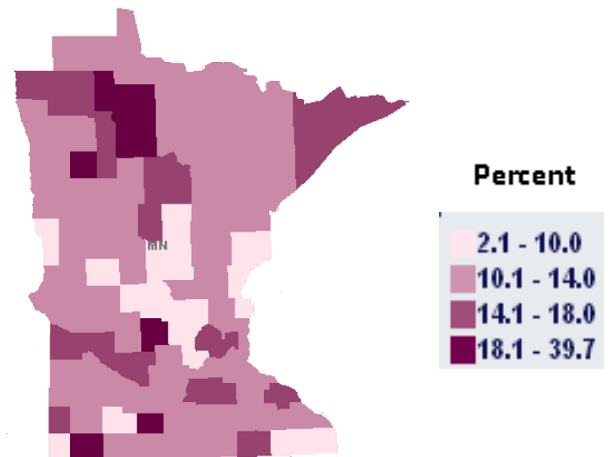


Minnesota State Factsheet ⁱ

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

Key Points

- Minnesota ranked 4th for protective factors against childhood obesity and 4th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 11 percent in 1998 to 13 percent in 2008.
- Among adults, the prevalence of obesity did not increase to 30 in any of 87 counties by 2007.
- 38 percent of adults in Minnesota are overweight and 25 percent are obese.
- Minnesota 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		MN (%)	Nation (%)	Best state(%)	
% of children ages 6-17 who are physically active at least 4 days a week					
overall		72.8	64.3	72.8	VT
by race/ ethnicity	White non-Hispanic	72.9	69	74.7	NC
	Hispanic	69	51.8	72.2	MT
by household income	0-99% FPL	78.6	53.8	78.6	MN
	400% +	71.8	70.9	77.6	AL
by insurance status	None	62.3	54.5	81.1	HI
	Public	72.1	60	74.3	AK
	Private	73.4	67.6	75.2	VT
% of children ages 6-17 with 2 hours or less or no daily screen time					
overall		86.3	78.1	87.7	VT
by race/ ethnicity	White non-Hispanic	88.8	82.9	96.9	DC
	Hispanic	79.5	75.2	93.3	UT
by household income	0-99% FPL	72.9	68.8	82.4	UT
	400% +	89	86	92.5	WA
by insurance status	None	80.5	72.4	89.3	UT
	Public	75.5	70.1	86.1	WY
	Private	89.2	82.4	90.3	VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Minnesota.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	MN (%)	Nation (%)	Best state(%)	
Mother	37.7	32.9	42.9	VT
Father	46.6	44.9	57.6	HI

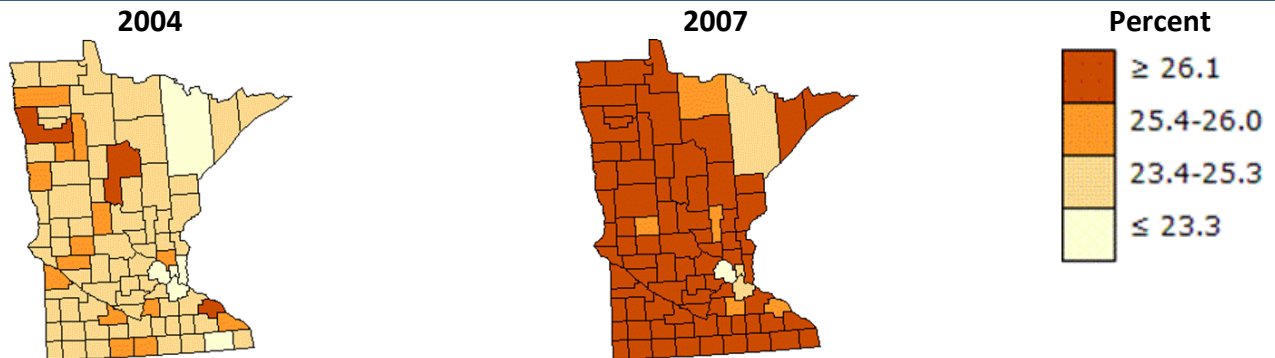
The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		MN (%)	Nation (%)	Best state(%)	
% of children living in supportive neighborhoods					
overall		89	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	91.4	88.8	94.7	UT
	Hispanic	83.9	76.1	90.6	VT
by household income	0-99% FPL	74.9	70.7	89.2	UT
	400% +	94.4	91.1	98	UT
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter					
overall		77	71.4	78	MA
by race/ ethnicity	White non-Hispanic	79.3	75.6	81.9	CT
	Hispanic	78.7	66.5	86.8	AL
by household income	0-99% FPL	64	57.4	72.9	CO
	400% +	82.2	83.2	90.5	FL
% of children living in neighborhoods with parks, recreation centers, and sidewalks					
overall		71.4	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	68.7	62.6	95.2	DC
	Black non-Hispanic	86.1	72.4	95.8	RI
	Hispanic	71.9	62.7	82.1	SD
by household income	0-99% FPL	78	57.6	88.2	MA
	400% +	82.8	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	MN (%)	Nation (%)	Best state(%)	
Positive social skills	97.1	93.6	97.1	MN
Usually or always engages in school	83.6	80.5	86	MA
Involved in at-least one after-school activity	90.5	80.7	90.5	MN
Family eats meals together every day	42.7	45.8	54.2	ID

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



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 MINNESOTA, MILLIONS OF DOLLARS

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
1,307	1,475	2,466	5,798

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"