

Georgia Data Summary: OVERWEIGHT IN CHILDREN

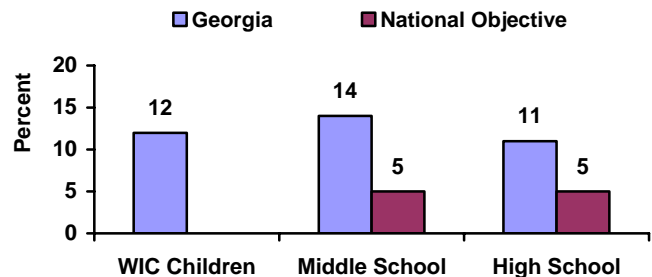


Overweight children and youth are a major health concern in Georgia.

Percentages of overweight children and youth in Georgia

- 10,000 (12%) children ages 2-4 in the Women, Infant, and Children (WIC) program are overweight.
- 51,000 (14%) middle school students are overweight.
- 46,000 (11%) high school students are overweight.
- The percent of overweight middle and high school students in Georgia is over two times higher than the national objective for 2010.

Percent of overweight children and youth in Georgia compared to Healthy People 2010 Objective for the United States



Poor diet and physical inactivity are reasons for the rise in overweight children.

- Only 2 in 3 middle and high school students are vigorously active.
- 5 in 10 middle school and 4 in 10 high school students watch 3 or more hours of TV on a school day.
- Only 1 in 5 high school students eats the recommended 5 or more servings of fruits and vegetables daily.

School environments and policies shape health behavior in children.

- Only 3 in 10 middle and high school students in Georgia attend daily physical education classes.
- Few middle (5%) and high schools (10%) in Georgia have a policy to offer fruits and vegetables at school settings.
- Unhealthy foods such as chocolate candy, high-fat salty snacks and soft drinks are readily available in most middle and high schools' vending machines.

Overweight children are at increased risk for other medical conditions.

- Overweight children are at increased risk for:
 - Hypertension
 - Asthma
 - Sleep apnea
 - Diabetes
 - Decreased well being (low self-esteem)

Overweight children are more likely to become obese adults and contribute to rising health care costs associated with obesity.

Definition of overweight children and youth: BMI-for-age $\geq 95^{\text{th}}$ percentile

For more information about obesity in Georgia, please contact: Georgia Department of Human Resources,
Division of Public Health, 2 Peachtree St. NW, Atlanta, GA 30303 or
<http://health.state.ga.us/pdfs/familyhealth/nutrition/Obesityrep.DPH05.023HW.pdf>