

## STATISTICS FACT SHEET

### San Diego County Overview

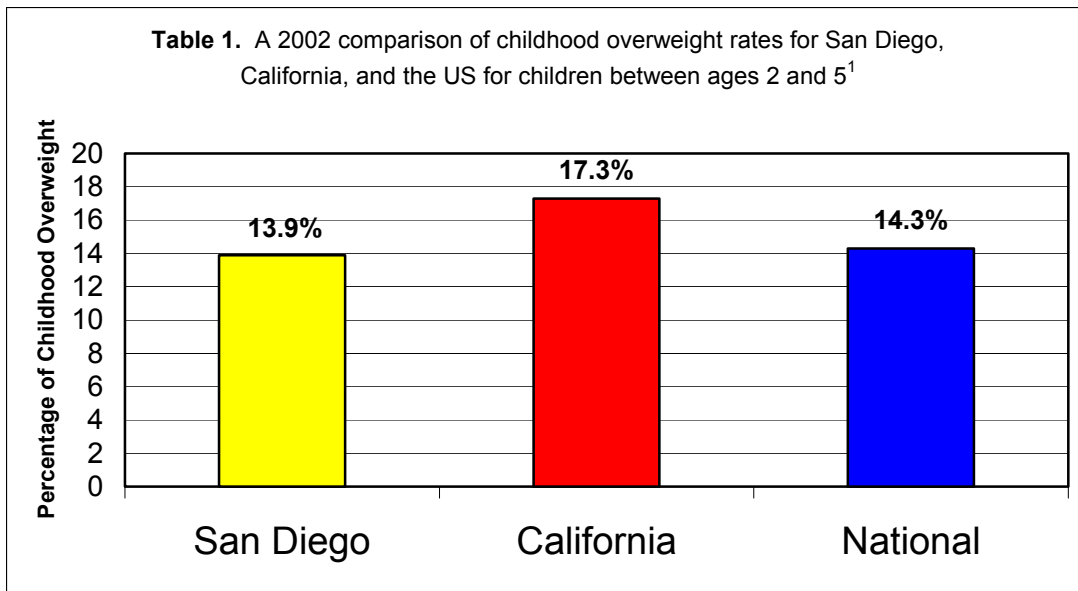
- In the year 2002:
  - 13.9% of children between ages 2 and 5 were overweight (see Table 1).<sup>1</sup>
  - 20.4% of children 5 years to < 20 years were overweight (see Table 2).<sup>1</sup>

### California Overview

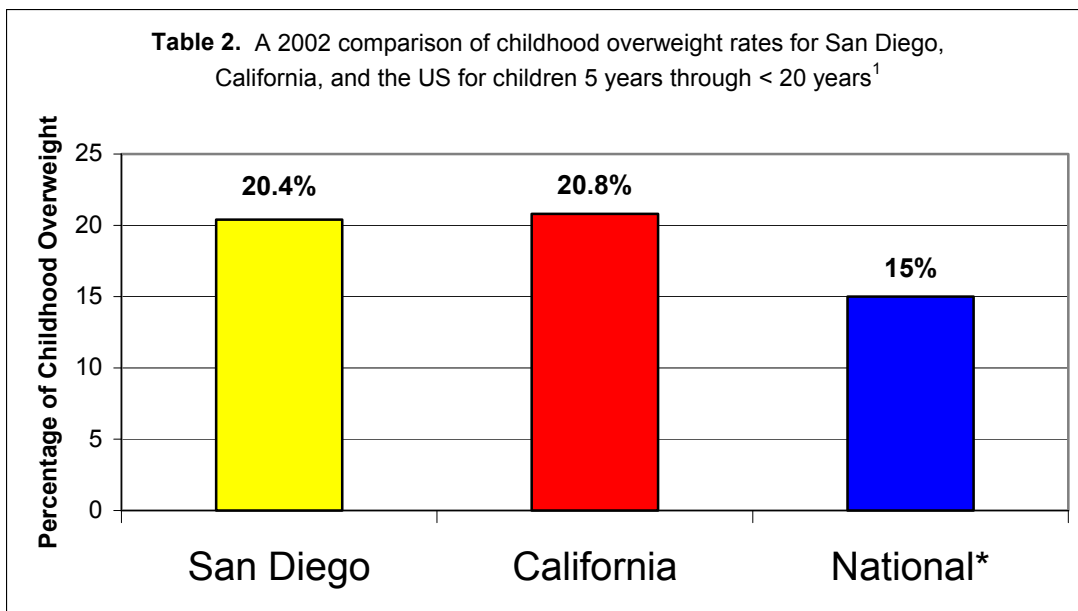
- In the year 2002:
  - 17.3% of children between ages 2 and 5 were overweight, an increase of 28% from 1992 (13.5%) (Table 1).<sup>1</sup>
  - 20.8% of children 5 years to < 20 years were overweight, an increase of 55% from 1992 (12.9%) (Table 2).<sup>1</sup>

