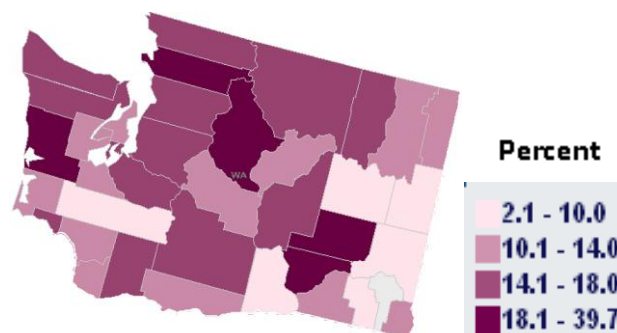


Washington State Factsheet ⁱ

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

Key Points

- Washington ranked 18th for protective factors against childhood obesity and 24th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 12 percent in 1998 to 14 percent in 2008.
- Among adults, the prevalence of obesity increased to ≥30 in 10 of 39 counties by 2007.
- 36 percent of adults in Washington are overweight and 27 percent are obese.
- Washington will spend over 7.2 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 greater impact on certain groups such as young children

POSITIVE BEHAVIORS BY RACE, INCOME, INSURANCE		WA (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		69.2	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	72.8	69	74.7 NC
	Hispanic	41	51.8	72.2 MT
by household income	0-99% FPL	52.9	53.8	78.6 MN
	400% +	73.8	70.9	77.6 AL
by insurance status	None	62.2	54.5	81.1 HI
	Public	63.1	60	74.3 AK
	Private	72.8	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		84.3	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	85.4	82.9	96.9 DC
	Hispanic	79.5	75.2	93.3 UT
by household income	0-99% FPL	77.8	68.8	82.4 UT
	400% +	92.5	86	92.5 WA
by insurance status	None	82.3	72.4	89.3 UT
	Public	76.3	70.1	86.1 WY
	Private	87.7	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Washington.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	WA (%)	Nation (%)	Best state(%)	
Mother	34.6	32.9	42.9	VT
Father	48.3	44.9	57.6	HI

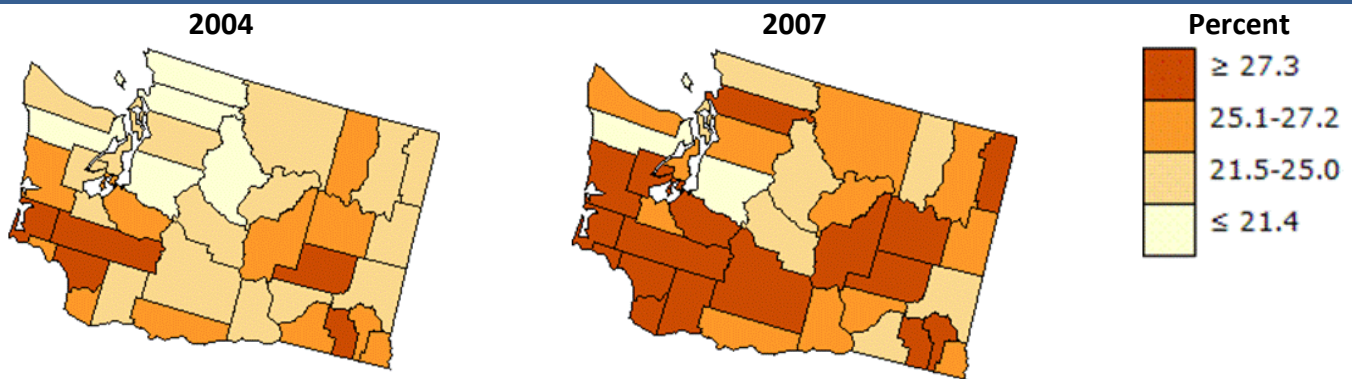
The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		WA (%)	Nation (%)	Best state(%)	
% of children living in supportive neighborhoods					
overall		83.7	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	87.6	88.8	94.7	UT
	Hispanic	77.6	76.1	90.6	VT
by household income	0-99% FPL	68.6	70.7	89.2	UT
	400% +	91.1	91.1	98	UT
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter					
overall		67.7	71.4	78	MA
by race/ ethnicity	White non-Hispanic	68.5	75.6	81.9	CT
	Hispanic	70	66.5	86.8	AL
by household income	0-99% FPL	55	57.4	72.9	CO
	400% +	78.3	83.2	90.5	FL
% of children living in neighborhoods with parks, recreation centers, and sidewalks					
overall		69.8	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	69.5	62.6	95.2	DC
	Hispanic	60.1	62.7	82.1	SD
by household income	0-99% FPL	63.9	57.6	88.2	MA
	400% +	77.6	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	WA (%)	Nation (%)	Best state(%)	
Positive social skills	94.5	93.6	97.1	MN
Usually or always engages in school	80.2	80.5	86	MA
Involved in at-least one after-school activity	82.5	80.7	90.5	MN
Family eats meals together every day	49.4	45.8	54.2	ID

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



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 WASHINGTON, MILLIONS OF DOLLARS

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
1,330	1,591	2,853	7,230

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"