



F as in Fat 2009: Childhood Obesity Fact Sheet

- Rates of obesity among children ages two to 19 have more than tripled since 1980. Now more than one-third of children ages 10 to 17 are obese (16.4 percent) or overweight (18.2 percent).
- The percentage of obese and overweight children (ages 10 to 17) is at or above 30 percent in 30 states. Mississippi had the highest rate of obese and overweight children at 44.4 percent. Minnesota and Utah had the lowest rate at 23.1 percent.
- Eight of the 10 states with the highest rates of obese and overweight children are in the South, as are nine of the 10 states with the highest rates of poverty.
- The percent of children engaging in daily, vigorous, physical activity ranged from a low of 17.6 percent in Utah to a high of 38.5 percent in North Carolina.
- Approximately 176,500 individuals under the age of 20 have diabetes, and two million adolescents aged 12-19 have pre-diabetes.
- Approximately 60 percent of obese children aged five to 10 years had at least one cardiovascular disease (CVD) risk factor -- such as elevated total cholesterol, triglycerides, insulin, or blood pressure -- and 25 percent had two or more CVD risk factors.
- A survey of low-income children ages two to five called the Pediatric Nutrition Surveillance Survey (PedNSS) found that 14.9 percent of these children are obese, compared with 12.4 percent for U.S. children of a similar age.
- A study found that children and youth living in neighborhoods with more green space, such as parks, playing fields, trails, and school yards, were less likely to be overweight than their counterparts in less-green neighborhoods.¹
- NEW EVIDENCE SUGGESTS THAT CHILDREN ACTUALLY GAIN WEIGHT TWO TO THREE TIMES FASTER DURING THE SUMMER MONTHS, WHEN COMPARED TO THEIR WEIGHT GAIN DURING THE SCHOOL YEAR.¹¹
- Researchers calculated that a ban on fast-food advertising during children's television programming could reduce by 18 percent the number of overweight children ages three

to 11 and could reduce by 14 percent the number of overweight children ages 12 to 18.ⁱⁱⁱ

ⁱ Bell, J.F., J.S. Wilson, and G.C. Liu. "Neighborhood Greenness and 2-Year Changes in Body Mass Index of Children and Youth." *American Journal of Preventive Medicine* 35, no. 6 (2008): 547-553.

ⁱⁱ Trust for America's Health, *F as in Fat 2008*, p. 44-47

ⁱⁱⁱ Chou, S.Y., I. Rashad, and M. Grossman. "Fast-Food Restaurant Advertising on Television and Its Influence on Childhood Obesity." *Journal of Law and Economics* 51 (November 2008): 599-618.