

2005 Georgia Data Summary:

OBESITY in CHILDREN and YOUTH



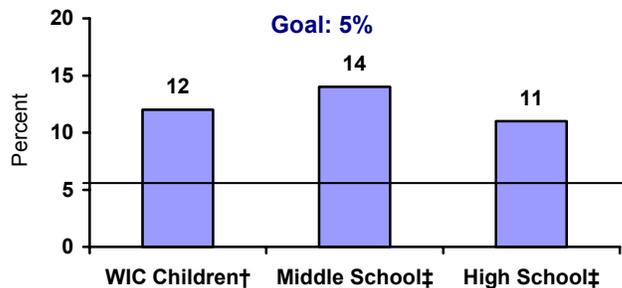
Obese children are more likely to become obese adults.

Obesity in children and youth is a major public health problem in Georgia.

Percentages of obese children and youth in Georgia

- 10,000 (12%) children aged 2-4 in the Women, Infant, and Children (WIC) program are obese.
- 51,000 (14%) middle school students are obese.
- 46,000 (11%) high school students are obese
- Only 5% of children and youth are expected to be obese based on a reference population.

Percent of children and youth who are obese* in Georgia, 2003



*Definition of obese children and youth: BMI-for-age $\geq 95^{\text{th}}$ percentile

Poor diet and physical inactivity are reasons for the rise in childhood obesity.

- Only 2 in 3 middle and high school students in Georgia are vigorously active.
- Approximately half of Georgia's middle school and high school students watch 3 or more hours of TV on a school day.
- Only 1 in 5 high school students in Georgia eats the recommended 5 or more servings of fruits and vegetables daily.

Environments and policies influence health behavior in children.

Schools

- Only 3 in 10 middle and high school students in Georgia attend daily physical education classes.
- Few middle (5%) and high schools (10%) in Georgia have a policy to offer fruits and vegetables at school settings.
- Unhealthy foods such as chocolate candy, high-fat salty snacks and soft drinks are readily available in most middle (56-64%) and high (77-80%) school vending machines.

Communities

- Few children (13%) in Georgia, who live 1 mile or less from school, walk to school.
- Traffic is the most common barrier to walking or biking to school among children who live one mile or less from school in Georgia.

Hospital costs due to obesity-related diseases in children are rising rapidly.

- Hospital costs due to obesity-related diseases in children increased from \$35 million during 1979-1981 to \$127 million during 1997-1999 nationwide.

Obese children are at increased risk for other medical conditions.

- Obese children are at increased risk for:
 - Hypertension
 - Asthma
 - Sleep apnea
 - Diabetes
 - Decreased well being (low self-esteem)

Data sources: † 2003 Pediatric Nutrition Surveillance System
‡ 2003 Georgia Student Health Survey

Date updated: December 2005

Publication number: DPH05.123H

Visit <http://www.health.state.ga.us/epi/cdiee/obesity.asp> for more information on the prevalence of obesity in Georgia.

2005 Georgia Data Summary:

OBESITY in ADULTS

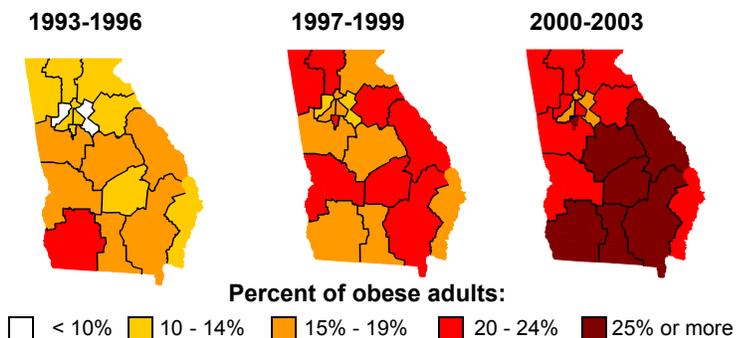


Obesity increases the risk of developing cardiovascular disease, diabetes, stroke, hypertension, gall bladder disease, osteoarthritis, and some cancers.

The percentage of obese adults is rising rapidly in Georgia.

- The percentage of obese adults has increased rapidly in all regions of the state.
- 1 in 4 (25%) adult Georgians are obese.
- African Americans (32%) are more likely to be obese than Whites (22%) or Hispanics (17%)
- Adults with low incomes (37%) are twice as likely to be obese than adults with high incomes (18%).

Geographic trends in obesity*†



*Definition of obese adults: BMI ≥ 30

Poor diet and physical inactivity have contributed to the rise in obesity.

- Only 2 in 5 (42%) adults in Georgia are regularly active.
- Only 1 in 5 adults (23%) in Georgia eats the recommended 5 or more servings of fruits and vegetables daily.

Environments and policies influence health behaviors in adults.

- Adults are more likely to be regularly active if they have a safe and convenient place to walk.
- More environmental features and organizational policies are needed in communities, worksites, and health care settings to promote healthful eating and regular physical activity.

Obesity costs Georgia an estimated \$2.1 billion every year.

- The annual cost of obesity in Georgia is estimated at \$2.1 billion (\$250 per Georgian each year), which includes direct health care costs and lost productivity from disease, disability, and death (indirect costs).
- 5,200 (8%) deaths were attributed to obesity in Georgia in 2003.
- The estimated average hospital length of stay for obese individuals is 85% longer than for normal-weight individuals nationwide.

Obese adults are at increased risk for other medical conditions.

Obese adults are at increased risk for:

- Cardiovascular disease
- Diabetes
- Stroke
- Hypertension
- Gall bladder disease
- Osteoarthritis
- Some cancer

Data Source: †Georgia Behavioral Risk Factor Surveillance System

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