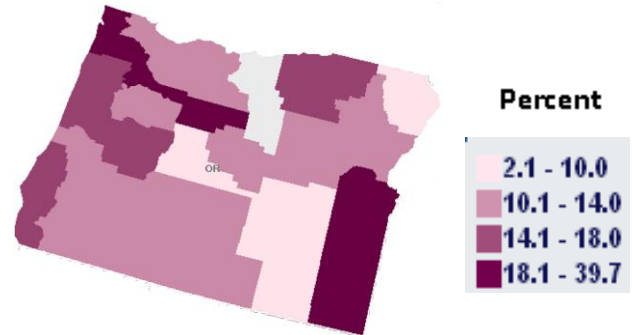


## Oregon State Factsheet <sup>i</sup>

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

### Key Points

- Oregon ranked 28<sup>th</sup> for protective factors against childhood obesity and 22<sup>nd</sup> for healthy neighborhood environments. <sup>iii</sup>
- Obesity among low-income, preschool-aged children rose from 12 percent in 1998 to 15 percent in 2008.
- Among adults, the prevalence of obesity increased to 32.9 in 5 of 36 counties by 2007.
- 37 percent of adults in Oregon are overweight and 24 percent are obese.
- Oregon will spend over 3.7 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		OR (%)	Nation (%)	Best state(%)
<b>% of children ages 6-17 who are physically active at least 4 days a week</b>				
<b>overall</b>		64.1	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	68.5	69	74.7 NC
	Hispanic	45	51.8	72.2 MT
by household income	0-99% FPL	53.3	53.8	78.6 MN
	400% +	67.1	70.9	77.6 AL
by insurance status	None	55.7	54.5	81.1 HI
	Public	62.7	60	74.3 AK
	Private	66.4	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>		80.9	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	83	82.9	96.9 DC
	Hispanic	74.1	75.2	93.3 UT
by household income	0-99% FPL	72.7	68.8	82.4 UT
	400% +	90.6	86	92.5 WA
by insurance status	None	76.3	72.4	89.3 UT
	Public	71	70.1	86.1 WY
	Private	84.2	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Oregon.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		OR (%)	Nation (%)	Best state(%)
Mother		37.9	32.9	42.9 VT
Father		47.6	44.9	57.6 HI

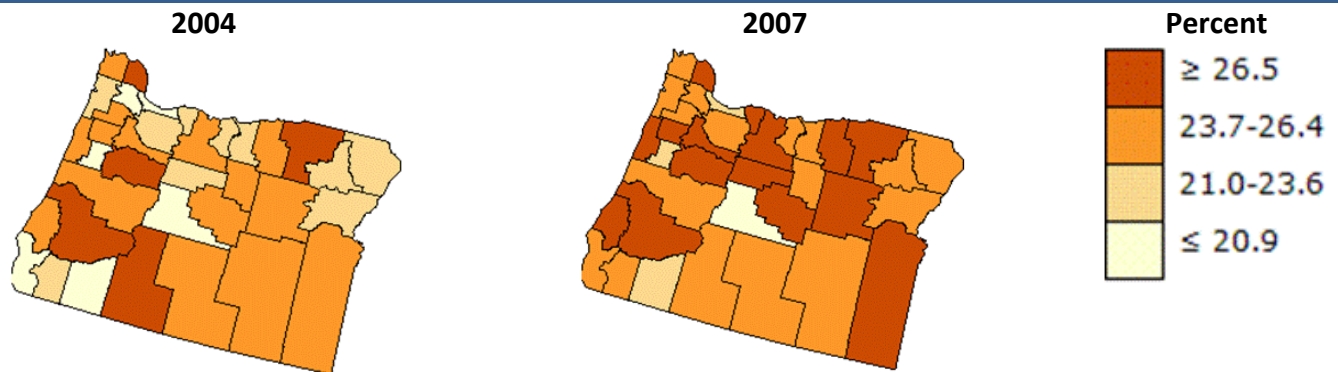
**The community in which a child lives influences their daily access to healthy food and physical activity**

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		OR (%)	Nation (%)	Best state(%)
<b>% of children living in supportive neighborhoods</b>				
<b>overall</b>		83.5	83.2	92.9 UT
by race/ ethnicity	White non-Hispanic	86	88.8	94.7 UT
	Hispanic	77.2	76.1	90.6 VT
by household income	0-99% FPL	72.6	70.7	89.2 UT
	400% +	92.1	91.1	98 UT
<b>% of children living in neighborhoods with NO graffiti, dilapidated housing or litter</b>				
<b>overall</b>		69.8	71.4	78 MA
by race/ ethnicity	White non-Hispanic	69.3	75.6	81.9 CT
	Hispanic	76.5	66.5	86.8 AL
by household income	0-99% FPL	67.7	57.4	72.9 CO
	400% +	79	83.2	90.5 FL
<b>% of children living in neighborhoods with parks, recreation centers, and sidewalks</b>				
<b>overall</b>		69.9	65.1	87.4 UT
by race/ ethnicity	White non-Hispanic	71.7	62.6	95.2 DC
	Hispanic	53.8	62.7	82.1 SD
by household income	0-99% FPL	60.8	57.6	88.2 MA
	400% +	75.3	73.4	92.4 DC

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

PROTECTIVE FACTORS	OR (%)	Nation (%)	Best state(%)
Positive social skills	93.5	93.6	97.1 MN
Usually or always engages in school	78.1	80.5	86 MA
Involved in at-least one after-school activity	83.6	80.7	90.5 MN
Family eats meals together every day	47.4	45.8	54.2 ID

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



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 OREGON, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
<b>781</b>	<b>863</b>	<b>1,527</b>	<b>3,777</b>

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"