

Physical Activity, Nutrition and Obesity in North Carolina

Quick Facts

Updated May 2013

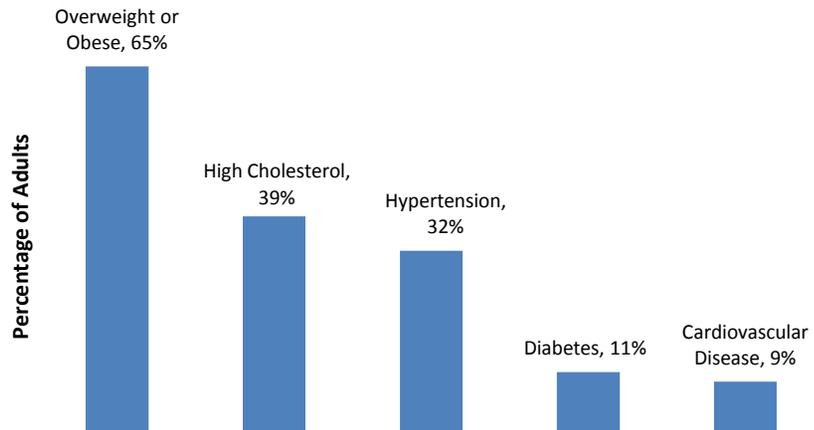
For more information visit www.EatSmartMoveMoreNC.com/Data/Data.html

Overweight and Obesity Facts

Adults

- North Carolina has the **14th highest** adult obesity rate in the nation.¹
- **Two-thirds** (65%) of adults in North Carolina are overweight or obese.²
- The percentage of North Carolina adults who are obese has more than **doubled** in the last two decades, from approximately 13 percent in 1990 to 29 percent in 2011.² This is an increase of more than **1.9 million³** adults or enough adults to fill the Carolina Panther's Stadium **26** times.⁴
- Being obese or overweight is a major factor in increasing one's risk for chronic diseases such as diabetes, hypertension and cardiovascular disease.

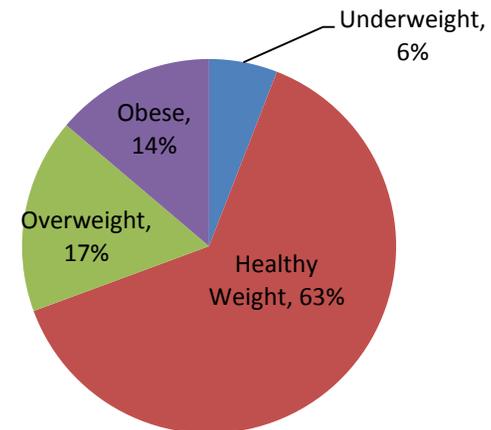
North Carolina Adult Obesity Related Risk Factors and Chronic Diseases ²



Children and Youth

- Childhood obesity is putting today's youth on a course to potentially be the first generation to live shorter, less healthy lives than their parents.
- North Carolina has the **23rd highest** childhood obesity rate in the nation.¹⁰
- Nearly **one out of three** (31%) children ages 10-17 in North Carolina is overweight or obese.⁵
- Nearly **one out of three** (32%) children ages 2-4 who participate in the Supplemental Nutrition Program for Women, Infants and Children (WIC) in North Carolina is overweight or obese.⁶

North Carolina Children ages 10-17, by Weight Status ⁵



Weight status based on BMI-for-age percentile

Comparison of North Carolina to the United States (2011)

		<u>N.C.</u>	<u>U.S.</u>
Adults	Overweight and Obesity Overweight and obese adults ^{2,7}	65.3%	63.7%
	Physical Activity Adults getting the recommended* amount of aerobic activity ^{2,7}	46.8%	51.7%
	Adults getting the recommended** amount of muscle strengthening activity ^{2,7}	27.7%	29.6%
	Adults that met both recommendations ^{2,7}	18.3%	21.0%
	Fruit and Vegetable Consumption Adults eating fruit less than one time per day ¹¹	40.8%	37.7%
	Adults eating vegetables less than one time per day ¹¹	21.9%	22.6%
	Number of times per day adults are eating fruit (median) ¹¹	1.0	1.1
	Number of times per day adults are eating vegetables (median) ¹¹	1.6	1.6
Youth	Overweight and Obesity Overweight and obese high school students ^{8,9}	28.8%	28.2%
	Screen Time High school students who watch television 3+ hours on an average school day ^{8,9}	34.7%	32.4%
	Fruit and Vegetable Consumption High school students eating fruit less than one time per day ¹¹	44.5%	36.0%
	High school students eating vegetables less than one time per day ¹¹	39.6%	37.7%
	Number of times per day high school students are eating fruit (median) ¹¹	1.0	1.0
	Number of times per day high school students are eating vegetables (median) ¹¹	1.1	1.3

