

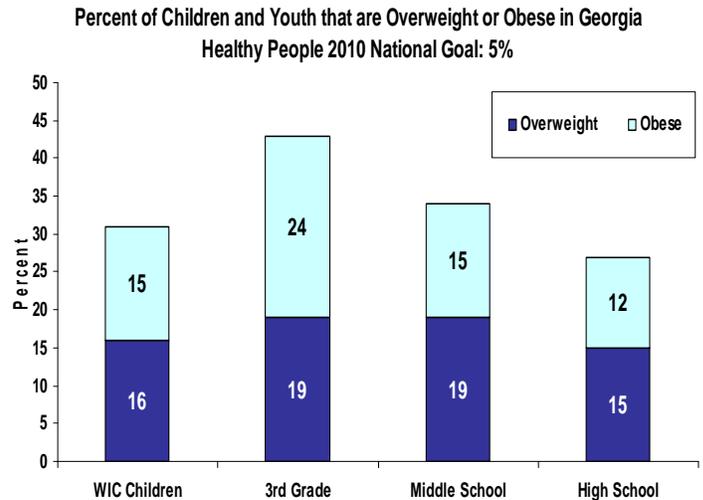
# OBESITY IN CHILDREN AND YOUTH

**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

- **20,500 (15%)** children aged 2-4 years in the Women, Infant, and Children (WIC)<sup>†</sup> program are obese
- **28,000 (24%)** third grade children<sup>‡</sup> are obese
- **43,000 (15%)** middle school students<sup>¶</sup> are obese
- **55,000 (12%)** high school students<sup>¶</sup> are obese
- Georgia exceeds the Healthy People 2010 national goal for children and youth in every age, sex, race and ethnic group
- The Healthy People 2020 national goal for obesity among children and youth (ages 2-18) is 14.6%



## Poor diet and physical inactivity are reasons for the rise in childhood obesity<sup>¶</sup>

- Only **5 in 9 (52%)** middle school students and **4 in 9 (43%)** high school students in Georgia meet the Centers for Disease Control and Prevention requirements for recommended physical activity<sup>§</sup>
- Over **2 in 5** of Georgia's middle school students (**44%**) and high school students (**39%**) watch TV for 3 or more hours on a school day
- Only **1 in 6 (17%)** high school students in Georgia consume 5 or more servings of fruits and vegetables daily

## Environments and policies that will 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<sup>#</sup>

## Obese children are at increased risk for other medical conditions

- Obese children are at increased risk for:
  - Hypertension
  - Diabetes
  - Asthma
  - Sleep apnea
  - Low self-esteem

**Definition of obesity:** \*Body Mass Index-for-age = 95<sup>th</sup> percentile or higher

**Definition of recommended physical activity:** <sup>§</sup> At least 60 minutes of physical activity on 5 or more days per week.

**Data Sources:** <sup>†</sup> 2009 Pediatric Nutrition Surveillance System <sup>‡</sup> 2005 Georgia Oral Health Screening <sup>¶</sup> 2009 Georgia Student Health Survey <sup>#</sup> 2007 Georgia Hospital Discharge Data

# OBESITY IN ADULTS

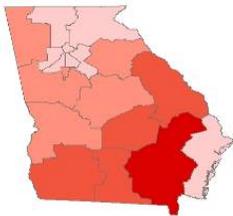
**Obesity increases the risk of developing cardiovascular disease, diabetes, stroke, hypertension, gall bladder disease, osteoarthritis, and some cancers.**

## The percentage of obese adults is rising rapidly in Georgia

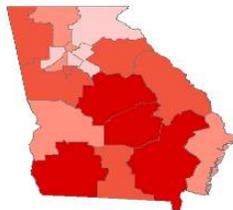
- The percentage of obese adults has increased rapidly in all regions of the state
- Approximately **30% (2 million)** of civilian adult, non-institutionalized Georgians<sup>†</sup> are obese
- The percentage of obese adults in Georgia is above the Healthy People 2010 target (15%) and currently does not meet the Healthy People 2020 national goal (20%)

### Georgia trends in obesity\*

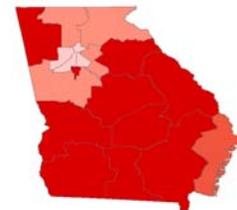
2001-2003



2004-2006



2007-2009



### Percent of Obese Adults:



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

- **3 in 5 (54%)** adults in Georgia<sup>†</sup> do not meet Centers for Disease Control and Prevention (CDC) recommendations for physical activity<sup>#</sup>
- **3 in 4 (72%)** adults in Georgia<sup>†</sup> consume less than 5 servings of fruits and vegetables per day
- **2 in 3 (66%)** adults in Georgia<sup>†</sup> are sedentary while at work

## Environments and policies that will influence health behavior in adults

- More environmental features and organizational policies are needed in communities, worksites, and health care settings to promote healthy eating and regular physical activity

## Medical care to treat obese children is costly

- The annual cost of obesity in Georgia is estimated at **\$2.4 billion** (\$250 per Georgian each year),<sup>§</sup> 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<sup>¶</sup>

## Obese adults are at increased risk for other medical conditions

- Obese adults are at increased risk for:  
-CVD/Stroke    -Diabetes    -Osteoarthritis    -Gall Bladder Disease    -Some Cancers

**Definition of obesity:** \*Body Mass Index= 30 or higher

**Data Sources:** †2010 Behavioral Risk Factor Surveillance System

**Definition of recommended physical activity:** # Either 75 minutes of vigorous (jogging), 150 minutes of moderate (brisk walking) or an equivalent mix of moderate and vigorous physical activity per week

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

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