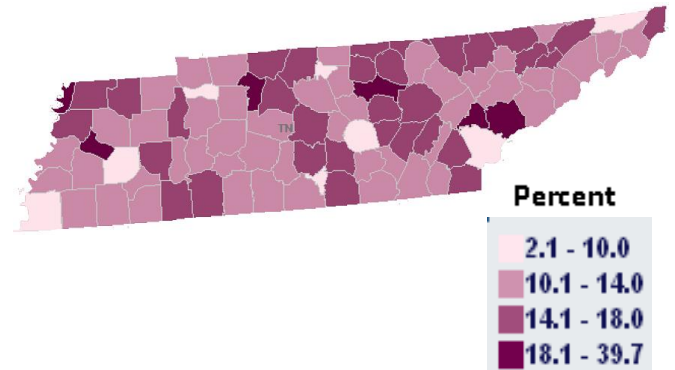


## Tennessee State Factsheet <sup>i</sup>

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

### Key Points

- Tennessee ranked 49<sup>th</sup> for protective factors against childhood obesity and 40<sup>th</sup> for healthy neighborhood environments. <sup>iii</sup>
- 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 61 of 95 counties by 2007.
- 36 percent of adults in Tennessee are overweight and 33 percent are obese.
- Tennessee will spend over 7 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		TN (%)	Nation (%)	Best state(%)
<b>% of children ages 6-17 who are physically active at least 4 days a week</b>				
<b>overall</b>		63.8	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	66.6	69	74.7 NC
	Black non-Hispanic	56.3	61.6	73.1 NV
by household income	0-99% FPL	56.6	53.8	78.6 MN
	400% +	70.5	70.9	77.6 AL
by insurance status	None	54.5	54.5	81.1 HI
	Public	59	60	74.3 AK
	Private	68.3	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>		73.8	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	77.9	82.9	96.9 DC
	Black non-Hispanic	56.5	61.6	70.3 NC
	Hispanic	84.2	75.2	93.3 UT
by household income	0-99% FPL	67.6	68.8	82.4 UT
	400% +	87.9	86	92.5 WA
by insurance status	None	59.6	72.4	89.3 UT
	Public	67.3	70.1	86.1 WY
	Private	79.7	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Tennessee.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	TN (%)	Nation (%)	Best state(%)	
Mother	31.9	32.9	42.9	VT
Father	45.7	44.9	57.6	HI

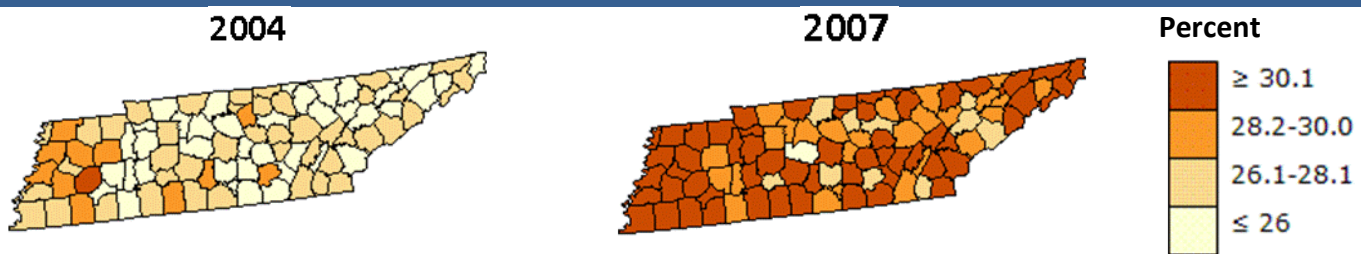
**The community in which a child lives influences their daily access to healthy food and physical activity**

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		TN (%)	Nation (%)	Best state(%)	
<b>% of children living in supportive neighborhoods</b>					
<b>overall</b>		83.2	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	86.5	88.8	94.7	UT
	Black non-Hispanic	73.7	71	85.9	AK
	Hispanic	82.1	76.1	90.6	VT
by household income	0-99% FPL	74.2	70.7	89.2	UT
	400% +	91.2	91.1	98	UT
<b>% of children living in neighborhoods with NO graffiti, dilapidated housing or litter</b>					
<b>overall</b>		70.6	71.4	78	MA
by race/ ethnicity	White non-Hispanic	72.3	75.6	81.9	CT
	Black non-Hispanic	67.5	63	78.3	MA
	Hispanic	63.8	66.5	86.8	AL
by household income	0-99% FPL	60.9	57.4	72.9	CO
	400% +	82.5	83.2	90.5	FL
<b>% of children living in neighborhoods with parks, recreation centers, and sidewalks</b>					
<b>overall</b>		50.6	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	45.1	62.6	95.2	DC
	Black non-Hispanic	65.1	72.4	95.8	RI
by household income	0-99% FPL	55.1	57.6	88.2	MA
	400% +	58.7	73.4	92.4	DC

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

PROTECTIVE FACTORS	TN (%)	Nation (%)	Best state(%)	
Positive social skills	91.4	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	77.8	80.7	90.5	MN
Family eats meals together every day	42.9	45.8	54.2	ID

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



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 TENNESSEE, MILLIONS OF DOLLARS**

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
<b>1,840</b>	<b>1,565</b>	<b>2,810</b>	<b>7,081</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"