.5 WA
	Public	74	70.1	86.1 WY
	Private	88	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Massachusetts.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	MA (%)	Nation (%)	Best state(%)	
Mother	34.6	32.9	42.9	VT
Father	39.4	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		MA (%)	Nation (%)	Best state(%)	
overall		83.3	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	87.4	88.8	94.7	UT
	Black non-Hispanic	66	71	85.9	AK
	Hispanic	70.5	76.1	90.6	VT
by household income	0-99% FPL	65.1	70.7	89.2	UT
	400% +	91.3	91.1	98	UT

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

overall		MA (%)	Nation (%)	Best state(%)	
overall		78	71.4	78	MA
by race/ ethnicity	White non-Hispanic	78.4	75.6	81.9	CT
	Black non-Hispanic	78.3	63	78.3	MA
	Hispanic	75.6	66.5	86.8	AL
by household income	0-99% FPL	71.2	57.4	72.9	CO
	400% +	81	83.2	90.5	FL

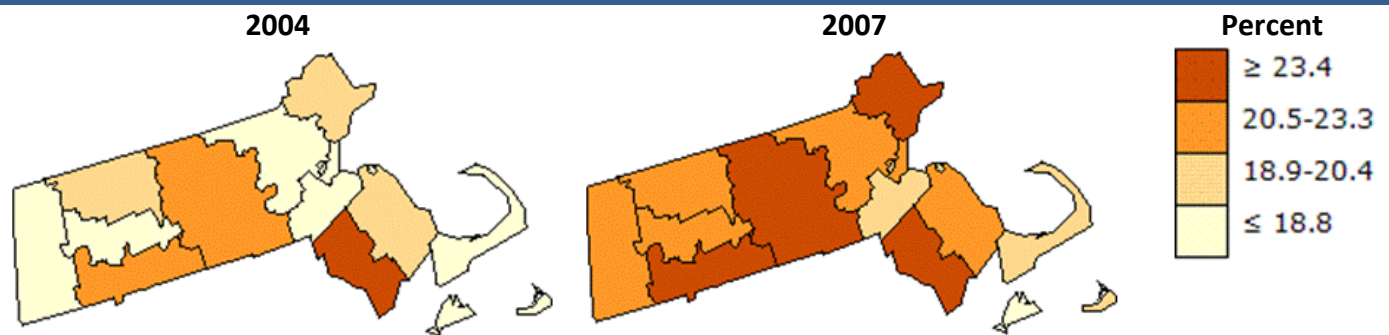
% of children living in neighborhoods with parks, recreation centers, and sidewalks

overall		MA (%)	Nation (%)	Best state(%)	
overall		78.6	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	77.4	62.6	95.2	DC
	Black non-Hispanic	94.2	72.4	95.8	RI
	Hispanic	73.2	62.7	82.1	SD
by household income	0-99% FPL	88.2	57.6	88.2	MA
	400% +	81.5	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	MA (%)	Nation (%)	Best state(%)	
Positive social skills	96.7	93.6	97.1	MN
Usually or always engages in school	86	80.5	86	MA
Involved in at-least one after-school activity	88.1	80.7	90.5	MN
Family eats meals together every day	40.4	45.8	54.2	ID

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



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 MASSACHUSETTS, MILLIONS OF DOLLARS				
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)	
1,822	1,448	2,438	5,771	

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"