2010 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

- **20,500 (15%)** children aged 2-4 years in the Women, Infant, and Children (WIC)† program are obese
- **28,000 (24%)** third grade children‡ are obese
- **43,000 (15%)** middle school students¶ are obese
- **55,000 (12%)** high school students¶ 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%

![Chart showing percent of children and youth that are overweight or obese in Georgia.](image)

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

- 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§
- 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#

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 = 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:* † 2009 Pediatric Nutrition Surveillance System ‡ 2005 Georgia Oral Health Screening ¶2009 Georgia Student Health Survey #2007 Georgia Hospital Discharge Data
2010 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
- Approximately 30% (2 million) of civilian adult, non-institutionalized Georgians 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*

<table>
<thead>
<tr>
<th>Year</th>
<th>Percent of Obese Adults:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001-03</td>
<td>19-23%</td>
</tr>
<tr>
<td>2004-06</td>
<td>24-26%</td>
</tr>
<tr>
<td>2007-09</td>
<td>27-29%</td>
</tr>
</tbody>
</table>

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

- 3 in 5 (54%) adults in Georgia do not meet Centers for Disease Control and Prevention (CDC) recommendations for physical activity*#
- 3 in 4 (72%) adults in Georgia consume less than 5 servings of fruits and vegetables per day
- 2 in 3 (66%) adults in Georgia 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),§ 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:
  - CVD/Stroke
  - Diabetes
  - Osteoarthritis
  - Gall Bladder Disease
  - Some Cancers

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*Body Mass Index = 30 or higher

† Data Sources: 2010 Behavioral Risk Factor Surveillance System

‡ 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
