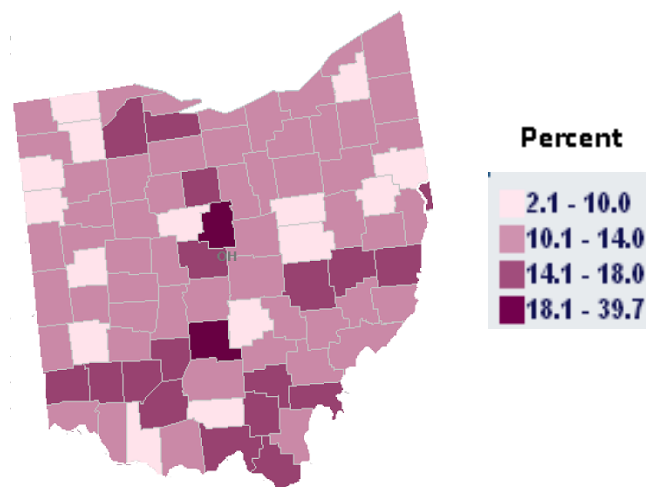


Ohio State Factsheet ⁱ

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

Key Points

- Ohio ranked 42nd for protective factors against childhood obesity and 18th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 10 percent in 1998 to 12 percent in 2008.
- Among adults, the prevalence of obesity increased to 30 in 20 of 88 counties by 2007.
- 37 percent of adults in Ohio are overweight and 30 percent are obese.
- Ohio will spend over 16.2 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		OH (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		69.7	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	70.7	69	74.7 NC
	Black non-Hispanic	63	61.6	73.1 NV
by household income	0-99% FPL	61.3	53.8	78.6 MN
	400% +	76.2	70.9	77.6 AL
by insurance status	None	53.9	54.5	81.1 HI
	Public	69.7	60	74.3 AK
	Private	72	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		74.7	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	79	82.9	96.9 DC
	Black non-Hispanic	46.6	61.6	70.3 NC
	Hispanic	79.9	75.2	93.3 UT
by household income	0-99% FPL	57.1	68.8	82.4 UT
	400% +	83.9	86	92.5 WA
by insurance status	None	73.4	72.4	89.3 UT
	Public	60.7	70.1	86.1 WY
	Private	80.2	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Ohio.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	OH (%)	Nation (%)	Best state(%)	
Mother	36.7	32.9	42.9	VT
Father	45.9	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

	OH (%)	Nation (%)	Best state(%)		
overall	82.8	83.2	92.9	UT	
by race/ ethnicity	White non-Hispanic	86.4	88.8	94.7	UT
	Black non-Hispanic	67.3	71	85.9	AK
	Hispanic	77.7	76.1	90.6	VT
by household income	0-99% FPL	59.6	70.7	89.2	UT
	400% +	91.7	91.1	98	UT

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

	OH (%)	Nation (%)	Best state(%)		
overall	74.5	71.4	78	MA	
by race/ ethnicity	White non-Hispanic	77.9	75.6	81.9	CT
	Black non-Hispanic	58.2	63	78.3	MA
	Hispanic	67.1	66.5	86.8	AL
by household income	0-99% FPL	48.3	57.4	72.9	CO
	400% +	89.8	83.2	90.5	FL

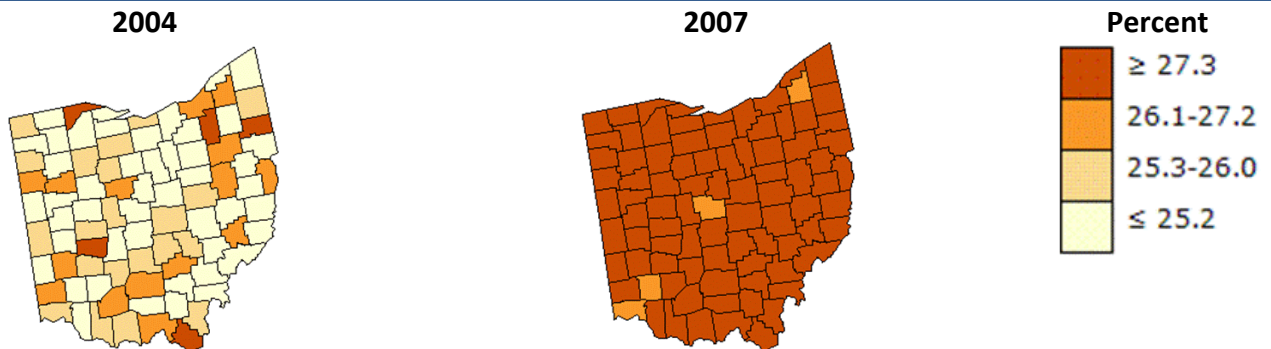
% of children living in neighborhoods with parks, recreation centers, and sidewalks

	OH (%)	Nation (%)	Best state(%)		
overall	69.1	65.1	87.4	UT	
by race/ ethnicity	White non-Hispanic	65.4	62.6	95.2	DC
	Black non-Hispanic	85	72.4	95.8	RI
	Hispanic	77.2	62.7	82.1	SD
by household income	0-99% FPL	76.7	57.6	88.2	MA
	400% +	72.2	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	OH (%)	Nation (%)	Best state(%)	
Positive social skills	92	93.6	97.1	MN
Usually or always engages in school	78.7	80.5	86	MA
Involved in at-least one after-school activity	83.5	80.7	90.5	MN
Family eats meals together every day	41.8	45.8	54.2	ID

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



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 OHIO, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
3,304	3,658	6,491	16,222

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"