

2006 Georgia Data Summary: OBESITY IN CHILDREN AND YOUTH

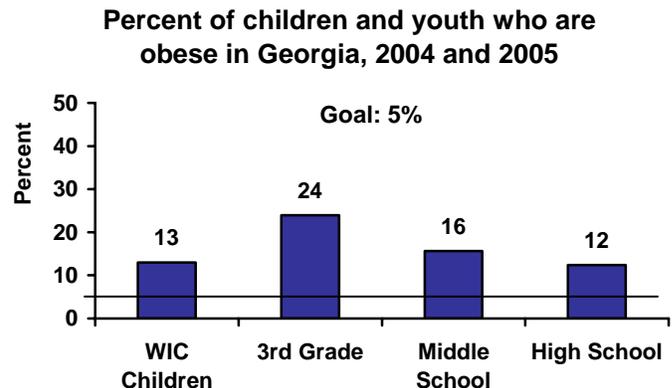


Obese children are more likely to become obese adults.

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

Percentages of obese* children and youth in Georgia

- 11,000 (13%) children aged 2-4 years in the Women, Infant, and Children (WIC)[†] program are obese.
- 28,000 (24%) third grade children[‡] are obese.
- 59,000 (16%) middle school students[#] are obese.
- 50,000 (12%) high school students[#] are obese.
- The percentages of obese children and youth in Georgia are much higher than the expected based on a reference population (5%).



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

- Not enough middle school students (71%) and high school students (61%) in Georgia are vigorously active (National Goal: 85%).
- Approximately half of Georgia's middle school and high school students watch 3+ hours of TV on a school day.
- Only 1 in 5 (18%) 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 can encourage healthful lifestyles in students by adopting policies, environmental features, and providing programs supporting healthful diets and regular physical activity.
- Communities can promote active lifestyles by creating safe and supportive environments for healthful diets and physical activity.

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)

Definition of obesity: *Body Mass Index-for-age \geq 95th percentile

Data sources: † 2004 Pediatric Nutrition Surveillance System ‡ 2005 Georgia Oral Health Screening # 2005 Georgia Student Health Survey

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

2006 Georgia Data Summary:

OBESITY IN ADULTS

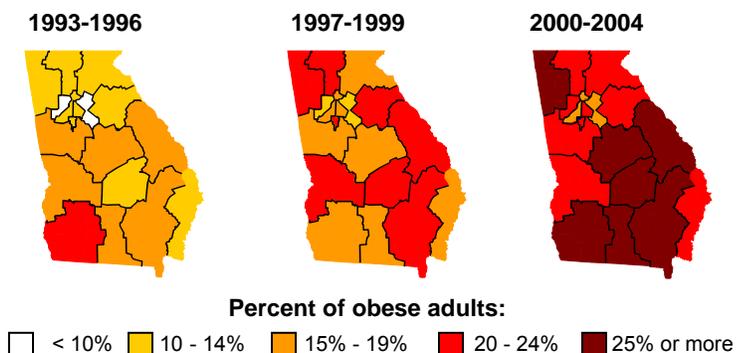


Obesity increases the risk of developing cardiovascular disease, diabetes, stroke, hypertension, gall bladder disease, osteoarthritis, and some cancers.

The percentage of obese adults is rising rapidly in Georgia.

Geographic trends in obesity*

- The percentage of obese adults has increased rapidly in all regions of the state.
- 1 in 4 (27%) adult Georgians[†] are obese.
- Blacks (33%) are more likely to be obese than Whites (24%).[†]
- Adults with low incomes (36%) are twice as likely to be obese than adults with high incomes (23%).[†]



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 (23%) adults 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).
- 4,800 (8%) deaths were attributed to obesity in Georgia in 2004.
- 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

Definition of obesity: *Body Mass Index \geq 30

Data Source: † 2005 Georgia Behavioral Risk Factor Surveillance System

‡ 2001 Georgia Behavioral Risk Factor Surveillance System

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