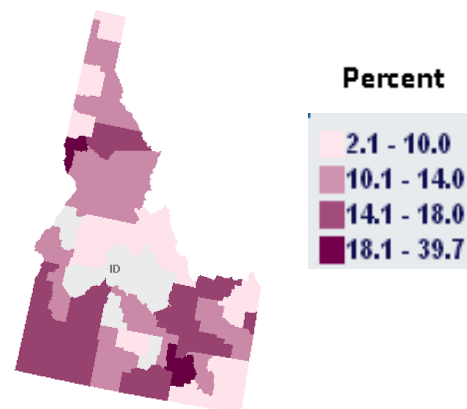


## Idaho State Factsheet <sup>i</sup>

## Prevalence of obesity among low income children ages 2-4, 2006-2008, percent by county <sup>ii</sup>

### Key Points

- Idaho ranked 8<sup>th</sup> for protective factors against childhood obesity and 25<sup>th</sup> for healthy neighborhood environments. <sup>iii</sup>
- Obesity among low-income, preschool-aged children rose from 10 percent in 1998 to 12 percent in 2008.
- Among adults, the prevalence of obesity increased to ≥30 in 4 of 44 counties by 2007.
- 36 percent of adults in Idaho are overweight and 25 percent are obese.
- Idaho will spend over 1.5 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 a greater impact on certain groups such as young children*

POSITIVE BEHAVIORS BY RACE, INCOME, INSURANCE		ID (%)	Nation (%)	Best state(%)
<b>% of children ages 6-17 who are physically active at least 4 days a week</b>				
<b>overall</b>		65	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	67.1	69	74.7 NC
	Hispanic	47	51.8	72.2 MT
by household income	0-99% FPL	56.4	53.8	78.6 MN
	400% +	65.9	70.9	77.6 AL
by insurance status	None	54.7	54.5	81.1 HI
	Public	62.8	60	74.3 AK
	Private	67.8	67.6	75.2 VT
<b>% of children ages 6-17 with 2 hours or less or no daily screen time</b>				
<b>overall</b>		85.1	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	85.4	82.9	96.9 DC
	Hispanic	81.1	75.2	93.3 UT
by household income	0-99% FPL	78.6	68.8	82.4 UT
	400% +	89.6	86	92.5 WA
by insurance status	None	78.9	72.4	89.3 UT
	Public	80.8	70.1	86.1 WY
	Private	88	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Idaho.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		ID (%)	Nation (%)	Best state(%)
Mother		34.9	32.9	42.9 VT
Father		46.8	44.9	57.6 HI

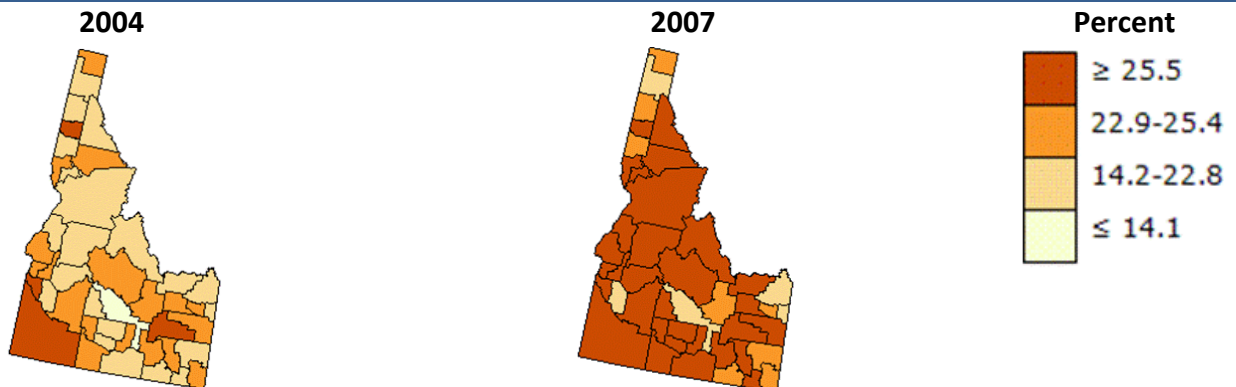
**The community in which a child lives influences their daily access to healthy food and physical activity**

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		ID (%)	Nation (%)	Best state(%)
<b>% of children living in supportive neighborhoods</b>				
<b>overall</b>		90.3	83.2	92.9 UT
by race/ ethnicity	White non-Hispanic	92.3	88.8	94.7 UT
	Hispanic	83.5	76.1	90.6 VT
by household income	0-99% FPL	78.3	70.7	89.2 UT
	400% +	93.3	91.1	98 UT
<b>% of children living in neighborhoods with NO graffiti, dilapidated housing or litter</b>				
<b>overall</b>		72.4	71.4	78 MA
by race/ ethnicity	White non-Hispanic	72.8	75.6	81.9 CT
	Hispanic	71.3	66.5	86.8 AL
by household income	0-99% FPL	64.8	57.4	72.9 CO
	400% +	80.9	83.2	90.5 FL
<b>% of children living in neighborhoods with parks, recreation centers, and sidewalks</b>				
<b>overall</b>		58.3	65.1	87.4 UT
by race/ ethnicity	White non-Hispanic	58.5	62.6	95.2 DC
	Hispanic	55.4	62.7	82.1 SD
by household income	0-99% FPL	41.5	57.6	88.2 MA
	400% +	68.1	73.4	92.4 DC

**Other factors in the social environment may also protect against obesity**

PROTECTIVE FACTORS	ID (%)	Nation (%)	Best state(%)
Positive social skills	92.9	93.6	97.1 MN
Usually or always engages in school	78.2	80.5	86 MA
Involved in at-least one after-school activity	84.6	80.7	90.5 MN
Family eats meals together every day	54.2	45.8	54.2 ID

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



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 IDAHO, MILLIONS OF DOLLARS**

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
227	324	600	1,565

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"