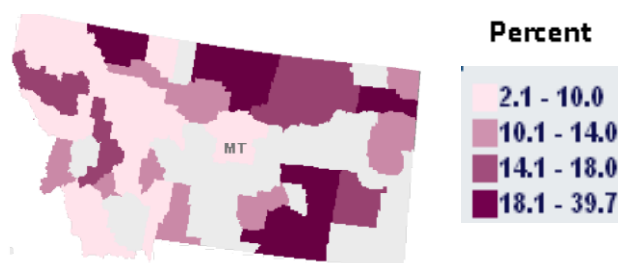


## Montana State Factsheet <sup>i</sup>

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

### Key Points

- Montana ranked 1<sup>st</sup> for protective factors against childhood obesity and 34<sup>th</sup> for healthy neighborhood environments. <sup>iii</sup>
- Obesity among low-income, preschool-aged children rose from 9 percent in 1998 to 12 percent in 2008.
- Among adults, the prevalence of obesity increased to ≥30 in 2 of 56 counties by 2007.
- 38 percent of adults in Montana are overweight and 24 percent are obese.
- Montana will spend close to 1 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		MT (%)	Nation (%)	Best state(%)
<b>% of children ages 6-17 who are physically active at least 4 days a week</b>				
<b>overall</b>		68.1	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	67.8	69	74.7 NC
	Hispanic	72.2	51.8	72.2 MT
by household income	0-99% FPL	58.1	53.8	78.6 MN
	400% +	72.8	70.9	77.6 AL
by insurance status	None	58.8	54.5	81.1 HI
	Public	65.9	60	74.3 AK
	Private	70.6	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>		85.4	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	86.5	82.9	96.9 DC
	Hispanic	83.8	75.2	93.3 UT
by household income	0-99% FPL	77.5	68.8	82.4 UT
	400% +	91.7	86	92.5 WA
by insurance status	None	84	72.4	89.3 UT
	Public	78.4	70.1	86.1 WY
	Private	87.5	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Montana.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		MT (%)	Nation (%)	Best state(%)
Mother		37.2	32.9	42.9 VT
Father		52	44.9	57.6 HI

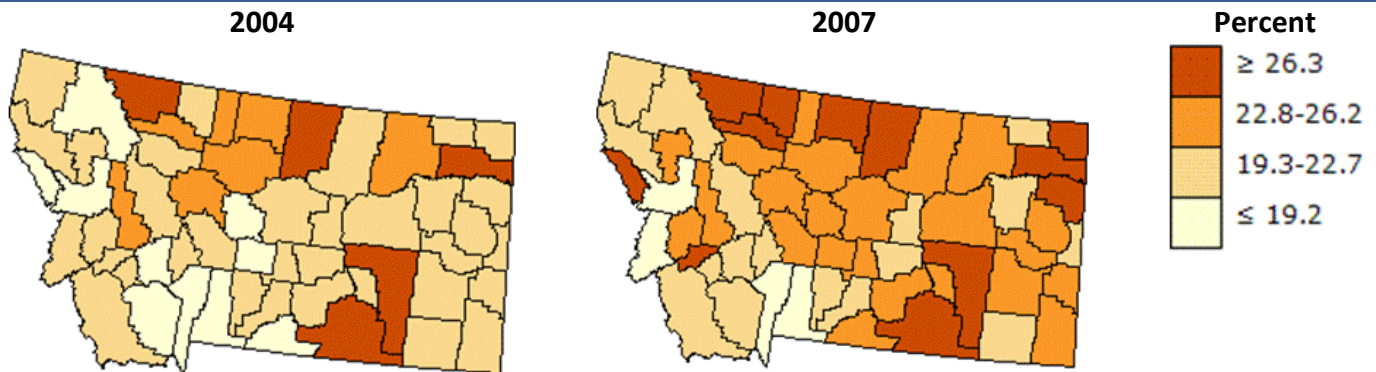
**The community in which a child lives influences their daily access to healthy food and physical activity**

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		MT (%)	Nation (%)	Best state(%)
<b>% of children living in supportive neighborhoods</b>				
<b>overall</b>		87.4	83.2	92.9 UT
by race/ ethnicity	White non-Hispanic	88.5	88.8	94.7 UT
	Hispanic	81.4	76.1	90.6 VT
by household income	0-99% FPL	72.7	70.7	89.2 UT
	400% +	94	91.1	98 UT
<b>% of children living in neighborhoods with NO graffiti, dilapidated housing or litter</b>				
<b>overall</b>		65	71.4	78 MA
by race/ ethnicity	White non-Hispanic	68.2	75.6	81.9 CT
	Hispanic	60.6	66.5	86.8 AL
by household income	0-99% FPL	47.7	57.4	72.9 CO
	400% +	76.3	83.2	90.5 FL
<b>% of children living in neighborhoods with parks, recreation centers, and sidewalks</b>				
<b>overall</b>		59.3	65.1	87.4 UT
by race/ ethnicity	White non-Hispanic	59.4	62.6	95.2 DC
	Hispanic	63.1	62.7	82.1 SD
by household income	0-99% FPL	58.1	57.6	88.2 MA
	400% +	57.9	73.4	92.4 DC

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

PROTECTIVE FACTORS	MT (%)	Nation (%)	Best state(%)
Positive social skills	94.1	93.6	97.1 MN
Usually or always engages in school	81.5	80.5	86 MA
Involved in at-least one after-school activity	88.9	80.7	90.5 MN
Family eats meals together every day	51.6	45.8	54.2 ID

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



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 MONTANA, MILLIONS OF DOLLARS**

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
175	213	387	983

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"