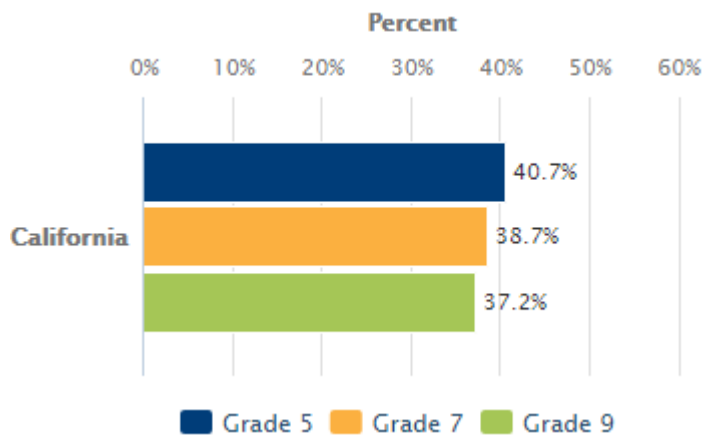


Childhood Overweight and Obesity in California

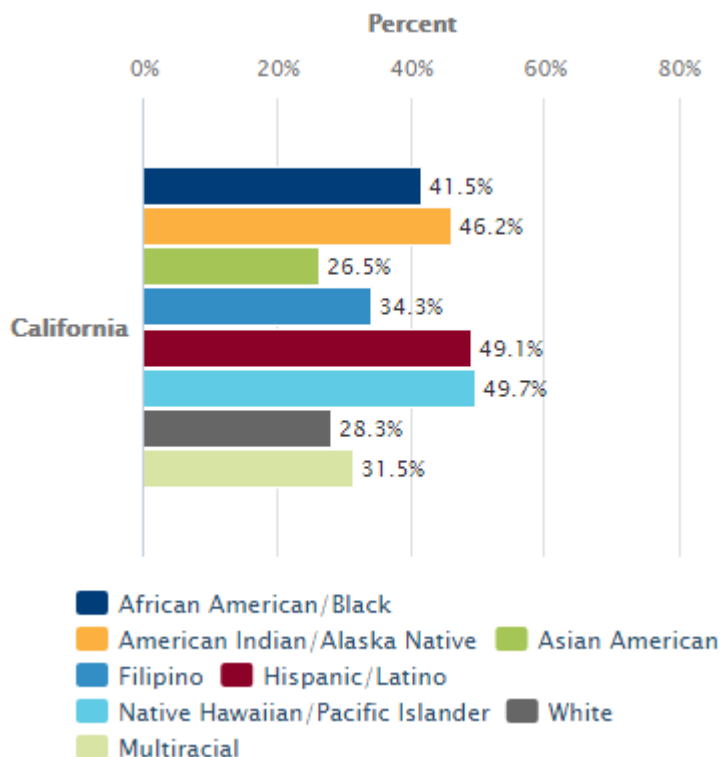
Students Who Are Overweight or Obese, by Grade Level: 2017



Definition: Percentage of public school students in grades 5, 7, and 9 with body composition falling above the "Healthy Fitness Zone" of the FitnessGram assessment, by grade level (e.g., in 2017, 40.7% of California 5th graders were overweight or obese).

Data Source: California Dept. of Education, [Physical Fitness Testing Research Files](#) (Jan. 2018).

5th Graders Who Are Overweight or Obese, by Race/Ethnicity: 2017



Definition: Percentage of public school students in grades 5, 7, and 9 with body composition falling above the "Healthy Fitness Zone" of the FitnessGram assessment, by race/ethnicity and grade level (e.g., in 2017, 49.1% of Hispanic/Latino 5th graders in California were overweight or obese).

What It Is

On kidsdata.org, indicators of overweight and obesity include the percentage of public school students in grades 5, 7, and 9 scoring above the "Healthy Fitness Zone" on the body composition area of California's physical fitness test, the FitnessGram assessment. These data are available by [grade level](#), [gender](#), and [race/ethnicity](#).

Why This Topic Is Important

One-third of U.S. children ages 2-19 are overweight or obese, according to a 2013-2014 survey from the Centers for Disease Control and Prevention (CDC) (1). (A Body Mass Index (BMI) at or above the 95th percentile on CDC growth charts is considered obese; overweight refers to BMI between the 85th and 95th percentiles.) The childhood obesity rate has more than tripled over the past four decades, though rates have leveled off in recent years. While some progress has been made, data show that significant racial/ethnic and socioeconomic disparities persist in obesity prevalence.

