

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

### Key Points

- Utah ranked 14<sup>th</sup> for protective factors against childhood obesity and 1<sup>st</sup> for healthy neighborhood environments. <sup>iii</sup>
- Obesity among low-income, preschool-aged children was 7 percent in 1998. There was no data available for 2008.
- Among adults, the prevalence of obesity increased to ≥30 in none of 29 counties by 2007.
- 34 percent of adults in Utah are overweight and 24 percent are obese.
- Utah will spend over 2.3 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                                   |                    | UT (%) | Nation (%) | Best state(%) |    |
|---|--------------------|--------|------------|---------------|----|
| <b>% of children ages 6-17 who are physically active at least 4 days a week</b> |                    |        |            |               |    |
| <b>overall</b>  |                    | 61.9   | 64.3       | 72.8          | VT |
| by race/ ethnicity  | White non-Hispanic | 64.6   | 69         | 74.7          | NC |
|   | Hispanic           | 51.6   | 51.8       | 72.2          | MT |
| by household income   | 0-99% FPL          | 46.4   | 53.8       | 78.6          | MN |
|   | 400% +             | 67.7   | 70.9       | 77.6          | AL |
| by insurance status   | None               | 56.7   | 54.5       | 81.1          | HI |
|   | Public             | 49.7   | 60         | 74.3          | AK |
|   | Private            | 64.7   | 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>  |                    | 86     | 78.1       | 87.7          | VT |
| by race/ ethnicity  | White non-Hispanic | 86.1   | 82.9       | 96.9          | DC |
|   | Hispanic           | 93.3   | 75.2       | 93.3          | UT |
| by household income   | 0-99% FPL          | 82.4   | 68.8       | 82.4          | UT |
|   | 400% +             | 89.5   | 86         | 92.5          | WA |
| by insurance status   | None               | 89.3   | 72.4       | 89.3          | UT |
|   | Public             | 81     | 70.1       | 86.1          | WY |
|   | Private            | 86.3   | 82.4       | 90.3          | VT |

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Utah.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 |  | UT (%) | Nation (%) | Best state(%) |
|--|--|--------|------------|---------------|
| Mother   |  | 36.5   | 32.9       | 42.9 VT       |
| Father   |  | 40.4   | 44.9       | 57.6 HI       |

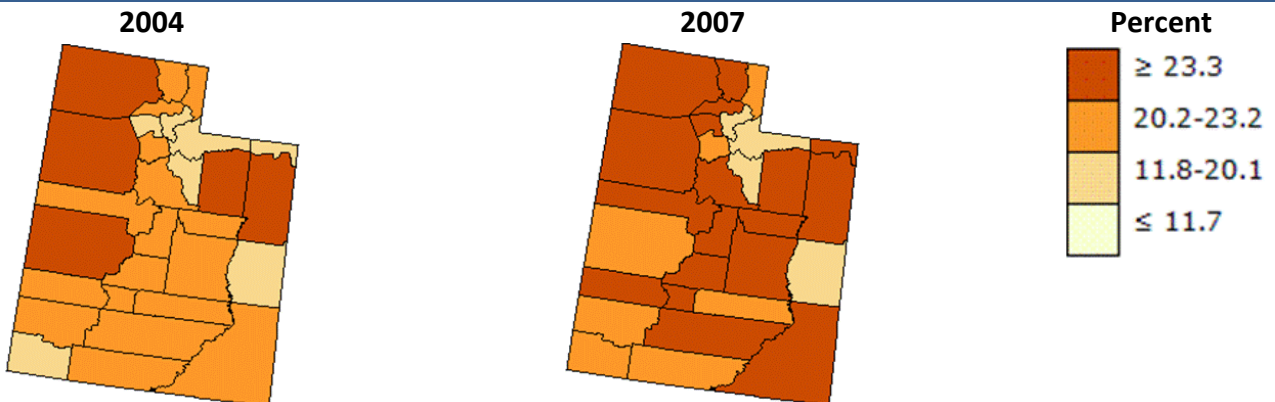
**The community in which a child lives influences their daily access to healthy food and physical activity**

| LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS  |                    | UT (%) | Nation (%) | Best state(%) |
|--|--------------------|--------|------------|---------------|
| <b>% of children living in supportive neighborhoods</b>                                      |                    |        |            |               |
| <b>overall</b>   |                    | 92.9   | 83.2       | 92.9 UT       |
| by race/ ethnicity   | White non-Hispanic | 94.7   | 88.8       | 94.7 UT       |
|  | Hispanic           | 84     | 76.1       | 90.6 VT       |
| by household income  | 0-99% FPL          | 89.2   | 70.7       | 89.2 UT       |
|  | 400% +             | 98     | 91.1       | 98 UT         |
| <b>% of children living in neighborhoods with NO graffiti, dilapidated housing or litter</b> |                    |        |            |               |
| <b>overall</b>   |                    | 74.7   | 71.4       | 78 MA         |
| by race/ ethnicity   | White non-Hispanic | 76.6   | 75.6       | 81.9 CT       |
|  | Hispanic           | 73.9   | 66.5       | 86.8 AL       |
| by household income  | 0-99% FPL          | 71.2   | 57.4       | 72.9 CO       |
|  | 400% +             | 85.3   | 83.2       | 90.5 FL       |
| <b>% of children living in neighborhoods with parks, recreation centers, and sidewalks</b>   |                    |        |            |               |
| <b>overall</b>   |                    | 87.4   | 65.1       | 87.4 UT       |
| by race/ ethnicity   | White non-Hispanic | 89.2   | 62.6       | 95.2 DC       |
|  | Hispanic           | 73.4   | 62.7       | 82.1 SD       |
| by household income  | 0-99% FPL          | 80     | 57.6       | 88.2 MA       |
|  | 400% +             | 90.2   | 73.4       | 92.4 DC       |

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

| PROTECTIVE FACTORS                             | UT (%) | Nation (%) | Best state(%) |
|--|--------|------------|---------------|
| Positive social skills                         | 94.6   | 93.6       | 97.1 MN       |
| Usually or always engages in school            | 80.8   | 80.5       | 86 MA         |
| Involved in at-least one after-school activity | 85.8   | 80.7       | 90.5 MN       |
| Family eats meals together every day           | 46.8   | 45.8       | 54.2 ID       |

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



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 UTAH, MILLIONS OF DOLLARS**

| 2000 (actual) | 2008 (projected) | 2013 (projected) | 2018 (projected) |
|---------------|------------------|------------------|------------------|
| 393           | 485              | 901              | 2,365            |

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"