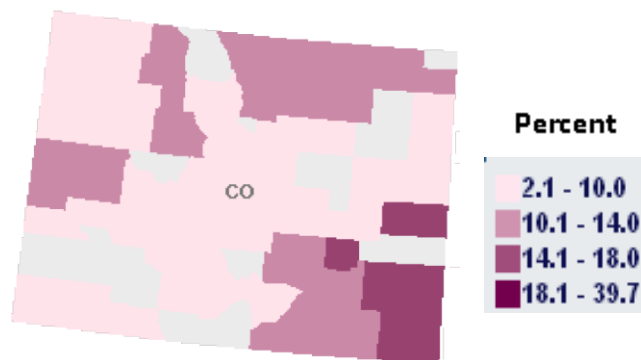


Colorado State Factsheet ⁱ

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

Key Points

- Colorado ranked 10th for protective factors against childhood obesity and 2nd for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children reached 9 percent in 2008.
- Among adults, the prevalence of obesity did not reach 30 in any of 64 counties by 2007.
- 37 percent of adults in Colorado are overweight and 19 percent are obese.
- Colorado will spend over 3 billion dollars annually by 2018 on health care costs attributable to obesity.



Sources: 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		CO (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		64.1	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	67.9	69	74.7 NC
	Hispanic	57.5	51.8	72.2 MT
by household income	0-99% FPL	44.6	53.8	78.6 MN
	400% +	69	70.9	77.6 AL
by insurance status	None	49.5	54.5	81.1 HI
	Public	60.6	60	74.3 AK
	Private	67.9	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		84.5	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	85.5	82.9	96.9 DC
	Hispanic	84.9	75.2	93.3 UT
by household income	0-99% FPL	78.7	68.8	82.4 UT
	400% +	90.3	86	92.5 WA
by insurance status	None	77.7	72.4	89.3 UT
	Public	76.2	70.1	86.1 WY
	Private	87.8	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Colorado.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		CO (%)	Nation (%)	Best state(%)
Mother		36.1	32.9	42.9 VT
Father		43.7	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

% of children living in supportive neighborhoods		CO (%)	Nation (%)	Best state(%)
overall		84.3	83.2	92.9 UT
by race/ ethnicity	White non-Hispanic	90.3	88.8	94.7 UT
	Hispanic	77	76.1	90.6 VT
by household income	0-99% FPL	70.8	70.7	89.2 UT
	400% +	91.7	91.1	98 UT

% of children living in neighborhoods with NO graffiti, dilapidated housing or litter

overall		CO (%)	Nation (%)	Best state(%)
overall		77.5	71.4	78 MA
by race/ ethnicity	White non-Hispanic	78.6	75.6	81.9 CT
	Black non-Hispanic	69.5	63	78.3 MA
	Hispanic	78.4	66.5	86.8 AL
by household income	0-99% FPL	72.9	57.4	72.9 CO
	400% +	83.6	83.2	90.5 FL

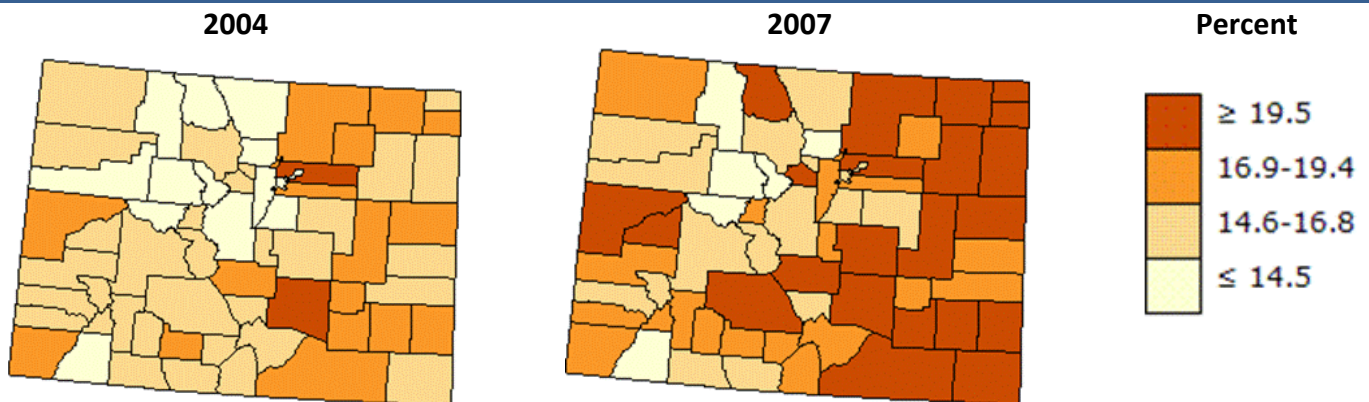
% of children living in neighborhoods with parks, recreation centers, and sidewalks

overall		CO (%)	Nation (%)	Best state(%)
overall		81	65.1	87.4 UT
by race/ ethnicity	White non-Hispanic	82.7	62.6	95.2 DC
	Black non-Hispanic	90.2	72.4	95.8 RI
	Hispanic	76.4	62.7	82.1 SD
by household income	0-99% FPL	73.5	57.6	88.2 MA
	400% +	87.4	73.4	92.4 DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	CO (%)	Nation (%)	Best state (%)
Positive social skills	95	93.6	97.1 MN
Usually or always engages in school	82.9	80.5	86 MA
Involved in at-least one after-school activity	86.6	80.7	90.5 MN
Family eats meals together every day	44.7	45.8	54.2 ID

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



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 COLORADO, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
874	809	1,363	3,235

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"