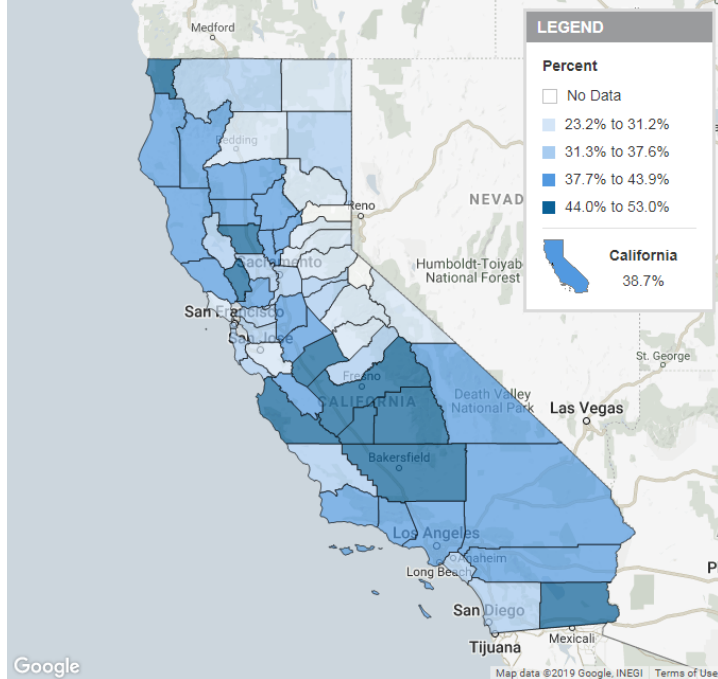
Children who are overweight or obese are at higher risk for a range of health problems, including asthma, heart disease, stroke, and some types of cancer; they also are more likely to stay overweight or obese as adults. Some obese children are diagnosed with illnesses previously considered "adult" conditions, such as high blood pressure and type 2 diabetes. In addition, children with obesity are at increased risk for joint and bone problems, sleep apnea, and social and emotional difficulties, such as stigmatization and low self-esteem. Obesity's impact also extends beyond the individual. U.S. medical care costs related to adult obesity are estimated between \$147 billion and 210 billion annually; in California, a 5% reduction in average adult BMI could save more than \$80 billion in obesity-related health care costs by 2030.

Many factors contribute to childhood obesity/overweight. The rise has been attributed to changes in food environments that make non-nutritious "junk" food and beverages more available, affordable, and appealing, as well as social and environmental changes that have reduced physical activity among children—e.g., increased sedentary screen time, less physical education, neighborhoods that do not promote walking or riding bikes, and decreased safe places for children to play.

How Children Are Faring

Data Source: California Dept. of Education, [Physical Fitness Testing Research Files](#) (Jan. 2018).

7th Graders Who Are Overweight or Obese: 2017; Showing Counties



In 2017, 41% of 5th graders, 39% of 7th graders, and 37% of 9th graders in California were overweight or obese. These figures are similar to previous years. Statewide, the percentage of boys who were overweight or obese in 2017 was higher than the percentage for girls in each grade level.

Among racial/ethnic groups and across local areas there is wide variation in the percentage of students who are overweight or obese. For example, the percentage of 5th graders who were overweight or obese ranged from 11% to 49% among counties with data in 2017, and from 3% to 73% across school districts. Statewide, about half of all Native Hawaiian/Pacific Islander and Hispanic/Latino 5th graders were overweight or obese in 2017, compared with less than 30% of their Asian American and white peers.

View references for this text and additional research on this topic:
<https://www.kidsdata.org/topic/61/weight/summary>

Definition: Percentage of public school students in grades 5, 7, and 9 with body composition falling above the "Healthy Fitness Zone" of the FitnessGram assessment, by grade level (e.g., in 2017, 40.7% of California 5th graders were overweight or obese).

Data Source: California Dept. of Education, [Physical Fitness Testing Research Files](#) (Jan. 2018).

Students Who Are Overweight or Obese, by Gender and Grade Level: 2017

California	Percent		
Gender	Grade 5	Grade 7	Grade 9
Female	37.5%	36.9%	36.2%
Male	43.8%	40.4%	38.2%

Definition: Percentage of public school students in grades 5, 7, and 9 with body composition falling above the "Healthy Fitness Zone" of the FitnessGram assessment, by gender and grade level (e.g., in 2017, 37.5% of female 5th graders in California were overweight or obese).

Data Source: California Dept. of Education, [Physical Fitness Testing Research Files](#) (Jan. 2018).



More Data: www.kidsdata.org

Sign Up for Data Updates: www.kidsdata.org/signup

This PDF Was Generated On: 3/26/2019