Children who are overweight or obese are at higher risk for a range of health problems, including asthma, high blood pressure, high cholesterol, and type 2 diabetes; they also are more likely to become obese as adults. In addition, childhood obesity is linked to social and emotional difficulties, such as anxiety, depression, stigmatization, bullying, and low self-esteem. Obesity's impact also extends beyond the individual. U.S. medical care costs related to adult obesity have been estimated at about $190 billion annually; in California, estimates indicate that a 5% reduction in average adult BMI could save more than $80 billion in obesity-related health costs by 2030.

Many factors contribute to childhood obesity and 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.

In 2019, 41% of 5th graders, 40% of 7th graders, and 38% of 9th graders in California had a body mass index or body fat percentage higher than state standards for body composition, figures that have remained relatively stable since 2014. In each grade level, the percentage of boys statewide who are overweight or obese is consistently higher than the percentage of girls.

The share of students who are overweight or...
5th Graders Who Are Overweight or Obese, by Race/Ethnicity: 2019

![Bar chart showing percentage of 5th graders who are overweight or obese by race/ethnicity.]

**Definition:** Percentage of public school students in grades 5, 7, and 9 with body composition above the "Healthy Fitness Zone" of the FitnessGram assessment, by race/ethnicity and grade level (e.g., in 2019, 49.7% of Hispanic/Latino 5th graders in California were overweight or obese).

**Data Source:** California Dept. of Education, Physical Fitness Testing Research Files (Jan. 2020).

Students Who Are Overweight or Obese, by Gender and Grade Level: 2019

<table>
<thead>
<tr>
<th>Gender</th>
<th>Grade 5</th>
<th>Grade 7</th>
<th>Grade 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>37.3%</td>
<td>37.7%</td>
<td>36.3%</td>
</tr>
<tr>
<td>Male</td>
<td>45.0%</td>
<td>42.1%</td>
<td>39.2%</td>
</tr>
</tbody>
</table>

**Definition:** Percentage of public school students in grades 5, 7, and 9 with body composition above the "Healthy Fitness Zone" of the FitnessGram assessment, by gender and grade level (e.g., in 2019, 37.3% of female 5th graders in California were overweight or obese).

**Data Source:** California Dept. of Education, Physical Fitness Testing Research Files (Jan. 2020).

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