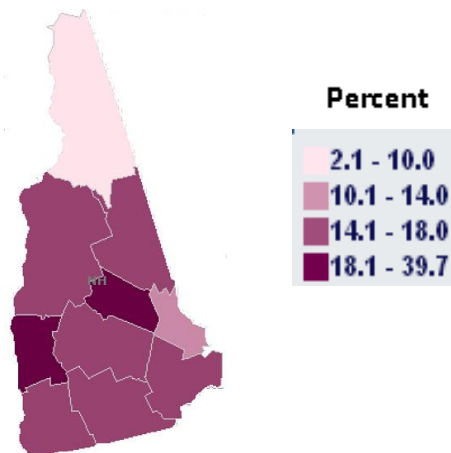


New Hampshire State Factsheet ⁱ

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

Key Points

- New Hampshire ranked 16th for protective factors against childhood obesity and 26th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 14 percent in 1998 to 16 percent in 2008.
- Among adults, the prevalence of obesity did not increase to 30 in any of 10 counties by 2007.
- 37 percent of adults in New Hampshire are overweight and 26 percent are obese.
- New Hampshire will spend over 1.7 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		NH (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		64.6	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	65.2	69	74.7 NC
by household income	0-99% FPL	71.6	53.8	78.6 MN
	400% +	66.3	70.9	77.6 AL
by insurance status	None	56	54.5	81.1 HI
	Public	68.4	60	74.3 AK
	Private	64.1	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		85.8	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	86.1	82.9	96.9 DC
	Hispanic	78.4	75.2	93.3 UT
by household income	0-99% FPL	71.7	68.8	82.4 UT
	400% +	92.2	86	92.5 WA
by insurance status	None	67.7	72.4	89.3 UT
	Public	77.9	70.1	86.1 WY
	Private	89.2	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/New%20Hampshire.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		NH (%)	Nation (%)	Best state(%)
Mother		34.2	32.9	42.9 VT
Father		41.2	44.9	57.6 HI

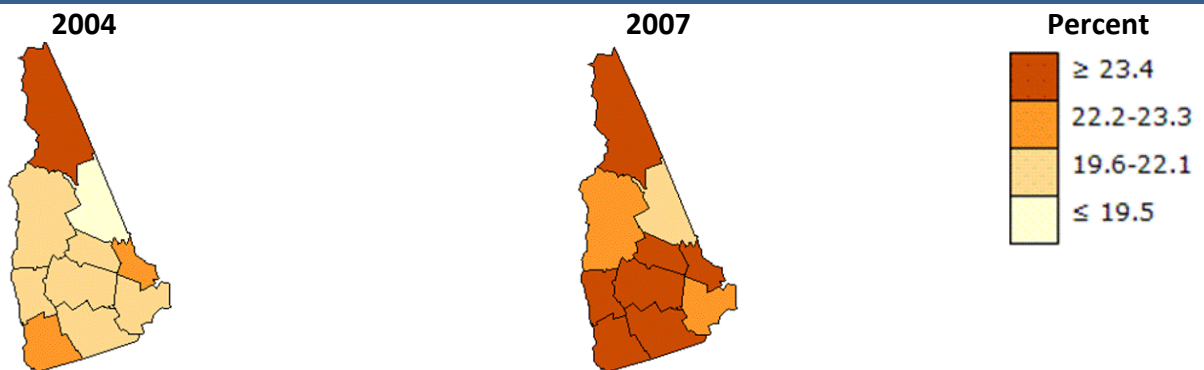
The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		NH (%)	Nation (%)	Best state(%)
% of children living in supportive neighborhoods				
overall		86.9	83.2	92.9 UT
by race/ ethnicity	White non-Hispanic	88.7	88.8	94.7 UT
	Hispanic	65	76.1	90.6 VT
by household income	0-99% FPL	78.3	70.7	89.2 UT
	400% +	92.2	91.1	98 UT
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter				
overall		76.1	71.4	78 MA
by race/ ethnicity	White non-Hispanic	76.8	75.6	81.9 CT
	Hispanic	72.5	66.5	86.8 AL
by household income	0-99% FPL	50.4	57.4	72.9 CO
	400% +	84.9	83.2	90.5 FL
% of children living in neighborhoods with parks, recreation centers, and sidewalks				
overall		58	65.1	87.4 UT
by race/ ethnicity	White non-Hispanic	58.5	62.6	95.2 DC
by household income	0-99% FPL	64.1	57.6	88.2 MA
	400% +	56.3	73.4	92.4 DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	NH (%)	Nation (%)	Best state(%)
Positive social skills	95.8	93.6	97.1 MN
Usually or always engages in school	82.1	80.5	86 MA
Involved in at-least one after-school activity	89.1	80.7	90.5 MN
Family eats meals together every day	40.5	45.8	54.2 ID

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



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 NEW HAMPSHIRE, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
302	325	629	1,709

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"