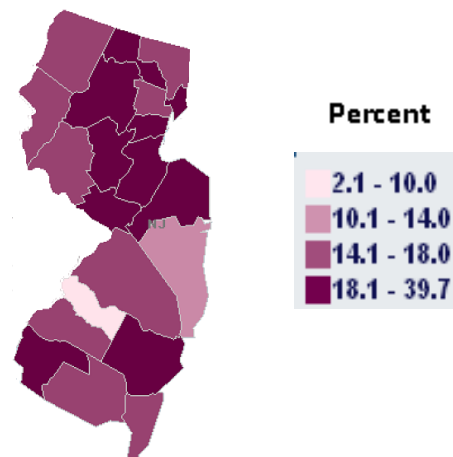


New Jersey State Factsheet ⁱ

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

Key Points

- New Jersey ranked 18th for protective factors against childhood obesity and 6th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 15 percent in 1998 to 18 percent in 2008.
- Among adults, the prevalence of obesity did not increase to 30 in any of 21 counties by 2007.
- 38 percent of adults in New Jersey are overweight and 24 percent are obese.
- New Jersey will spend over 9.2 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		NJ (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		64.1	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	68.7	69	74.7 NC
	Black non-Hispanic	62.9	61.6	73.1 NV
	Hispanic	48.6	51.8	72.2 MT
by household income	0-99% FPL	49.4	53.8	78.6 MN
	400% +	68.6	70.9	77.6 AL
by insurance status	None	52.1	54.5	81.1 HI
	Public	61.4	60	74.3 AK
	Private	66.1	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		80.1	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	85.9	82.9	96.9 DC
	Black non-Hispanic	61.5	61.6	70.3 NC
	Hispanic	79.8	75.2	93.3 UT
by household income	0-99% FPL	67.1	68.8	82.4 UT
	400% +	89.7	86	92.5 WA
by insurance status	None	77.6	72.4	89.3 UT
	Public	61.9	70.1	86.1 WY
	Private	85.5	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/New%20Jersey.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	NJ (%)	Nation (%)	Best state(%)	
Mother	29.7	32.9	42.9	VT
Father	38	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	NJ (%)	Nation (%)	Best state(%)	
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% of children living in supportive neighborhoods					
overall	81.8	83.2	92.9	UT	
by race/ ethnicity	White non-Hispanic	91.2	88.8	94.7	UT
	Black non-Hispanic	61.6	71	85.9	AK
	Hispanic	70.2	76.1	90.6	VT
by household income	0-99% FPL	63.2	70.7	89.2	UT
	400% +	90.6	91.1	98	UT

% of children living in neighborhoods with NO graffiti, dilapidated housing or litter				
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overall	74.8	71.4	78	MA	
by race/ ethnicity	White non-Hispanic	81.3	75.6	81.9	CT
	Black non-Hispanic	56.1	63	78.3	MA
	Hispanic	69.1	66.5	86.8	AL
by household income	0-99% FPL	58.4	57.4	72.9	CO
	400% +	85.7	83.2	90.5	FL

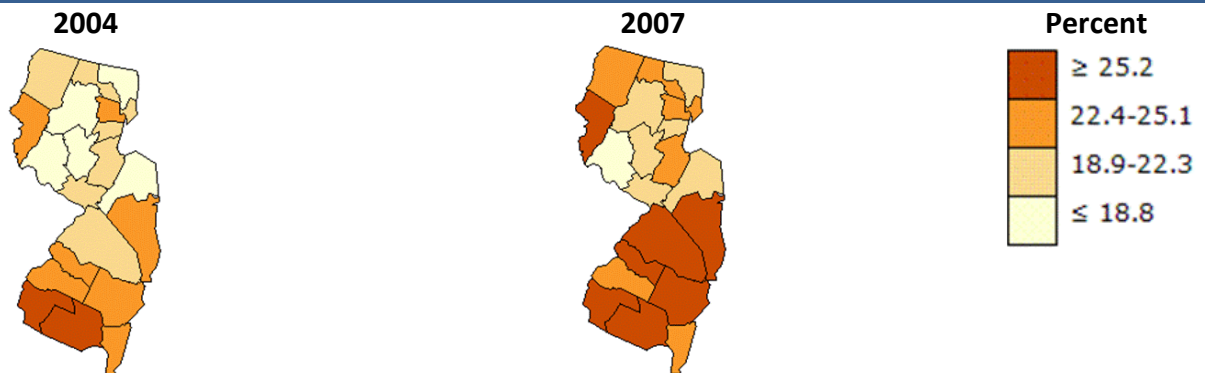
% of children living in neighborhoods with parks, recreation centers, and sidewalks				
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overall	78.9	65.1	87.4	UT	
by race/ ethnicity	White non-Hispanic	78.8	62.6	95.2	DC
	Black non-Hispanic	88.1	72.4	95.8	RI
	Hispanic	68.5	62.7	82.1	SD
by household income	0-99% FPL	71.8	57.6	88.2	MA
	400% +	82.9	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	NJ (%)	Nation (%)	Best state(%)	
Positive social skills	96.5	93.6	97.1	MN
Usually or always engages in school	82.6	80.5	86	MA
Involved in at-least one after-school activity	85.7	80.7	90.5	MN
Family eats meals together every day	41.8	45.8	54.2	ID

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



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 JERSEY, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
2,342	2,175	3,792	9,294

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"