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

### Geographic trends in obesity*

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<tr>
<td>&lt; 10%</td>
<td>10-14%</td>
<td>15%-19%</td>
<td>20-24%</td>
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Percent of obese adults:

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

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

**Data Source:** † 2008 Georgia Behavioral Risk Factor Surveillance System
‡ 2007 Georgia Behavioral Risk Factor Surveillance System
¶ 2001 Georgia Behavioral Risk Factor Surveillance System