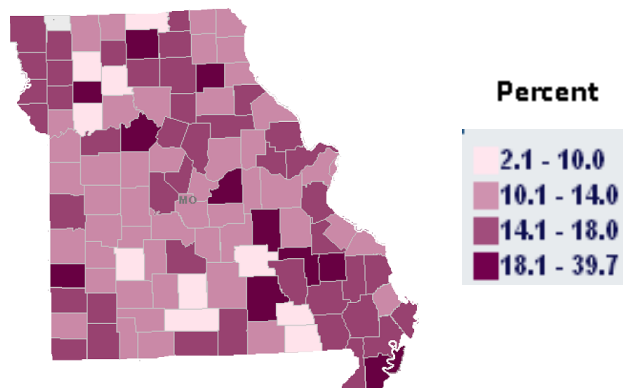


Missouri State Factsheet ⁱ

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

Key Points

- Missouri ranked 38th for protective factors against childhood obesity and 30th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 10 percent in 1998 to 14 percent in 2008.
- Among adults, the prevalence of obesity increased to 30% in 53 of 115 counties by 2007.
- 35 percent of adults in Missouri are overweight and 31 percent are obese.
- Missouri will spend over 8.2 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		MO (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		67.4	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	67.8	69	74.7 NC
	Black non-Hispanic	67.6	61.6	73.1 NV
by household income	0-99% FPL	63.7	53.8	78.6 MN
	400% +	65.7	70.9	77.6 AL
by insurance status	None	77	54.5	81.1 HI
	Public	68.9	60	74.3 AK
	Private	65.5	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		79.3	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	82.3	82.9	96.9 DC
	Black non-Hispanic	65.8	61.6	70.3 NC
	Hispanic	83.5	75.2	93.3 UT
by household income	0-99% FPL	72.4	68.8	82.4 UT
	400% +	85.8	86	92.5 WA
by insurance status	None	72.4	72.4	89.3 UT
	Public	70.5	70.1	86.1 WY
	Private	83.6	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Missouri.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	MO (%)	Nation (%)	Best state(%)	
Mother	31.4	32.9	42.9	VT
Father	45.5	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	MO (%)	Nation (%)	Best state(%)	
---	--------	------------	---------------	--

% of children living in supportive neighborhoods					
overall	83.9	83.2	92.9	UT	
by race/ ethnicity	White non-Hispanic	88.4	88.8	94.7	UT
	Black non-Hispanic	65.2	71	85.9	AK
	Hispanic	80.6	76.1	90.6	VT
by household income	0-99% FPL	67	70.7	89.2	UT
	400% +	93.3	91.1	98	UT

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

overall	70.5	71.4	78	MA	
by race/ ethnicity	White non-Hispanic	72.8	75.6	81.9	CT
	Black non-Hispanic	64.9	63	78.3	MA
	Hispanic	62	66.5	86.8	AL
by household income	0-99% FPL	48.4	57.4	72.9	CO
	400% +	86.4	83.2	90.5	FL

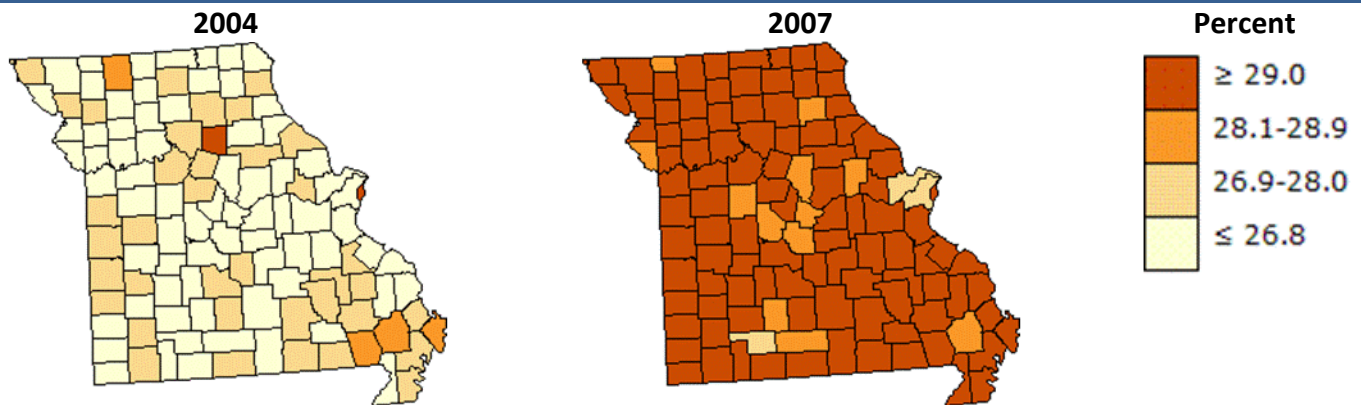
% of children living in neighborhoods with parks, recreation centers, and sidewalks				
---	--	--	--	--

overall	61.6	65.1	87.4	UT	
by race/ ethnicity	White non-Hispanic	58.1	62.6	95.2	DC
	Black non-Hispanic	76.9	72.4	95.8	RI
	Hispanic	57.1	62.7	82.1	SD
by household income	0-99% FPL	61.4	57.6	88.2	MA
	400% +	73.9	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	MO (%)	Nation (%)	Best state(%)	
Positive social skills	92	93.6	97.1	MN
Usually or always engages in school	80.4	80.5	86	MA
Involved in at-least one after-school activity	81.3	80.7	90.5	MN
Family eats meals together every day	44.6	45.8	54.2	ID

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



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 MISSOURI, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
1,636	1,924	3,369	8,205

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"