

Delaware State Factsheet ⁱ

Key Points

- Delaware ranked 44th for protective factors against childhood obesity and 35th for healthy neighborhood environments. ⁱⁱⁱ
- Among adults, the prevalence of obesity increased to 31 in 1 of 3 counties by 2007.
- 36 percent of adults in Delaware are overweight and 28 percent are obese.
- Delaware will spend close to 1 billion dollars annually by 2018 on health care costs attributable to obesity.

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		DE (%)	Nation (%)	Best state(%)	
% of children ages 6-17 who are physically active at least 4 days a week					
overall		62.8	64.3	72.8	VT
by race/ ethnicity	White non-Hispanic	66.5	69	74.7	NC
	Black non-Hispanic	57.6	61.6	73.1	NV
	Hispanic	30.5	51.8	72.2	MT
by household income	0-99% FPL	45.4	53.8	78.6	MN
	400% +	67.1	70.9	77.6	AL
by insurance status	None	39	54.5	81.1	HI
	Public	60.1	60	74.3	AK
	Private	66.2	67.6	75.2	VT
% of children ages 6-17 with 2 hours or less or no daily screen time					
overall		78.9	78.1	87.7	VT
by race/ ethnicity	White non-Hispanic	84.6	82.9	96.9	DC
	Black non-Hispanic	62.2	61.6	70.3	NC
	Hispanic	79.6	75.2	93.3	UT
by household income	0-99% FPL	65.6	68.8	82.4	UT
	400% +	87.3	86	92.5	WA
by insurance status	None	75.8	72.4	89.3	UT
	Public	69.5	70.1	86.1	WY
	Private	82.8	82.4	90.3	VT

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

% OF PARENTS PHYSICALLY ACTIVE, 4 or more days/ week		DE (%)	Nation (%)	Best state(%)	
Mother		30.1	32.9	42.9	VT
Father		42.2	44.9	57.6	HI

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Delaware.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

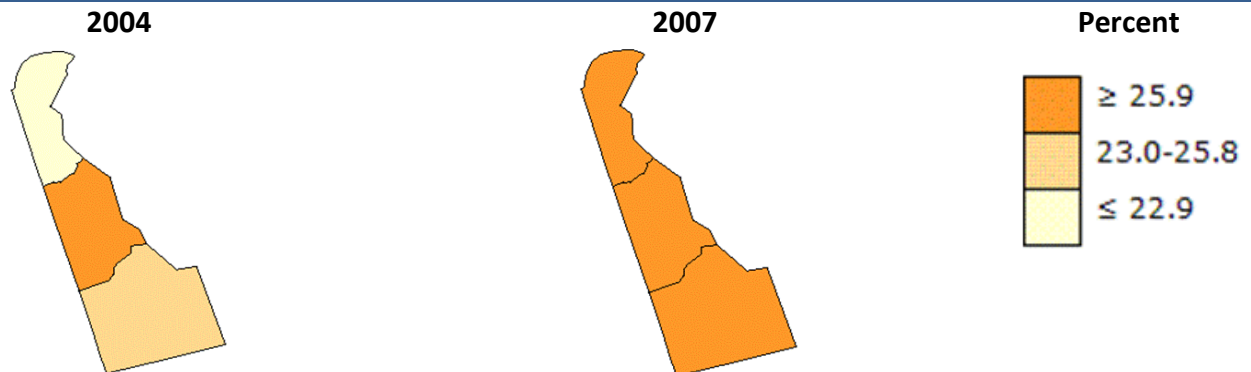
The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		DE (%)	Nation (%)	Best state(%)	
% of children living in supportive neighborhoods					
overall		79.1	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	86.3	88.8	94.7	UT
	Black non-Hispanic	67.2	71	85.9	AK
	Hispanic	62.9	76.1	90.6	VT
by household income	0-99% FPL	58.5	70.7	89.2	UT
	400% +	87.7	91.1	98	UT
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter					
overall		73.8	71.4	78	MA
by race/ ethnicity	White non-Hispanic	79.1	75.6	81.9	CT
	Black non-Hispanic	62	63	78.3	MA
	Hispanic	71.9	66.5	86.8	AL
by household income	0-99% FPL	56.7	57.4	72.9	CO
	400% +	84	83.2	90.5	FL
% of children living in neighborhoods with parks, recreation centers, and sidewalks					
overall		57.5	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	49.8	62.6	95.2	DC
	Black non-Hispanic	73.4	72.4	95.8	RI
	Hispanic	56.1	62.7	82.1	SD
by household income	0-99% FPL	56.5	57.6	88.2	MA
	400% +	59.9	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	DE (%)	Nation (%)	Best state(%)	
Positive social skills	90.7	93.6	97.1	MN
Usually or always engages in school	78.8	80.5	86	MA
Involved in at-least one after-school activity	83	80.7	90.5	MN
Family eats meals together every day	41	45.8	54.2	ID

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



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 DELAWARE, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
207	222	393	975

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"