

Oklahoma State Factsheet ⁱ

Key Points

- Oklahoma ranked 26th for protective factors against childhood obesity and 46th for healthy neighborhood environments. ⁱⁱⁱ
- Among adults, the prevalence of obesity increased to ≥ 30 in 49 of 77 counties by 2007.
- 35 percent of adults in Oklahoma are overweight and 32 percent are obese.
- Oklahoma will spend over 5.1 billion dollars annually by 2018 on health care costs attributable to obesity.

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		OK (%)	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	64.4	69	74.7	NC
	Black non-Hispanic	68.4	61.6	73.1	NV
	Hispanic	56.1	51.8	72.2	MT
by household income	0-99% FPL	69.3	53.8	78.6	MN
	400% +	66.4	70.9	77.6	AL
by insurance status	None	52.2	54.5	81.1	HI
	Public	68.9	60	74.3	AK
	Private	65.8	67.6	75.2	VT
% of children ages 6-17 with 2 hours or less or no daily screen time					
overall		75.5	78.1	87.7	VT
by race/ ethnicity	White non-Hispanic	80.1	82.9	96.9	DC
	Black non-Hispanic	61.4	61.6	70.3	NC
	Hispanic	70.9	75.2	93.3	UT
by household income	0-99% FPL	67.1	68.8	82.4	UT
	400% +	82.3	86	92.5	WA
by insurance status	None	69.7	72.4	89.3	UT
	Public	67.8	70.1	86.1	WY
	Private	81.6	82.4	90.3	VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Oklahoma.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		OK (%)	Nation (%)	Best state(%)	
Mother		34.1	32.9	42.9	VT
Father		51.1	44.9	57.6	HI

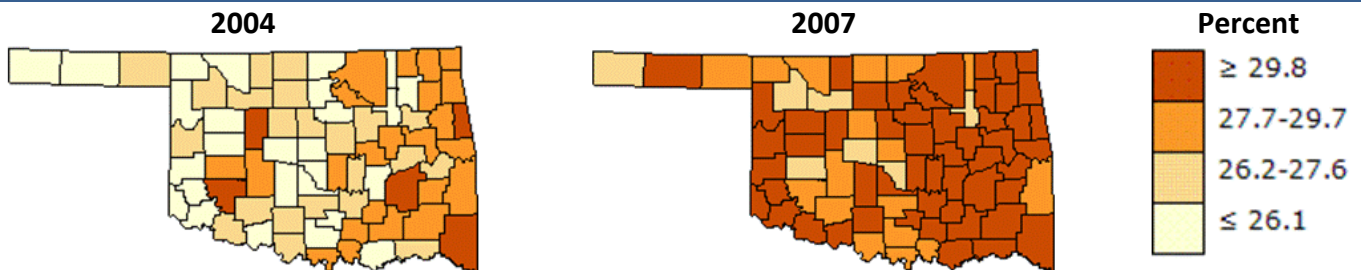
The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		OK (%)	Nation (%)	Best state(%)	
% of children living in supportive neighborhoods					
overall		83.4	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	87.5	88.8	94.7	UT
	Black non-Hispanic	75	71	85.9	AK
	Hispanic	76.2	76.1	90.6	VT
by household income	0-99% FPL	75.1	70.7	89.2	UT
	400% +	92.8	91.1	98	UT
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter					
overall		65.9	71.4	78	MA
by race/ ethnicity	White non-Hispanic	70.4	75.6	81.9	CT
	Black non-Hispanic	62.8	63	78.3	MA
	Hispanic	61.8	66.5	86.8	AL
by household income	0-99% FPL	46.4	57.4	72.9	CO
	400% +	82.5	83.2	90.5	FL
% of children living in neighborhoods with parks, recreation centers, and sidewalks					
overall		46.9	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	46.5	62.6	95.2	DC
	Black non-Hispanic	66.2	72.4	95.8	RI
	Hispanic	42.4	62.7	82.1	SD
by household income	0-99% FPL	48.2	57.6	88.2	MA
	400% +	47.9	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	OK (%)	Nation (%)	Best state(%)	
Positive social skills	94.6	93.6	97.1	MN
Usually or always engages in school	78.6	80.5	86	MA
Involved in at-least one after-school activity	80.4	80.7	90.5	MN
Family eats meals together every day	49.6	45.8	54.2	ID

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



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 OKLAHOMA, MILLIONS OF DOLLARS

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
854	1,069	1,963	5,102

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"