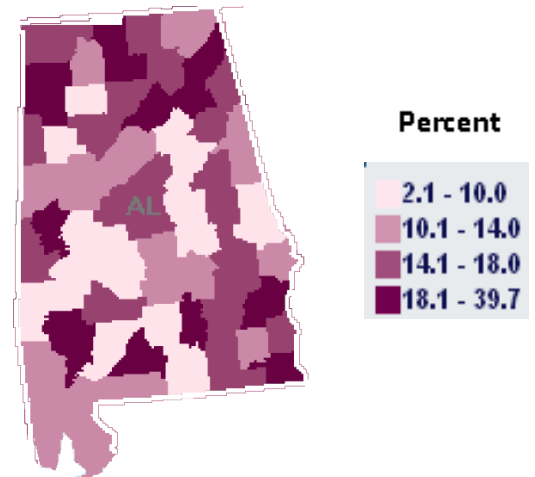


Alabama State Factsheet ⁱ

Prevalence of obesity among low income children
ages 2-4, 2006-2008, percent by county ⁱⁱ

Key Points

- Alabama ranked 46th for protective factors against childhood obesity and 45th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 12 percent in 1998 to 14 percent in 2008.
- Among adults, the prevalence of obesity increased to 30 in 55 of 67 counties by 2007.
- 37 percent of adults in Alabama are overweight and 32 percent are obese.
- Alabama will spend over \$5.5 billion dollars annually by 2018 on health care costs attributable to obesity.



Source: Pediatric Nutrition Surveillance System data mapped in the Food Environment Atlas

There are many interacting determinants of childhood obesity. Physical activity and media time are important contributors which may have a greater impact on certain groups such as young children

POSITIVE BEHAVIORS BY RACE, INCOME, INSURANCE		AL (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		72.2	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	73	69	74.7 NC
	Black non-Hispanic	72.3	61.6	73.1 NV
by household income	0-99% FPL	67.4	53.8	78.6 MN
	400% +	77.6	70.9	77.6 AL
by insurance status	None	73.8	54.5	81.1 HI
	Public	68.5	60	74.3 AK
	Private	74.2	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		72.3	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	82.4	82.9	96.9 DC
	Black non-Hispanic	56.2	61.6	70.3 NC
	Hispanic	65.6	68.8	82.4 UT
by household income	0-99% FPL	81.1	86	92.5 WA
	400% +	59.4	72.4	89.3 UT
by insurance status	None	68	70.1	86.1 WY
	Public	76.4	82.4	90.3 VT
	Private	72.3	78.1	87.7 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Alabama.pdf>. It contains other data, including the obesity prevalence for all children

ii. Obesity defined as Body Mass Index (BMI) at or above the 95th percentile.

iii. For rankings, 1st is best and 50th is worst. Rankings are based on cumulative percents from 2007 National Survey of Children's Health. Protective factors = % reporting positive social skills + % always engaging in school + % in families which eat meals together every day. Neighborhood environment = % living in supportive neighborhoods + % in neighborhoods with no detracting elements (litter, graffiti, etc.) + % living in neighborhoods with parks, recreation centers and sidewalks

Parent physical activity is a strong predictor of the activity of their children

% OF PARENTS PHYSICALLY ACTIVE, 4 or more days/ week	AL (%)	Nation (%)	Best state(%)
Mother	32.1	32.9	42.9 VT
Father	48.2	44.9	57.6 HI

The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		AL (%)	Nation (%)	Best state(%)
% of children living in supportive neighborhoods				
overall		85.4	83.2	92.9 UT
by race/ ethnicity	White non-Hispanic	89.5	88.8	94.7 UT
	Black non-Hispanic	78.9	71	85.9 AK
	Hispanic	81.9	76.1	90.6 VT
by household income	0-99% FPL	71.2	70.7	89.2 UT
	400% +	93.3	91.1	98 UT

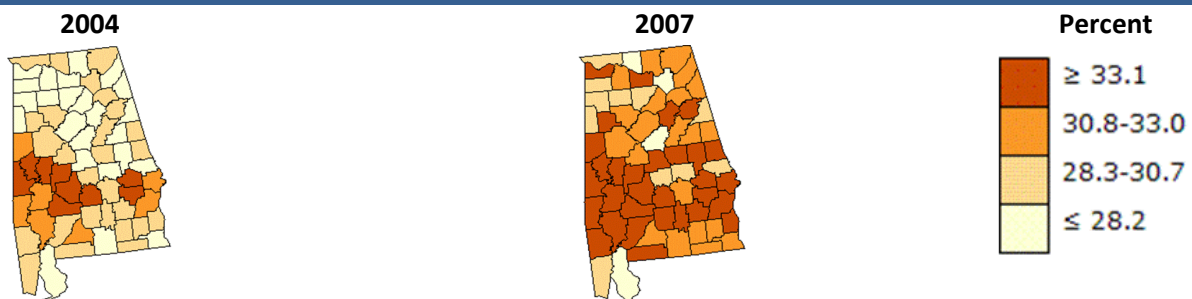
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter		AL (%)	Nation (%)	Best state(%)
overall		70.9	71.4	78 MA
by race/ ethnicity	White non-Hispanic	74.8	75.6	81.9 CT
	Black non-Hispanic	62.1	63	78.3 MA
	Hispanic	86.8	66.5	86.8 AL
by household income	0-99% FPL	56.7	57.4	72.9 CO
	400% +	85.6	83.2	90.5 FL

% of children living in neighborhoods with parks, recreation centers, and sidewalks		AL (%)	Nation (%)	Best state(%)
overall		41.5	65.1	87.4 UT
by race/ ethnicity	White non-Hispanic	38.8	62.6	95.2 DC
	Black non-Hispanic	46.6	72.4	95.8 RI
by household income	0-99% FPL	33.6	57.6	88.2 MA
	400% +	53.2	73.4	92.4 DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	AL (%)	Nation (%)	Best state(%)
Positive social skills	89.9	93.6	97.1 MN
Usually or always engages in school	79.5	80.5	86 MA
Involved in at-least one after-school activity	79.1	80.7	90.5 MN
Family eats meals together every day	44.2	45.8	54.2 ID

AGE-ADJUSTED ESTIMATES OF THE PERCENT OF ADULTS WHO ARE OBESE IN ALABAMA



Data from Centers for Disease Control and Prevention: National Diabetes Surveillance System. Available online at: <http://www.cdc.gov/diabetes/statistics/index.htm>.

COST OF ADULT OBESITY IN ALABAMA, MILLIONS OF DOLLARS

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
\$1,320	\$1,424	\$2,433	\$5,592

Source: 2000 data are from Finkelstein, et al: "State-level estimates of annual medical expenditures attributable to obesity". 2008 - 2018 projected estimates are from Thorpe: "The Future Costs of Obesity: National and State Estimates of the Impact of Obesity on Direct Health Care Expenses"