

Chronic Disease Risk Factors

Childhood Obesity

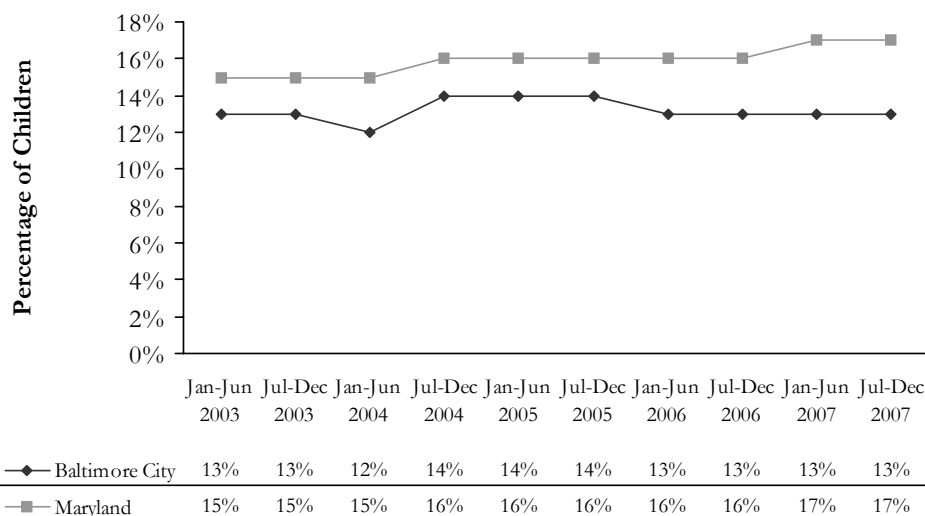
Childhood Obesity: Children and youth (2-18 years) in the ≥ 95 th percentile for body mass index, by age and sex, based on reference data

Importance: Children who are obese are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem. Obese young people are more likely than children of normal weight to become overweight or obese adults.

National statistic: In 2006, 17% (children aged 6 to 11 years); 17.6% (adolescents aged 12 to 19 years)

Healthy People 2010 goal: 5% (children and adolescents 6 to 19 years)

Percentage of Children Age 2-5 years Enrolled in the WIC Program who were Obese, Baltimore City and Maryland, 2003-2006

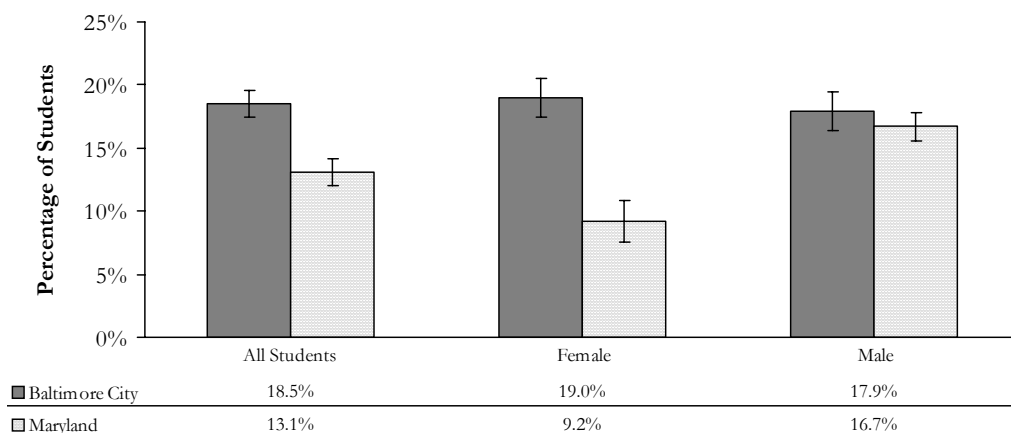


- Since 2003, obesity prevalence among 2-5 year olds enrolled in the Women, Infants, and Children (WIC) program has stayed relatively steady in Baltimore, while increasing slightly statewide.
- Over this time period, WIC 2-5 year olds in Baltimore were, on average, 17% less likely to be overweight compared to children enrolled in the program statewide.

Source: Maryland Women Infants and Children (WIC) Program

- According to the 2007 Youth Risk Behavioral Surveillance System (a school-based survey of high school students) Baltimore high school students were 40% more likely to be obese than high school students statewide. The difference was largely due to female students: females in Baltimore were more than twice as likely to be obese than their Maryland counterparts, while males had similar obesity rates.

Percentage of High School Students Classified as Obese (and 95% CI) According to Body Mass Index (BMI), Baltimore City and Maryland, 2007



Source: Centers for Disease Control. 2007 Youth Risk Behavior Survey. Available at <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>. Accessed September, 2008. BMI was calculated using reported height and weight. See technical notes for a description of the YRBSS data and methodology (error bars represent a 95% confidence interval for the estimate).