

Health-Related Behaviors - 6

Overweight and Obesity - Children

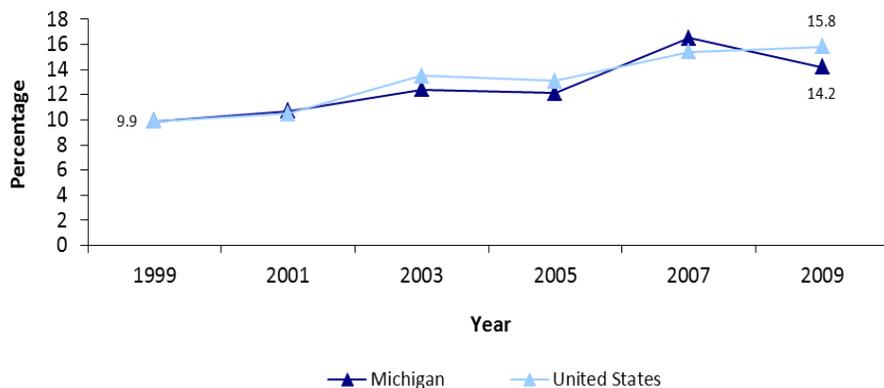
MICHIGAN 2011
CRITICAL
HEALTH
INDICATORS

Indicator Definition: Percentage of children who are overweight or obese based on body mass index.

Indicator Overview:

- The prevalence of obese children has more than tripled over the past 30 years.
- Adolescence is a particularly significant timeframe for weight maintenance, as some studies suggest that as many as 80 percent of individuals who are overweight during adolescence become obese adults.
- Overweight and obesity are associated with a number of potentially serious health conditions in children, such as depression, type 2 diabetes, and sleep apnea.

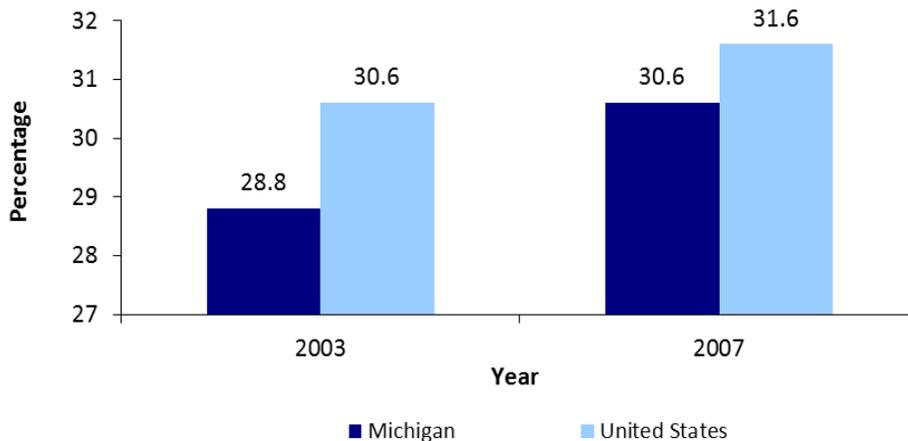
Prevalence of Overweight Among Children Grades 9-12, Michigan and the United States, 1999-2009



← **Trends:** The prevalence of self-reported overweight status among adolescents has been increasing in Michigan and the United States over the past decade. The percentage of overweight adolescents in Michigan has remained fairly steady with the percentage of adolescents in the United States, climbing above the national average in 2007 and dropping below the national average in 2009.

→ **Trends:** The rate of overweight or obese children in Michigan has risen almost two percentage points in four years, though it should be noted that the CDC’s definition of overweight versus obese also changed in this timeframe.* The percentage of overweight or obese children in the United States also slightly increased. Michigan’s rate is only somewhat lower than the national rate of overweight or obese children. Data for 2011 will be collected until March 2012.

Prevalence of Overweight or Obesity Among Children Ages 10-17, Michigan and the United States, 2003 & 2007



Links to Other Sources of Information:

Youth Risk Behavior Surveillance System, CDC: <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>
 *National Survey of Children’s Health, CDC: <http://www.cdc.gov/nchs/slait/nsch.htm>

Links to Related Public Health Programs:

MDCH: Nutrition, Physical Activity and Obesity Prevention: <http://www.michigan.gov/preventobesity>
 CDC: Overweight & Obesity: <http://www.cdc.gov/obesity/index.html>