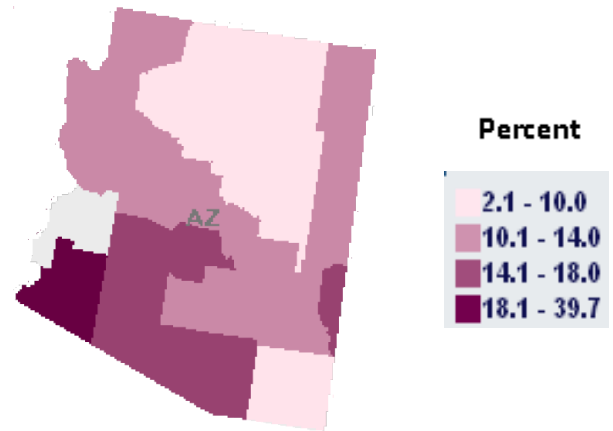


Arizona State Factsheet ⁱ

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

Key Points

- Arizona ranked 39th for protective factors against childhood obesity and 38th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 10 percent in 1998 to 15 percent in 2008.
- Among adults, the prevalence of obesity increased to ≥31 in 2 of 15 counties by 2007.
- 38 percent of adults in Arizona are overweight and 26 percent are obese.
- Arizona will spend over 7.8 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 greater impact on certain groups such as young children

POSITIVE BEHAVIORS BY RACE, INCOME, INSURANCE		AZ (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		60.1	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	64	69	74.7 NC
	Hispanic	51.8	51.8	72.2 MT
by household income	0-99% FPL	46.3	53.8	78.6 MN
	400% +	72.2	70.9	77.6 AL
by insurance status	None	41.6	54.5	81.1 HI
	Public	57.4	60	74.3 AK
	Private	68.3	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		78.2	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	83.8	82.9	96.9 DC
	Hispanic	74.8	75.2	93.3 UT
by household income	0-99% FPL	71.4	68.8	82.4 UT
	400% +	86.1	86	92.5 WA
by insurance status	None	67.4	72.4	89.3 UT
	Public	77.9	70.1	86.1 WY
	Private	81.3	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Arizona.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		AZ (%)	Nation (%)	Best state(%)
Mother		29	32.9	VT
Father		40.7	44.9	HI

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

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		AZ (%)	Nation (%)	Best state(%)
% of children living in supportive neighborhoods				
overall		79	83.2	92.9
by race/ ethnicity	White non-Hispanic	83.8	88.8	94.7
	Hispanic	74.1	76.1	90.6
by household income	0-99% FPL	75.5	70.7	89.2
	400% +	84.3	91.1	98

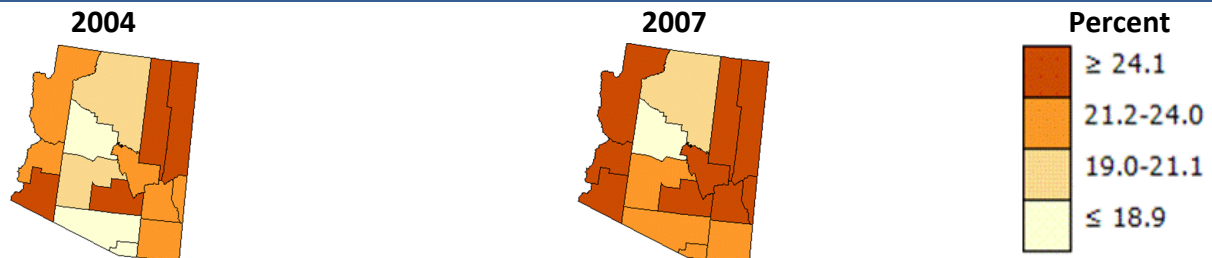
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter		AZ (%)	Nation (%)	Best state(%)
overall		65	71.4	78
by race/ ethnicity	White non-Hispanic	66.4	75.6	81.9
	Black non-Hispanic	62.7	63	78.3
	Hispanic	65.6	66.5	86.8
by household income	0-99% FPL	58.1	57.4	72.9
	400% +	75.3	83.2	90.5

% of children living in neighborhoods with parks, recreation centers, and sidewalks		AZ (%)	Nation (%)	Best state(%)
overall		62.5	65.1	87.4
by race/ ethnicity	White non-Hispanic	70.7	62.6	95.2
	Hispanic	54	62.7	82.1
by household income	0-99% FPL	43.1	57.6	88.2
	400% +	73.6	73.4	92.4

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	AZ (%)	Nation (%)	Best state(%)
Positive social skills	94.8	93.6	97.1
Always engages in school	80.7	80.5	86
Involved in at-least one after-school activity	76.7	80.7	90.5
Family eats meals together every day	50	45.8	54.2

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



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 ARIZONA, MILLIONS OF DOLLARS

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
752	1,486	2,812	7,881

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"