### National Overview

- From 1999-2000:
  - 14.3% of children ages 2 through 5 were overweight (see Table 1).<sup>1</sup>
  - 15.0% of children ages 6 through 19 years were overweight (see Table 2).<sup>2</sup>



San Diego, California, and National rates available from PedNSS 2002.<sup>1</sup>



San Diego and California rates available from PedNSS.<sup>1</sup> \* National rates available from NHANES 1999-2000 for children 6 through 19 years.<sup>2</sup>

## San Diego County – Who is Affected?

- In a 2001 California Department of Education study of 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> graders, many San Diego County children were found to be overweight and unfit. By Assembly District, these results were<sup>3</sup>:

<b>Assembly District</b>	<b>% Overweight</b>	<b>% Unfit</b>
<a href="#">Assembly District 74</a> <i>Representative: Mark Wyland</i> (Part of San Diego County, including Carlsbad, Encinitas, San Marcos, Vista, and part of Escondido)	22.4 %	28.8%
<a href="#">Assembly District 75</a> <i>Representative: George Plescia</i> (Part of San Diego County, including Poway and parts of Escondido and San Diego)	17.3%	23.8%
<a href="#">Assembly District 76</a> <i>Representative: Christine Kehoe</i> (Includes the City of San Diego, including the neighborhoods of Balboa Park, Clairemont Mesa, Kearny Mesa, Mission Valley, Pacific Beach Uptown, and parts of Centre City)	27.2%	47.8%
<a href="#">Assembly District 77</a> <i>Representative: Jay La Suer</i> (Includes eastern San Diego County as well as El Cajon, La Mesa, Miramar Naval Academy, Santee, and parts of San Diego)	23.4%	35.2%
<a href="#">Assembly District 78</a> <i>Representative: Shirley Horton</i> (Consists of part of San Diego County, including La Presa, Lemon Grove, Spring Valley, and parts of Chula Vista and San Diego)	30.2%	43.8%
<a href="#">Assembly District 79</a> <i>Representative: Juan Vargas</i> (Consists of part of San Diego, including Coronado, Imperial Beach, National City, and the western portion of Chula Vista and southern San Diego)	36%	42.6%

- California 2002 Pediatric Nutrition Surveillance System (PedNSS) data revealed the following overweight rates for San Diego County children by ethnicity and age<sup>1</sup>:

<b>Race/Ethnicity</b>	<b>% Overweight</b>	
	<b>Ages 2- 5 Years</b>	<b>Ages 5-19 Years</b>
Caucasian	15.5%	17.3%
African American	13.7%	16.5%
Hispanic	17.2%	21.8%
American Indian/Alaskan Native*	21.8%	25.8%
Asian/Pacific Islander	11.4%	13.9%
All Other/Unknown	14.8%	18.6%
<b>Average of All Races/Ethnicities</b>	<b>16.4%</b>	<b>20.4%</b>

Note: PedNSS data does not represent all San Diego County children. Reflects data from California Child Health and Disability Prevention (CHDP) Program providers serving children from low- and moderate-income families.