*Aerobic recommendation defined in the 2011 BRFSS as moderate physical activity for 30 or more minutes per day, five or more days per week OR vigorous physical activity for 20 or more minutes per day, three or more days per week

** Strengthening recommendation defined in the 2011 BRFSS as participating in muscle strengthening exercises two or more times per week

North Carolina Adults: Past, Present and Future

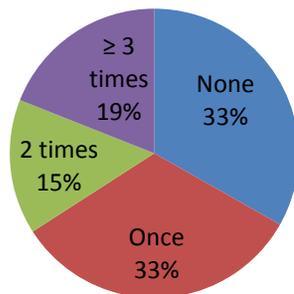
- In 2011, 46.8 percent of North Carolina adults engaged in the recommended amount of aerobic activity.²
- More than half of North Carolina adults (56%) drink one or more sugar sweetened beverages, such as sweet tea or soda, on a typical day.²
- If adult obesity continues to rise at the same rate, the obesity rate in North Carolina could reach 58 percent, with healthcare costs climbing 17.6 percent by 2030. However, if obesity is reduced by five percent, North Carolina could reduce healthcare costs by 7.5 percent.¹



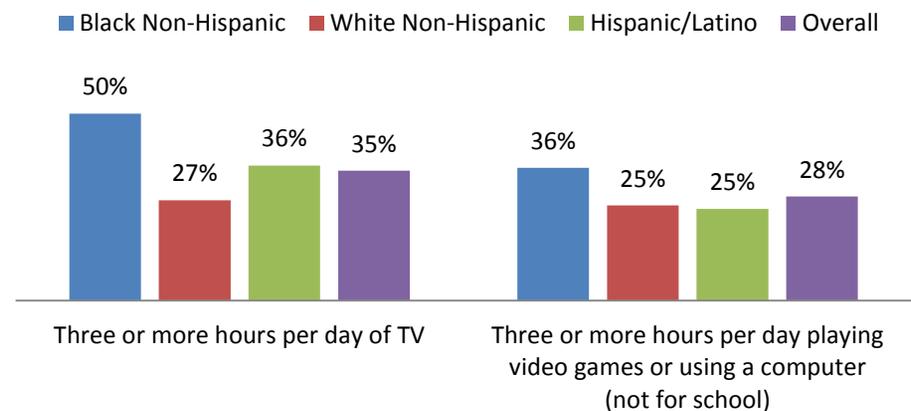
Obesity Risk Factors in North Carolina Children and Youth

- In North Carolina, 48 percent of mothers of children under age five report that they breastfed their child for more than six months.⁵
- 54 percent of North Carolina children ages 5-10 exercise, play a sport, or participate in physical activity for at least 60 minutes on four or more days a week.⁵
- 48 percent of North Carolina high school students were physically active for 60 minutes or more per day on five or more days per week.⁸
- 64 percent of North Carolina children and youth ages 1-17 are eating five or more servings of fruits and vegetables (including 100% fruit juice) per day.⁵
- 67 percent of North Carolina children and youth ages 1-17 consume one or more sugar sweetened beverages on a typical day.⁵
- 38 percent of children under age 10 in North Carolina spend at least two hours in front of a screen (watching TV, videos, or DVDs or playing video games, computer games or using the Internet) on a typical day.⁵
- Approximately 24 percent of North Carolina high school students spend three hours or more watching TV on a typical school day.⁸
- 28 percent of North Carolina high school students spend three hours or more of their time playing video/computer games or using a computer for non-school related interests on a typical school day.⁸

Sugar Sweetened Beverage Consumption Among Children (ages 1-17) On a Typical Day⁵



High School Students' Screen Time, by Race & Ethnicity⁸



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The North Carolina Division of Public Health is proud to be an Eat Smart, Move More North Carolina partner organization.
www.EatSmartMoveMoreNC.com and www.MyEatSmartMoveMore.com

