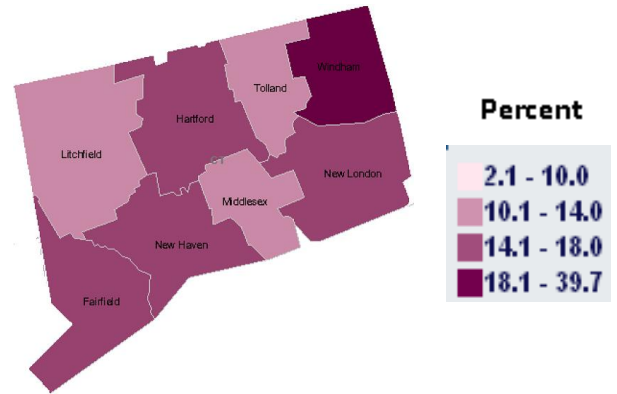


Connecticut State Factsheet ⁱ

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

Key Points

- Connecticut ranked 12th for protective factors against childhood obesity and 12th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children decreased from 18 percent in 1998 to 16 percent in 2008.
- Among adults, the prevalence of obesity did not reach 30 in any of 8 counties by 2007.
- 38 percent of adults in Connecticut are overweight and 21 percent are obese.
- Connecticut will spend over 2.9 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		CT (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		58.3	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	63.6	69	74.7 NC
	Black non-Hispanic	49	61.6	73.1 NV
	Hispanic	42.9	51.8	72.2 MT
by household income	0-99% FPL	47.1	53.8	78.6 MN
	400% +	65.5	70.9	77.6 AL
by insurance status	None	60	54.5	81.1 HI
	Public	45.4	60	74.3 AK
	Private	61.9	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		83	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	87.9	82.9	96.9 DC
	Black non-Hispanic	62.8	61.6	70.3 NC
	Hispanic	78.2	75.2	93.3 UT
by household income	0-99% FPL	58.6	68.8	82.4 UT
	400% +	90.3	86	92.5 WA
by insurance status	None	69.4	72.4	89.3 UT
	Public	68	70.1	86.1 WY
	Private	88.6	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Connecticut.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		CT (%)	Nation (%)	Best state(%)
Mother		32.3	32.9	42.9 VT
Father		40.6	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		CT (%)	Nation (%)	Best state(%)
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% of children living in supportive neighborhoods				
overall		82.1	83.2	92.9 UT
by race/ ethnicity	White non-Hispanic	88.7	88.8	94.7 UT
	Black non-Hispanic	71.7	71	85.9 AK
	Hispanic	64.8	76.1	90.6 VT
by household income	0-99% FPL	62.1	70.7	89.2 UT
	400% +	88.8	91.1	98 UT

% of children living in neighborhoods with NO graffiti, dilapidated housing or litter				
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overall		77.4	71.4	78 MA
by race/ ethnicity	White non-Hispanic	81.9	75.6	81.9 CT
	Black non-Hispanic	64.4	63	78.3 MA
	Hispanic	69.6	66.5	86.8 AL
by household income	0-99% FPL	56.7	57.4	72.9 CO
	400% +	86	83.2	90.5 FL

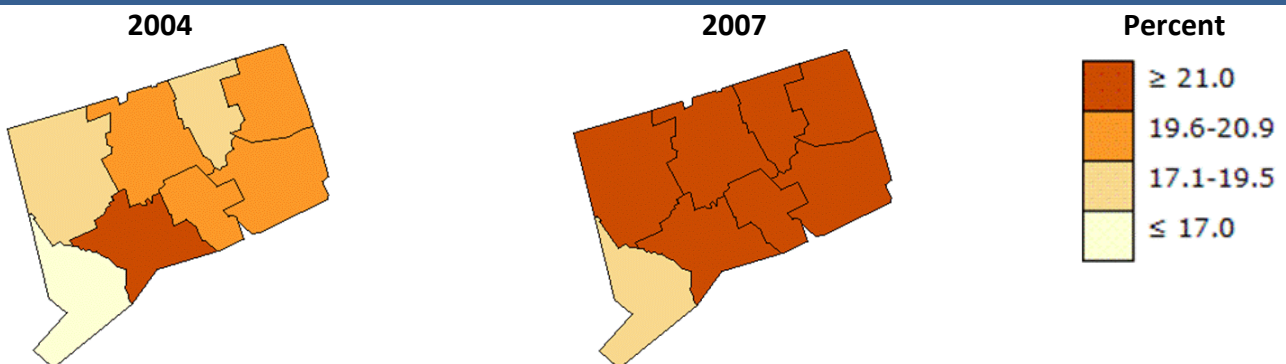
% of children living in neighborhoods with parks, recreation centers, and sidewalks				
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overall		71.9	65.1	87.4 UT
by race/ ethnicity	White non-Hispanic	68.4	62.6	95.2 DC
	Black non-Hispanic	89.5	72.4	95.8 RI
	Hispanic	70	62.7	82.1 SD
by household income	0-99% FPL	81	57.6	88.2 MA
	400% +	71.6	73.4	92.4 DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	CT (%)	Nation (%)	Best state(%)
Positive social skills	96	93.6	97.1 MN
Usually or always engages in school	82.7	80.5	86 MA
Involved in at-least one after-school activity	89.2	80.7	90.5 MN
Family eats meals together every day	40.3	45.8	54.2 ID

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



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 CONNECTICUT, MILLIONS OF DOLLARS				
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)	
856	735	1,234	2,907	

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"