

2009 Georgia Data Summary:

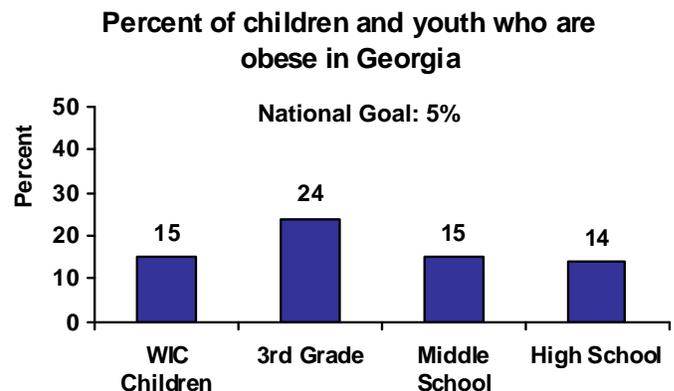
OBESITY IN CHILDREN AND YOUTH

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

- **15,000 (15%)** children aged 2-4 years in the Women, Infant, and Children (WIC)[†] program are obese
- **28,000 (24%)** third grade children[‡] are obese
- **56,000 (15%)** middle school students[¶] are obese
- **65,000 (14%)** high school students[¶] are obese
- The Healthy People 2010 national goal for obesity among children and youth (ages 6-18) is **5%**
- Georgia exceeds the Healthy People 2010 national goal for children and youth in every age, sex, race, and ethnic group



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

- Only **5 in 9 (55%)** middle school students and **4 in 9 (44%)** high school students in Georgia meet the CDC requirements for recommended physical activity[§]
- Over **2 in 5** of Georgia's middle school students (**44%**) and high school students (**43%**) watch TV for 3 or more hours on a school day
- Only **1 in 5 (19%)** high school students in Georgia consume 5 or more servings of fruits and vegetables daily

Environments and policies influence health behavior in children.

- Schools can encourage healthy lifestyles in students by adopting policies, environmental features, and providing programs supporting healthy diets and regular physical activity
- Communities can promote healthy lifestyles in children by creating safe and supportive environments for healthy eating and physical activity

Medical care to treat obese children is costly.

- Obesity-related hospitalizations of children in Georgia cost **\$2.1 million** a year and continue to rise[#]

Obese children are at increased risk for other medical conditions.

- Obese children are at increased risk for:

- Hypertension
- Sleep apnea

- Diabetes
- Low self-esteem

- Asthma

Definition of obesity: *Body Mass Index-for-age = 95th percentile or higher

Definition of recommended physical activity: [§]At least 60 minutes of physical activity on 5 or more days per week.

Data sources: [†] 2006 Pediatric Nutrition Surveillance System [‡] 2005 Georgia Oral Health Screening [¶] 2007 Georgia Student Health Survey
[#] 2007 Georgia Hospital Discharge Data

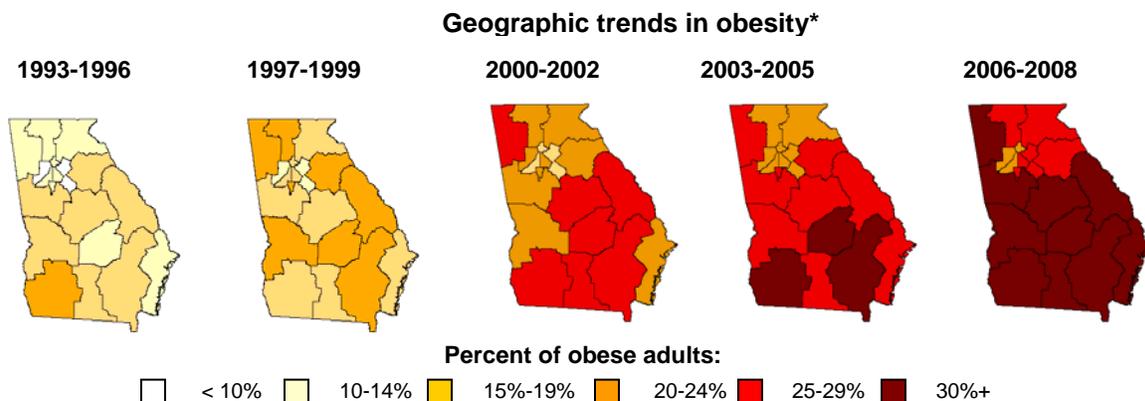
2009 Georgia Data Summary:

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
- **28% (1.9 million)** of civilian adult, non-institutionalized Georgians[†] are obese
- The percentage of obese adults in Georgia does not meet the Healthy People 2010 national goal (15%) regardless of age, sex, race, ethnicity, income or education level



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

- Only **1 in 2 (48%)** adults in Georgia[‡] are regularly active
- Only **1 in 4 (25%)** adults in Georgia[‡] consume 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 healthy eating and regular physical activity

Obesity costs Georgia an estimated \$2.4 billion every year.

- The annual cost of obesity in Georgia is estimated at **\$2.4 billion** (\$250 per Georgian each year)[#], which includes direct health care costs and lost productivity from disease, disability, and death (indirect costs)
- The estimated average hospital length of stay for obese individuals is 60% 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 | - Stroke | - Osteoarthritis |
| - Diabetes | - Gall bladder disease | - Some cancer |
| - Hypertension | | |

Definition of obesity: *Body Mass Index = 30.0 or more

Data Source: † 2008 Georgia Behavioral Risk Factor Surveillance System

‡ 2001 Georgia Behavioral Risk Factor Surveillance System

§ Zizza C, Herring AH, Stevens J, et al. Length of Hospital Stays Among Obese Individuals. *Am J Public Health*. 2004;94:1587-91.

‡ 2007 Georgia Behavioral Risk Factor Surveillance System

Finkelstein EA, Fiebelkorn IC, Wang G. State-level Estimates of Annual Medical Expenditures Attributable to Obesity. *Obes Res*. 2004;12:18-24