

# Childhood Obesity in Hamilton County



### Why Should I Care About Obesity?

#### ...as an American

### Childhood Obesity Has Severe Effects On Health And Well-Being

Obese children and adolescents are more likely to have numerous diseases and/or risk factors associated with cardiovascular disease (such as high blood pressure, high cholesterol, and Type 2 diabetes) than are other children and adolescents throughout their lifetime.<sup>1</sup>

# Obese Children Have A High Risk of Becoming Obese Adults

Being obese during childhood and adolescence increases the likelihood of being an overweight adult. In one study, 80% of children who were obese at ages 10-15 years were obese adults at age 25 years. Adult obesity is estimated to cost as much as \$147 billion annually.<sup>2</sup>

#### ...as an Ohioan

### The Prevalence of Obesity is Increasing

Overweight and obesity has increased among both adults and children in Ohio in the last decade. Today, over 500,000 children and 5.5 million adults in Ohio are overweight or obese.

### Compared to Healthy Children, Obese Children In Ohio Are

- Almost 5-fold more likely to have diabetes
- **2-fold** more likely to have poor health status
- Almost 2-fold more likely to have asthma
- And almost 2-fold more likely to have poor mental health.<sup>3</sup>

#### ...as a Cincinnatian

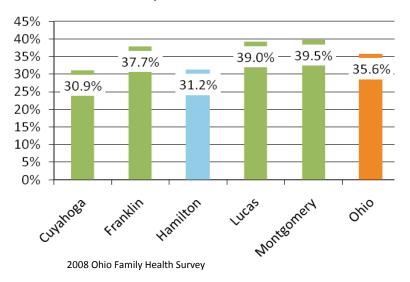
# The Prevalence Of Overweight And Obesity In Ohio Varies By County.

 Hamilton County's overall rate of overweight and obesity is lower than many other counties and the state of Ohio.

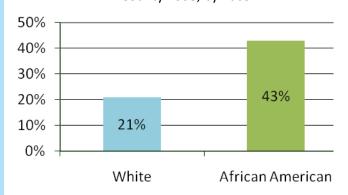
#### Obesity is Also Affecting Younger Children

 28.1% of children ages 2-5 years of age were overweight or obese in Hamilton County.

# Overweight and Obese Children Ages 10-17, Hamilton County 2008; by Selected Counties



# Overweight and Obese Children Ages 10-17, Hamilton County 2008; by Race



2008 Ohio Family Health Survey

# Income Level Affects a Child's Risk of Becoming Overweight or Obese.

- Children below 200% of the Federal Poverty Level (FPL) were significantly more likely to be overweight or obese in Hamilton County.
- **11,971** children (36.4%) of the children living below 200% FPL were overweight or obese in 2008.
- 9,742 children (22.3%) of children living above 200% FPL were overweight or obese in 2008.

#### Significant Disparities Exist Between Races

- African American children in Hamilton County were two times more likely than white children to be overweight or obese.
- 10,027 white children (21%) vs. 10,294 African American children (43%) were found to be overweight or obese in 2008.

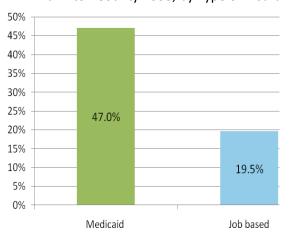
### Overweight and Obese Children Ages 10-17, Hamilton County 2008; by Federal Poverty Level



**200% FPL for a family of four is \$44,100 per year** 2008 Ohio Family Health Survey

#### More Children Covered by Medicaid Are Overweight or Obese

Overweight and Obese Children Ages 10-17, Hamilton County 2008; by Type of Insurance



2008 Ohio Family Health Survey

For more information on childhood obesity please contact The Child Policy Research Center

The Child Policy Research Center (CPRC) serves as an important liaison between policymakers and researchers. The CPRC provides data analysis and interpretation to community leaders and policy makers at the local, state, and national levels interested in the physical, emotional and social well-being of children and the performance of the health care system.

Contact The Center Email: cprc@cchmc.org Phone: (513) 636-0180 www.cchmc.org/cprc

<sup>1</sup> Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). Division of Nutrition Physical Activity and Obesity. National Center for Chronic Disease Prevention and Health Promotion. Atlanta, GA. 2007.

<sup>2</sup> Finkelstein E et al, Annual Medical Spending Attributable To Obesity: Payer-And Service-Specific Estimates. Health Affairs, 2009:W822-31

<sup>3</sup> Cuttler L, Singer M, Simpson L, Gallan A, Nevar A, Silvers J. Obesity in Children and Families Across Ohio, 2009.

<sup>4 2008</sup> Pediatric Nutrition Surveillance, The Centers for Disease Control And Prevention