\* Results may be unreliable due to small sample size

## **PROBLEMS ASSOCIATED WITH OVERWEIGHT CHILDREN**

- 80% of children diagnosed with type 2 diabetes are overweight.<sup>4</sup>
- 8 to 46% of all new cases of diabetes in pediatric clinics are type 2 diabetes in youth.<sup>5</sup>
- High blood pressure and blood lipids
- Asthma, sleep apnea and chronic hypoxemia
- Orthopedic difficulties (hip and joint problems)
- Low self-esteem, anxiety and depression
- Increased likelihood of becoming overweight adults: 26-41% of overweight preschoolers will remain overweight into adulthood; and approximately 50% – 70% of overweight 10-18 year olds will remain obese as adults.<sup>6</sup>
- Childhood overweight is associated with increased mortality in adulthood.<sup>7</sup>

## **CAUSES OF CHILDHOOD OVERWEIGHT**

### **Sub-optimal Diet:**

- 1% of children meet national recommendations for the “Food Guide Pyramid.”<sup>8</sup>
- Children ages 6 to 12 are consuming more than 3 servings of fats and sweets per day.
- Children are five times more likely to have a soda or fruit drink for a snack, than 100% fruit juice.<sup>9</sup>
- Teens drink twice as much soda as milk.
- Soft drinks provide teens 13 to 18 years, with an average of 9% of their daily calories.<sup>10</sup>
- Only about 1/3 of teens eat the recommended number of servings of vegetables; less than 15% eat the recommended amount of fruit.<sup>6</sup>

### **Physical Inactivity:**

- Over one fourth of children report watching four or more hours of television per day.<sup>11</sup>
- The percentage of students who attended a daily physical education class dropped from 42% in 1991 to 27% in 1997.<sup>12</sup>
- Children, ages 2-18, use media, such as television, music, videos, and computers, for an average of 5 hours and 29 minutes/ day.<sup>13</sup>

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### **Definitions**

**Overweight:** Body Mass Index (BMI) at or above the 95<sup>th</sup> percentile by sex and age. BMI is calculated by dividing weight (in kilograms) by height squared (in meters).

### **References**

- <sup>1</sup> United States. Department of Health and Human Services. Centers for Disease Control and Prevention, National Center for Health Statistics. 2002 Pediatric Nutrition Surveillance Survey, California and San Diego. Growth Indicators by Race/Ethnicity and Age: Children Aged <5 years and Aged 5 to <20 years, 2002.
- <sup>2</sup> Overweight and obesity in US adults and children. *JAMA*. 2002;288(14). Original Source: NHANES 1999-2000.
- <sup>3</sup> California Center for Public Health Advocacy. An Epidemic: Overweight and Unfit Children in California Assembly Districts, December 2002. <http://publichealthadvocacy.org>
- <sup>4</sup> *American Diabetes Association*. Diabetes Statistics for Youth. 2004. <http://www.diabetes.org/diabetes-statistics/children.jsp>.
- <sup>5</sup> Franklin, F. Presentation from: “Assessment and Behavioral Management of Childhood Obesity,” Teleconference. June 4, 2003. Original source: CDC, Division of Diabetes Translation.
- <sup>6</sup> CEWAER (California Elected Women’s Association for Education and Research) 1999/2000. “Improving Children’s Academic Performance, Health and Quality of Life”.
- <sup>7</sup> Cochran, WJ. Presentation from: “Assessment and Behavioral Management of Childhood Obesity,” Teleconference. June 4, 2003. Original source: Hoffman 1988, 32-year follow-up; Mossberg 1989, 40-year follow-up.
- <sup>8</sup> *Pediatrics* 1997; 100:323-329.
- <sup>9</sup> *Dole 5 A Day*. Kids fruit and vegetable intake: the facts. 2002. [http://www.dole5aday.com/Grownups/Facts/G\\_ExplodingPyramid.jsp](http://www.dole5aday.com/Grownups/Facts/G_ExplodingPyramid.jsp).
- <sup>10</sup> Jacobsen MF. Liquid candy: how soft drinks are harming Americans’ Health. Center for Science of Public Interest. 1998.
- <sup>11</sup> Dietz WH, JR, Gortmaker SL. Do we fatten our children at the television set? Obesity and television viewing in children and adolescents. *Pediatrics*, 1985; 75 (5); 807-812.
- <sup>12</sup> Kann L, et al. “Youth Risk Behavior Surveillance – United States, 1997,” *Morbidity and Mortality Weekly Report*. 1998; 47(SS-3): 1-94.
- <sup>13</sup> Kaiser Family Foundation, Kids & Media @ the New Millennium, September 2001.