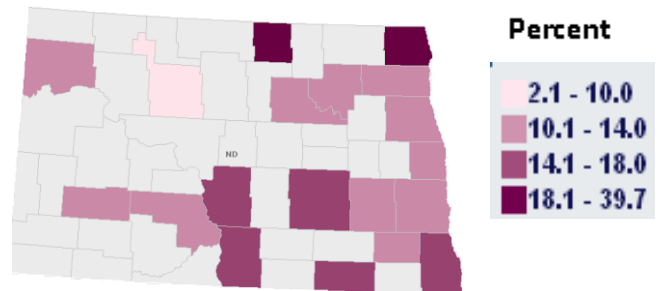


North Dakota State Factsheet ⁱ

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

Key Points

- North Dakota ranked 2nd for protective factors against childhood obesity and 9th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 9 percent in 1998 to 14 percent in 2008.
- Among adults, the prevalence of obesity increased to ≥30 in 5 of 53 counties by 2007.
- 38 percent of adults in North Dakota are overweight and 28 percent are obese.
- North Dakota will spend over 663 million 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		ND (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		68.9	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	68.5	69	74.7 NC
by household income	0-99% FPL	62.3	53.8	78.6 MN
	400% +	73.5	70.9	77.6 AL
by insurance status	None	67.1	54.5	81.1 HI
	Public	71.9	60	74.3 AK
	Private	68.5	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		83.6	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	85.2	82.9	96.9 DC
by household income	0-99% FPL	65.3	68.8	82.4 UT
	400% +	87.8	86	92.5 WA
by insurance status	None	73.3	72.4	89.3 UT
	Public	75.9	70.1	86.1 WY
	Private	86	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/North%20Dakota.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		ND (%)	Nation (%)	Best state(%)
Mother		33.6	32.9	42.9 VT
Father		45.6	44.9	57.6 HI

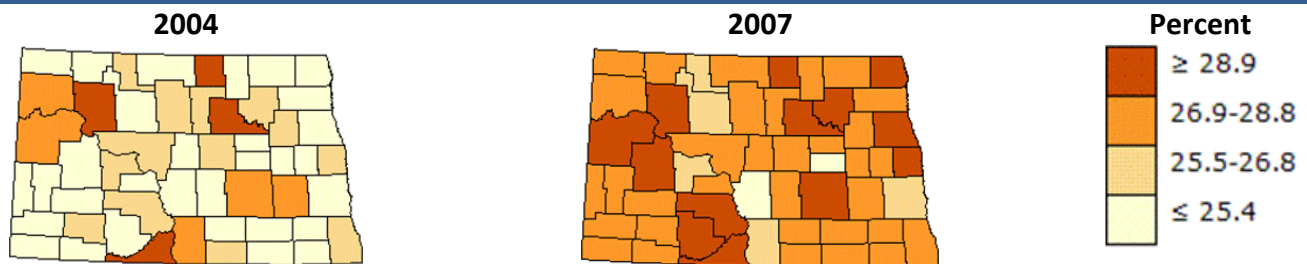
The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		ND (%)	Nation (%)	Best state(%)
% of children living in supportive neighborhoods				
overall		89.9	83.2	92.9 UT
by race/ ethnicity	White non-Hispanic	92.3	88.8	94.7 UT
	Hispanic	79.5	76.1	90.6 VT
by household income	0-99% FPL	76.4	70.7	89.2 UT
	400% +	95.6	91.1	98 UT
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter				
overall		74.5	71.4	78 MA
by race/ ethnicity	White non-Hispanic	77.9	75.6	81.9 CT
	Hispanic	81.8	66.5	86.8 AL
by household income	0-99% FPL	49.3	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		68.7	65.1	87.4 UT
by race/ ethnicity	White non-Hispanic	68.4	62.6	95.2 DC
by household income	0-99% FPL	77.5	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	ND (%)	Nation (%)	Best state(%)
Positive social skills	95.6	93.6	97.1 MN
Usually or always engages in school	83.1	80.5	86 MA
Involved in at-least one after-school activity	89.5	80.7	90.5 MN
Family eats meals together every day	46.2	45.8	54.2 ID

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



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 NORTH DAKOTA, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
209	180	292	663

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"