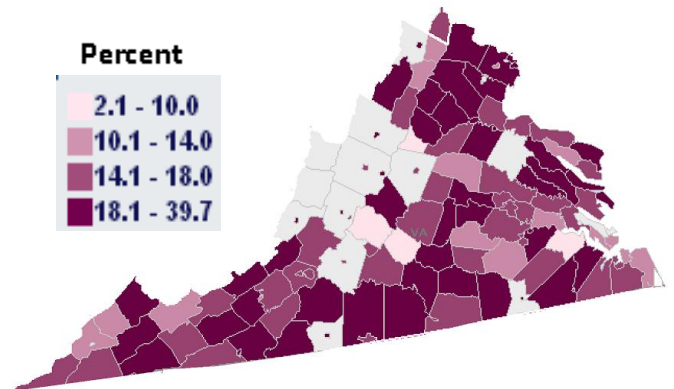


Virginia State Factsheet ⁱ

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

Key Points

- Virginia ranked 22nd for protective factors against childhood obesity and 21st for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children reached 19 percent in 2008. No data was available for 1998.
- Among adults, the prevalence of obesity increased to ≥30 in 30 of 134 counties by 2007.
- 35 percent of adults in Virginia are overweight and 26 percent are obese.
- Virginia will spend over 6.7 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		VA (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		64.5	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	68.3	69	74.7 NC
	Black non-Hispanic	57.7	61.6	73.1 NV
	Hispanic	62.2	51.8	72.2 MT
by household income	0-99% FPL	70	53.8	78.6 MN
	400% +	69.9	70.9	77.6 AL
by insurance status	None	60.7	54.5	81.1 HI
	Public	67.2	60	74.3 AK
	Private	64.4	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		78.8	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	85	82.9	96.9 DC
	Black non-Hispanic	61.4	61.6	70.3 NC
	Hispanic	83.4	75.2	93.3 UT
by household income	0-99% FPL	61.3	68.8	82.4 UT
	400% +	87.6	86	92.5 WA
by insurance status	None	65.8	72.4	89.3 UT
	Public	72.2	70.1	86.1 WY
	Private	81.9	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Virginia.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		VA (%)	Nation (%)	Best state(%)
Mother		31.4	32.9	42.9 VT
Father		45.4	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

		VA (%)	Nation (%)	Best state(%)
overall		85.3	83.2	92.9 UT
by race/ ethnicity	White non-Hispanic	89.7	88.8	94.7 UT
	Black non-Hispanic	73.6	71	85.9 AK
	Hispanic	84.9	76.1	90.6 VT
by household income	0-99% FPL	81	70.7	89.2 UT
	400% +	90.9	91.1	98 UT

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

		VA (%)	Nation (%)	Best state(%)
overall		77.7	71.4	78 MA
by race/ ethnicity	White non-Hispanic	78.3	75.6	81.9 CT
	Black non-Hispanic	75.9	63	78.3 MA
	Hispanic	73.2	66.5	86.8 AL
by household income	0-99% FPL	58.8	57.4	72.9 CO
	400% +	87	83.2	90.5 FL

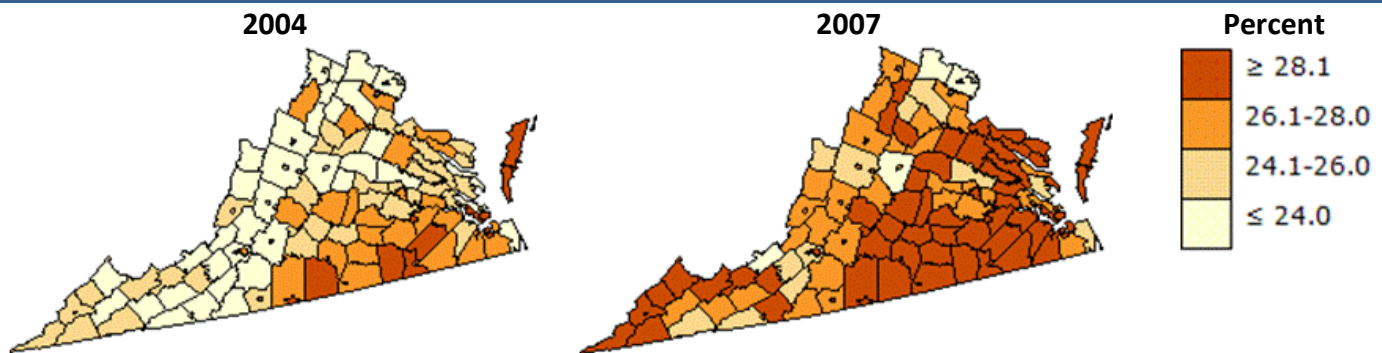
% of children living in neighborhoods with parks, recreation centers, and sidewalks

		VA (%)	Nation (%)	Best state(%)
overall		60.5	65.1	87.4 UT
by race/ ethnicity	White non-Hispanic	57.9	62.6	95.2 DC
	Black non-Hispanic	59.2	72.4	95.8 RI
	Hispanic	61.8	62.7	82.1 SD
by household income	0-99% FPL	50.5	57.6	88.2 MA
	400% +	68.8	73.4	92.4 DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	VA (%)	Nation (%)	Best state(%)
Positive social skills	94.9	93.6	97.1 MN
Usually or always engages in school	81.7	80.5	86 MA
Involved in at-least one after-school activity	83.7	80.7	90.5 MN
Family eats meals together every day	45.2	45.8	54.2 ID

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



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 VIRGINIA, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
1,641	1,871	3,006	6,789

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"