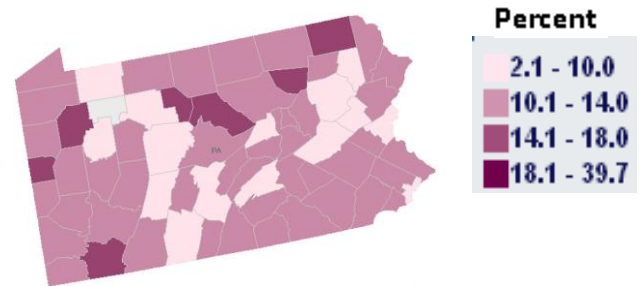


## Pennsylvania State Factsheet <sup>i</sup>

## Prevalence of obesity among low income children ages 2-4, 2006-2008, percent by county <sup>ii</sup>

### Key Points

- Pennsylvania ranked 30<sup>th</sup> for protective factors against childhood obesity and 23<sup>rd</sup> for healthy neighborhood environments. <sup>iii</sup>
- Obesity among low-income, preschool-aged children rose from 11 percent in 1998 to 12 percent in 2008.
- Among adults, the prevalence of obesity increased to ≥32 in 9 of 67 counties by 2007.
- 36 percent of adults in Pennsylvania are overweight and 28 percent are obese.
- Pennsylvania will spend over 13.5 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		PA (%)	Nation (%)	Best state(%)
<b>% of children ages 6-17 who are physically active at least 4 days a week</b>				
<b>overall</b>		68.6	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	71.8	69	74.7 NC
	Black non-Hispanic	55.4	61.6	73.1 NV
	Hispanic	66.3	51.8	72.2 MT
by household income	0-99% FPL	62.3	53.8	78.6 MN
	400% +	72.2	70.9	77.6 AL
by insurance status	None	64.8	54.5	81.1 HI
	Public	65.9	60	74.3 AK
	Private	70.6	67.6	75.2 VT
<b>% of children ages 6-17 with 2 hours or less or no daily screen time</b>				
<b>overall</b>		78.4	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	83.1	82.9	96.9 DC
	Black non-Hispanic	57.4	61.6	70.3 NC
	Hispanic	74.5	75.2	93.3 UT
by household income	0-99% FPL	61.2	68.8	82.4 UT
	400% +	88.8	86	92.5 WA
by insurance status	None	84.7	72.4	89.3 UT
	Public	65.4	70.1	86.1 WY
	Private	83.9	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Pennsylvania.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	PA (%)	Nation (%)	Best state(%)	
Mother	35.6	32.9	42.9	VT
Father	46.9	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	PA (%)	Nation (%)	Best state(%)	
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% of children living in supportive neighborhoods					
<b>overall</b>	86.3	83.2	92.9	UT	
by race/ ethnicity	White non-Hispanic	90.9	88.8	94.7	UT
	Black non-Hispanic	67.4	71	85.9	AK
	Hispanic	77.3	76.1	90.6	VT
by household income	0-99% FPL	63.7	70.7	89.2	UT
	400% +	93.9	91.1	98	UT

% of children living in neighborhoods with NO graffiti, dilapidated housing or litter				
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<b>overall</b>	72.8	71.4	78	MA	
by race/ ethnicity	White non-Hispanic	78.6	75.6	81.9	CT
	Black non-Hispanic	46	63	78.3	MA
	Hispanic	61	66.5	86.8	AL
by household income	0-99% FPL	57.6	57.4	72.9	CO
	400% +	88.3	83.2	90.5	FL

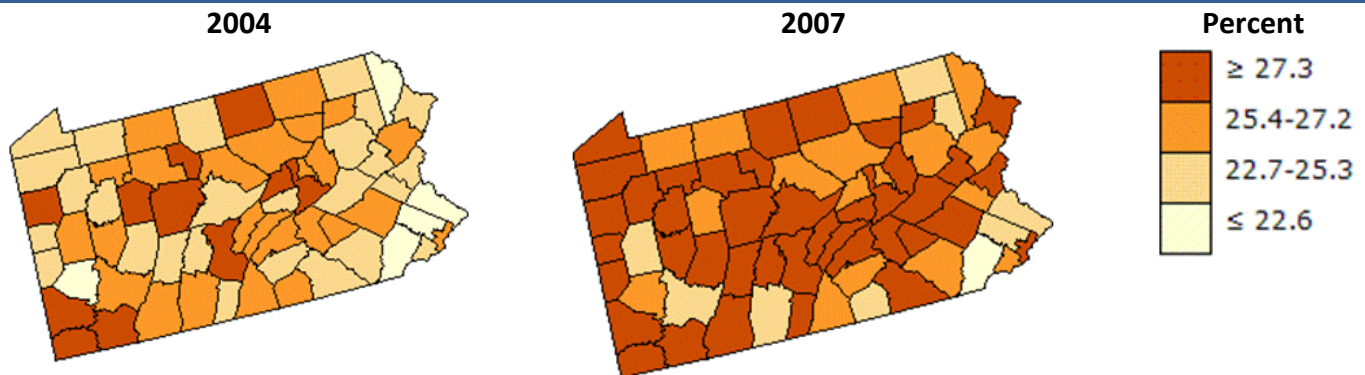
% of children living in neighborhoods with parks, recreation centers, and sidewalks				
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<b>overall</b>	62.4	65.1	87.4	UT	
by race/ ethnicity	White non-Hispanic	55.5	62.6	95.2	DC
	Black non-Hispanic	94.2	72.4	95.8	RI
	Hispanic	63.9	62.7	82.1	SD
by household income	0-99% FPL	71.6	57.6	88.2	MA
	400% +	65.9	73.4	92.4	DC

**Other factors in the social environment may also protect against obesity**

PROTECTIVE FACTORS	PA (%)	Nation (%)	Best state(%)	
Positive social skills	92.6	93.6	97.1	MN
Usually or always engages in school	83.7	80.5	86	MA
Involved in at-least one after-school activity	83.4	80.7	90.5	MN
Family eats meals together every day	42.4	45.8	54.2	ID

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



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 PENNSYLVANIA, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
<b>4,138</b>	<b>3,686</b>	<b>6,088</b>	<b>13,528</b>

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"