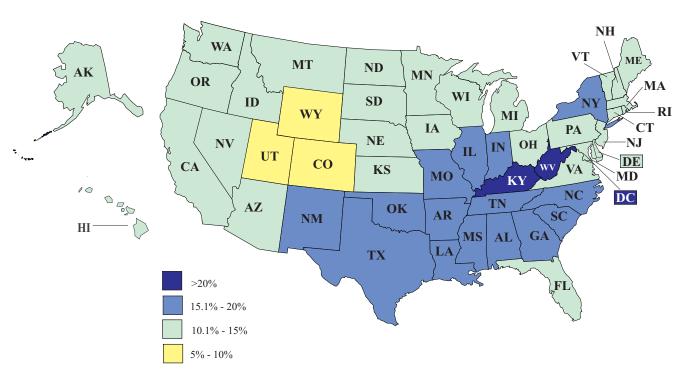
Percentage of Children Who Are Obese*



^{*}Obesity is defined as body mass index (BMI) at or above the 95th percentile of the 2000 Centers for Disease Control and Prevention BMI-for-age growth charts. BMI is calculated as weight in kilograms divided by the square of height in meters.

Source: The National Survey of Children's Health, Overweight and Physical Activity Among Children: A Portrait of States and the Nation 2005; HRSA, Health, United States, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Health Statistics, 2007.

National Conference of State Legislatures 7700 East First Place, Denver, CO 80230

For information: Amy Winterfeld

Phone: (303) 364-7700 Fax: (303) 364-7800

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Childhood Obesity

- Approximately 13 million U.S. children and adolescents are obese, with a body mass index at or above the 95th percentile.
- Obesity is a major risk factor for many serious health conditions, including type 2 diabetes, stroke, heart disease, high blood pressure and certain cancers.
- During the past 40 years, obesity rates for children age 6 to 11 nearly tripled—from 5% to 14%—and more than tripled for adolescents age 12 to 19—from 5% to 17.1%.
- Obese adolescents have an 80% chance of becoming obese adults.
- An estimated 61% of obese young people already have at least one additional health risk factor such as high blood pressure or high cholesterol.
- Childhood obesity health expenses are estimated at \$14 billion annually.
- Good nutrition and physical activity can help prevent obesity, but
 opportunities for healthy choices may be limited. Wealthy communities have
 three times as many supermarkets as poor areas, increasing their access to
 fruits, vegetables, and a wider selection of healthy foods. Poorer areas also
 often have less access to places to be physically active.
- Almost 30% of U.S. children do not exercise three or more times a week.
- More than 75% of high school students do not eat the recommended servings of fruits and vegetables each day.

Sources: Ogden, et al. JAMA, 295 (13): 1549-1555 and JAMA, 288 (14): 1728-1732. CDC, Morbidity and Mortality Weekly Report 54, no.8: 203. Pediatrics 103, no.6: 1175-1172. CDC, Preventing Obesity and Chronic Diseases through Good Nutrition and Physical Activity. Interagency Forum on Child and Family Statistics America's Children; Key National Indicators of Well-Being, 2007.