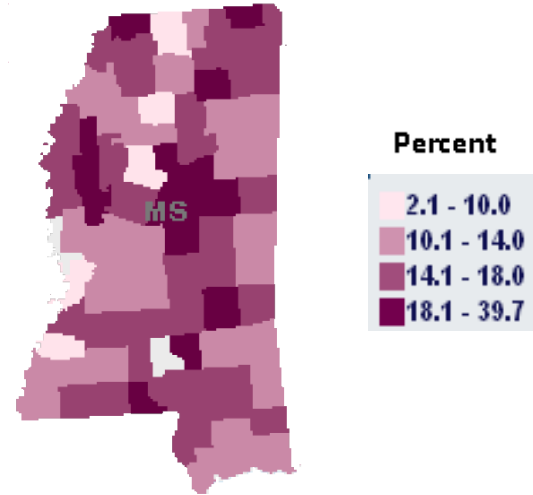


Mississippi State Factsheet ⁱ

Key Points

- Mississippi ranked 51st for protective factors against childhood obesity and 51st for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 13 percent in 1998 to 15 percent in 2008.
- Among adults, the prevalence of obesity increased to 30.5 in 76 of 82 counties by 2007.
- 35 percent of adults in Mississippi are overweight and 35 percent are obese.
- Mississippi will spend over \$3.8 billion dollars annually by 2018 on health care costs attributable to obesity.

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



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		MS (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		65.4	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	68.3	69	74.7 NC
	Black non-Hispanic	62.5	61.6	73.1 NV
by household income	0-99% FPL	57.1	53.8	78.6 MN
	400% +	66.7	70.9	77.6 AL
by insurance status	None	63	54.5	81.1 HI
	Public	63.9	60	74.3 AK
	Private	66.9	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		68.8	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	77.3	82.9	96.9 DC
	Black non-Hispanic	59.1	61.6	70.3 NC
by household income	0-99% FPL	58.5	68.8	82.4 UT
	400% +	82.8	86	92.5 WA
by insurance status	None	53.8	72.4	89.3 UT
	Public	65.7	70.1	86.1 WY
	Private	75.2	82.4	90.3 VT

Parent physical activity is a strong predictor of the activity of their children

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Mississippi.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

% OF PARENTS PHYSICALLY ACTIVE, 4 or more days/ week	MS (%)	Nation (%)	Best state(%)	
Mother	32	32.9	42.9	VT
Father	53.6	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	MS (%)	Nation (%)	Best state(%)	
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% of children living in supportive neighborhoods					
overall	85	83.2	92.9	UT	
by race/ ethnicity	White non-Hispanic	90.1	88.8	94.7	UT
	Black non-Hispanic	79.1	71	85.9	AK
	Hispanic	77.5	76.1	90.6	VT
by household income	0-99% FPL	76.8	70.7	89.2	UT
	400% +	91.7	91.1	98	UT

% of children living in neighborhoods with NO graffiti, dilapidated housing or litter				
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overall	62.5	71.4	78	MA	
by race/ ethnicity	White non-Hispanic	66.3	75.6	81.9	CT
	Black non-Hispanic	57.4	63	78.3	MA
	Hispanic	63.6	66.5	86.8	AL
by household income	0-99% FPL	48.6	57.4	72.9	CO
	400% +	75.6	83.2	90.5	FL

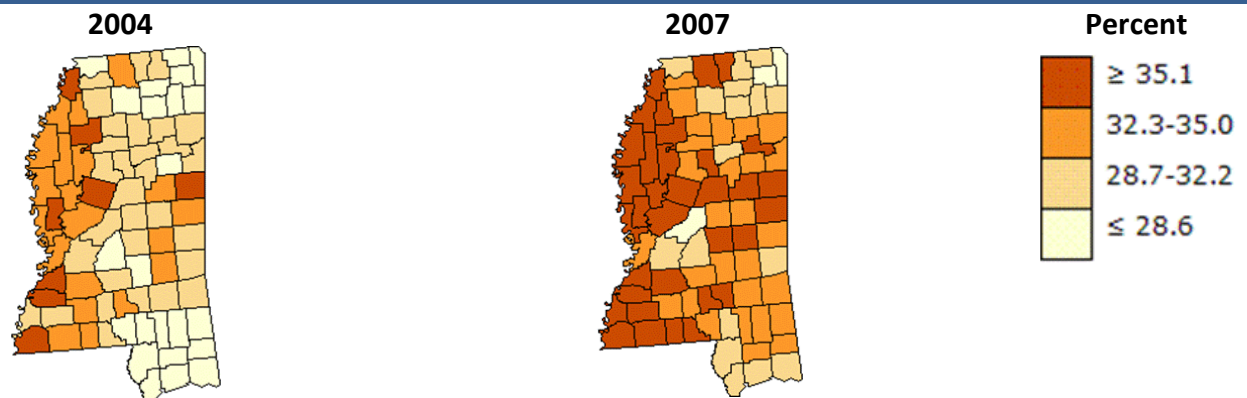
% of children living in neighborhoods with parks, recreation centers, and sidewalks				
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overall	31.6	65.1	87.4	UT	
by race/ ethnicity	White non-Hispanic	27.8	62.6	95.2	DC
	Black non-Hispanic	36.9	72.4	95.8	RI
	Hispanic	-	-	-	-
by household income	0-99% FPL	27.7	57.6	88.2	MA
	400% +	40.5	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	MS (%)	Nation (%)	Best state(%)	
Positive social skills	86.8	93.6	97.1	MN
Usually or always engages in school	76.6	80.5	86	MA
Involved in at-least one after-school activity	75	80.7	90.5	MN
Family eats meals together every day	45.9	45.8	54.2	ID

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



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 MISSISSIPPI, MILLIONS OF DOLLARS				
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)	
757	925	1,595	3,877	

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"