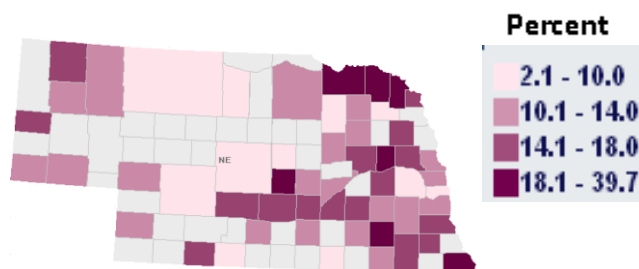


Nebraska State Factsheet ⁱ

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

Key Points

- Nebraska ranked 12th for protective factors against childhood obesity and 8th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 10 percent in 1998 to 14 percent in 2008.
- Among adults, the prevalence of obesity did not increase to ≥ 30 in any of 102 counties by 2007.
- 37 percent of adults in Nebraska are overweight and 28 percent are obese.
- Nebraska will spend over 1.9 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		NE (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		67.3	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	70.6	69	74.7 NC
	Hispanic	40.5	51.8	72.2 MT
by household income	0-99% FPL	56.4	53.8	78.6 MN
	400% +	74.2	70.9	77.6 AL
by insurance status	None	55.4	54.5	81.1 HI
	Public	58.4	60	74.3 AK
	Private	71.9	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		81.6	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	83	82.9	96.9 DC
	Hispanic	70	75.2	93.3 UT
by household income	0-99% FPL	64.3	68.8	82.4 UT
	400% +	89.9	86	92.5 WA
by insurance status	None	71.9	72.4	89.3 UT
	Public	70.1	70.1	86.1 WY
	Private	86.5	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Nebraska.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	NE (%)	Nation (%)	Best state(%)	
Mother	32.1	32.9	42.9	VT
Father	44.8	44.9	57.6	HI

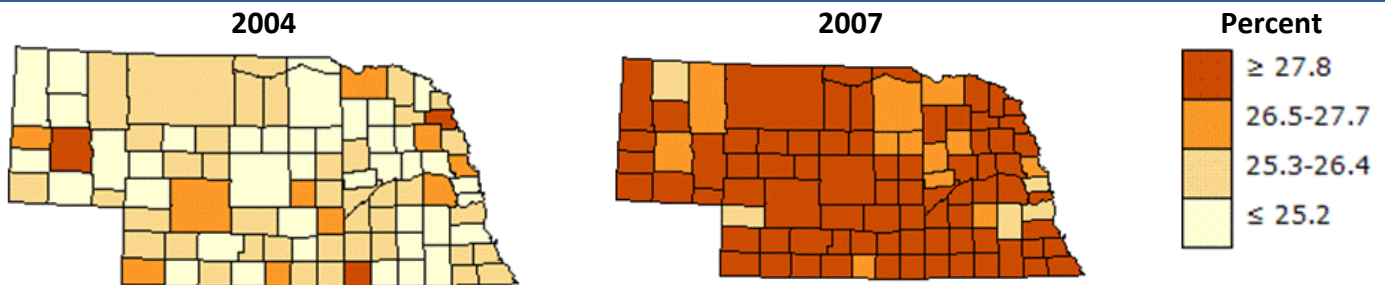
The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		NE (%)	Nation (%)	Best state(%)	
% of children living in supportive neighborhoods					
overall		87.9	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	92.5	88.8	94.7	UT
	Black non-Hispanic	72.2	71	85.9	AK
	Hispanic	70.6	76.1	90.6	VT
by household income	0-99% FPL	71.8	70.7	89.2	UT
	400% +	95.6	91.1	98	UT
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter					
overall		72.3	71.4	78	MA
by race/ ethnicity	White non-Hispanic	74.9	75.6	81.9	CT
	Black non-Hispanic	75	63	78.3	MA
	Hispanic	56	66.5	86.8	AL
by household income	0-99% FPL	56.9	57.4	72.9	CO
	400% +	81.2	83.2	90.5	FL
% of children living in neighborhoods with parks, recreation centers, and sidewalks					
overall		73.6	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	72.6	62.6	95.2	DC
	Black non-Hispanic	91.3	72.4	95.8	RI
	Hispanic	70.5	62.7	82.1	SD
by household income	0-99% FPL	69.4	57.6	88.2	MA
	400% +	76	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	NE (%)	Nation (%)	Best state(%)	
Positive social skills	94.8	93.6	97.1	MN
Usually or always engages in school	80.3	80.5	86	MA
Involved in at-least one after-school activity	87.6	80.7	90.5	MN
Family eats meals together every day	45.5	45.8	54.2	ID

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



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 NEBRASKA, MILLIONS OF DOLLARS

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
454	498	823	1,919

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"