

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

### Key Points

- Maine ranked 15<sup>th</sup> for protective factors against childhood obesity and 39<sup>th</sup> for healthy neighborhood environments. <sup>iii</sup>
- Among adults, the prevalence of obesity increased to 32 in 1 of 16 counties by 2007.
- 38 percent of adults in Maine are overweight and 26 percent are obese.
- Maine will spend over 1.5 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		ME (%)	Nation (%)	Best state(%)	
<b>% of children ages 6-17 who are physically active at least 4 days a week</b>					
<b>overall</b>		71.1	64.3	72.8	VT
by race/ ethnicity	White non-Hispanic	71	69	74.7	NC
by household income	0-99% FPL	70.4	53.8	78.6	MN
	400% +	70.4	70.9	77.6	AL
by insurance status	None	71	54.5	81.1	HI
	Public	67.5	60	74.3	AK
	Private	73.1	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>		82.7	78.1	87.7	VT
by race/ ethnicity	White non-Hispanic	83.3	82.9	96.9	DC
by household income	0-99% FPL	62.6	68.8	82.4	UT
	400% +	89	86	92.5	WA
by insurance status	None	78.8	72.4	89.3	UT
	Public	73	70.1	86.1	WY
	Private	88.1	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		ME (%)	Nation (%)	Best state(%)	
Mother		37.8	32.9	42.9	VT
Father		50.8	44.9	57.6	HI

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Maine.pdf>. It contains other data, including the obesity prevalence for all children

ii. Obesity defined as Body Mass Index (BMI) at or above the 95% 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

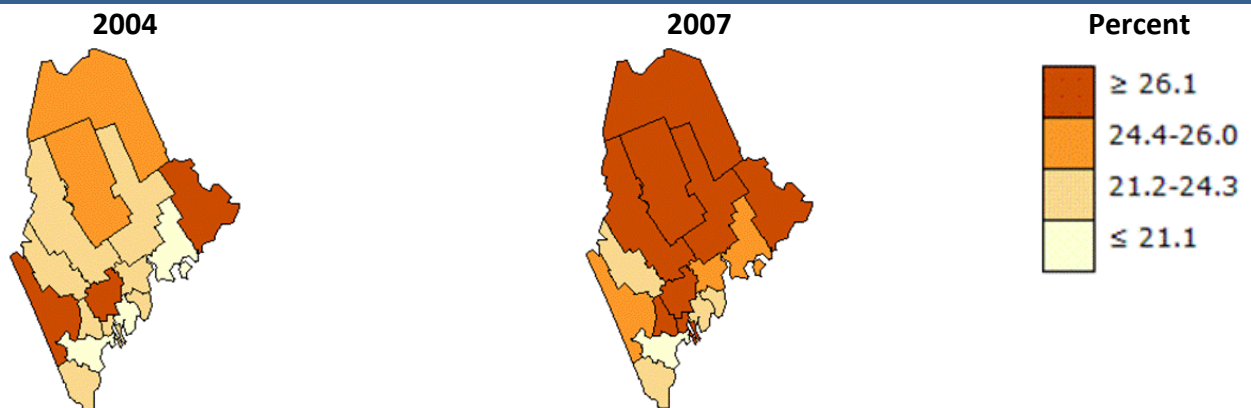
**The community in which a child lives influences their daily access to healthy food and physical activity**

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		ME (%)	Nation (%)	Best state(%)	
<b>% of children living in supportive neighborhoods</b>					
<b>overall</b>		85	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	85.7	88.8	94.7	UT
	Hispanic	69.3	76.1	90.6	VT
by household income	0-99% FPL	73.9	70.7	89.2	UT
	400% +	93	91.1	98	UT
<b>% of children living in neighborhoods with NO graffiti, dilapidated housing or litter</b>					
<b>overall</b>		65.4	71.4	78	MA
by race/ ethnicity	White non-Hispanic	66.8	75.6	81.9	CT
	Hispanic	61.2	66.5	86.8	AL
by household income	0-99% FPL	50.3	57.4	72.9	CO
	400% +	79.1	83.2	90.5	FL
<b>% of children living in neighborhoods with parks, recreation centers, and sidewalks</b>					
<b>overall</b>		54.2	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	52.3	62.6	95.2	DC
by household income	0-99% FPL	53.4	57.6	88.2	MA
	400% +	59.8	73.4	92.4	DC

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

PROTECTIVE FACTORS	ME (%)	Nation (%)	Best state(%)	
Positive social skills	95.2	93.6	97.1	MN
Usually or always engages in school	80.2	80.5	86	MA
Involved in at-least one after-school activity	87.3	80.7	90.5	MN
Family eats meals together every day	44.9	45.8	54.2	ID

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



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 MAINE, MILLIONS OF DOLLARS**

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
<b>357</b>	<b>360</b>	<b>629</b>	<b>1,538</b>

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"