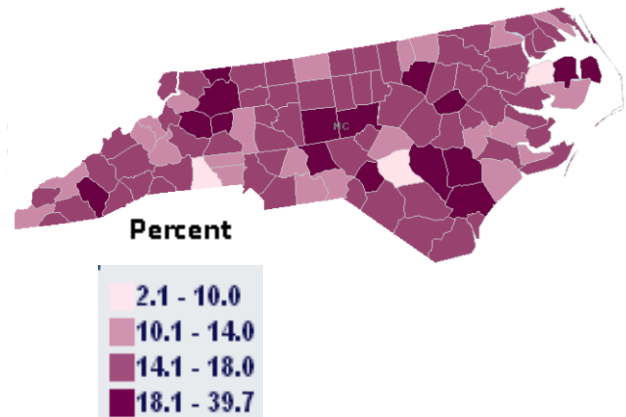


North Carolina State Factsheet ⁱ

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

Key Points

- North Carolina ranked 41st for protective factors against childhood obesity and 42nd for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 11 percent in 1998 to 16 percent in 2008.
- Among adults, the prevalence of obesity increased to 30 in 42 of 100 counties by 2007.
- 35 percent of adults in North Carolina are overweight and 30 percent are obese.
- North Carolina will spend over \$11 billion dollars annually by 2018 on health care costs attributable to obesity.



Source: 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		NC(%)	Nation (%)	Best state(%)	
% of children ages 6-17 who are physically active at least 4 days a week					
overall		69.6	64.3	72.8	VT
by race/ ethnicity	White non-Hispanic	74.7	69	74.7	NC
	Black non-Hispanic	64.2	61.6	73.1	NV
	Hispanic	45.9	51.8	72.2	MT
by household income	0-99% FPL	59.7	53.8	78.6	MN
	400% +	73.5	70.9	77.6	AL
by insurance status	None	63.8	54.5	81.1	HI
	Public	65.4	60	74.3	AK
	Private	73	67.6	75.2	VT
% of children ages 6-17 with 2 hours or less or no daily screen time					
overall		80.3	78.1	87.7	VT
by race/ ethnicity	White non-Hispanic	84.6	82.9	96.9	DC
	Black non-Hispanic	70.3	61.6	70.3	NC
	Hispanic	80.8	75.2	93.3	UT
by household income	0-99% FPL	68.9	68.8	82.4	UT
	400% +	87.9	86	92.5	WA
by insurance status	None	81.5	72.4	89.3	UT
	Public	72.1	70.1	86.1	WY
	Private	84.5	82.4	90.3	VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/North%20Carolina.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	NC(%)	Nation (%)	Best state(%)	
Mother	34.8	32.9	42.9	VT
Father	48.8	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

% of children living in supportive neighborhoods		NC(%)	Nation (%)	Best state(%)	
overall		83.6	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	88.7	88.8	94.7	UT
	Black non-Hispanic	70.2	71	85.9	AK
	Hispanic	81.1	76.1	90.6	VT
by household income	0-99% FPL	74.7	70.7	89.2	UT
	400% +	92.3	91.1	98	UT

% of children living in neighborhoods with NO graffiti, dilapidated housing or litter

overall		NC(%)	Nation (%)	Best state(%)	
overall		75.2	71.4	78	MA
by race/ ethnicity	White non-Hispanic	77.2	75.6	81.9	CT
	Black non-Hispanic	71.6	63	78.3	MA
	Hispanic	75.4	66.5	86.8	AL
by household income	0-99% FPL	64.4	57.4	72.9	CO
	400% +	87	83.2	90.5	FL

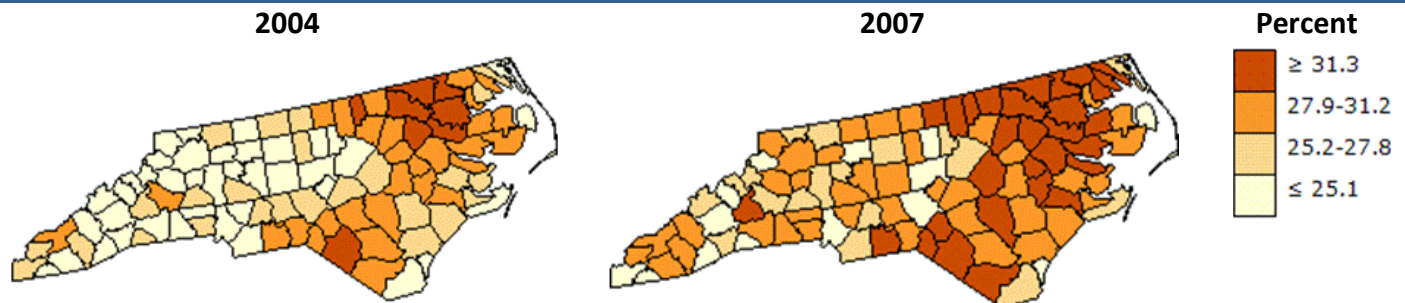
% of children living in neighborhoods with parks, recreation centers, and sidewalks

overall		NC(%)	Nation (%)	Best state(%)	
overall		44.3	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	42.8	62.6	95.2	DC
	Black non-Hispanic	46.4	72.4	95.8	RI
	Hispanic	41.6	62.7	82.1	SD
by household income	0-99% FPL	44.8	57.6	88.2	MA
	400% +	56.9	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	NC(%)	Nation (%)	Best state(%)	
Positive social skills	92.9	93.6	97.1	MN
Usually or always engages in school	78.9	80.5	86	MA
Involved in at-least one after-school activity	77.6	80.7	90.5	MN
Family eats meals together every day	47.2	45.8	54.2	ID

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



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 NORTH CAROLINA , MILLIONS OF DOLLARS

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
2,138	2,439	4,395	11,146

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"