

# Physical Activity, Nutrition and Obesity in North Carolina

## Quick Facts

Updated December 2010

For more information visit [www.EatSmartMoveMoreNC.com/Data/Data.html](http://www.EatSmartMoveMoreNC.com/Data/Data.html)

### Overweight and Obesity Facts

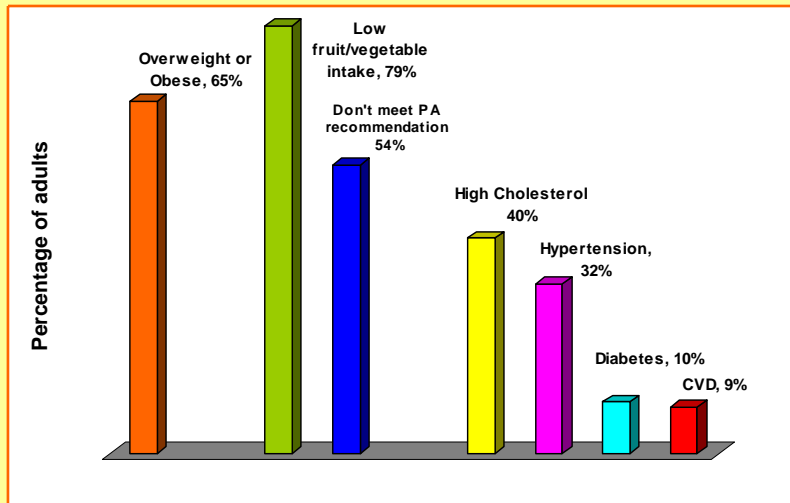
#### Adults

- North Carolina has the **10<sup>th</sup> highest** adult obesity rate in the nation. <sup>1</sup>
- **Two-thirds** (65%) of adults in North Carolina are overweight or obese. <sup>2</sup>
- The percentage of North Carolina adults who are obese has more than **doubled** in the last two decades, from approximately 13% in 1990 to 30% percent in 2009. <sup>2</sup> This is an increase of more than **1.9 million** <sup>3</sup> adults or enough adults to fill the Carolina Panther's Stadium **26** times. <sup>4</sup>
- Being obese or overweight is a major factor in increasing one's risk for chronic diseases such as diabetes, hypertension and cardiovascular disease.

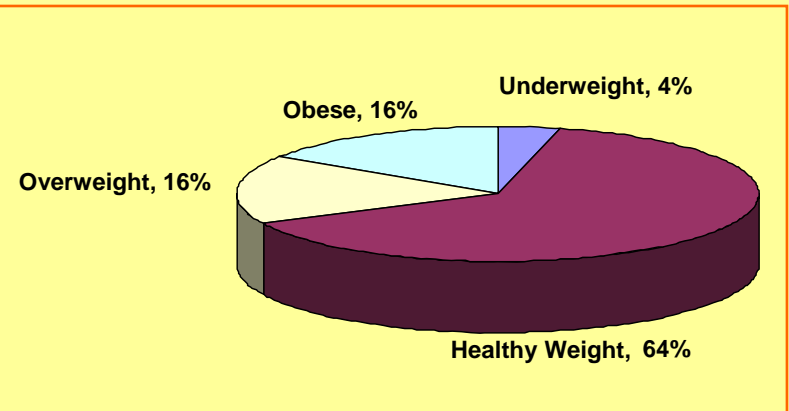
#### Children and Youth

- 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 **11<sup>th</sup> highest** childhood obesity rate in the nation. <sup>1,5</sup>
- Nearly **one out of three** (32%) children ages 10-17 in North Carolina is overweight or obese. <sup>5</sup>
- Nearly **one out of three** (31%) children ages 2-4 who participate in the Supplemental Nutrition Program for Women, Infants and Children (WIC) in North Carolina is overweight or obese. <sup>6</sup>

North Carolina Adult Obesity Related Risk Factors and Chronic Diseases <sup>2</sup>



North Carolina Children, by Weight Status <sup>5</sup>



Weight status based on BMI-for-age percentile

## Comparison of North Carolina to the United States (2009)

		<u>N.C.</u>	<u>U.S.</u>
Adults	<b>Overweight and Obesity</b> Overweight and obese adults <sup>2,7</sup>	65.3%	63.1%
	<b>Physical Activity</b> Adults getting the recommended* amount of physical activity <sup>2,7</sup>	46.4%	50.9%
Youth	<b>Overweight and Obesity</b> Overweight and obese youth** <sup>8,9</sup>	28.0%	27.8%
	<b>Screen Time</b> High school students who watch television 3+ hours on an average school day <sup>8,9</sup>	36.2%	32.8%
	<b>Nutrition</b> High school students getting 5+ servings of fruits and vegetables per day <sup>8,9</sup>	16.9%	22.3%

\*Recommended is defined in the 2009 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.

\*\*Youth refer to high school students surveyed in the 2009 Youth Risk Behavioral Survey

### North Carolina Adults: Past, Present and Future

- Since 2001 there has been a statistically significant increase in the percentage of North Carolina adults getting the recommended amount of physical activity. As of 2009, over 46% of adults engaged in the recommended level of physical activity compared to 42% in 2001.<sup>2</sup>
- One out of every two North Carolina adults (56%) drinks one or more sugar sweetened beverages, such as sweet tea or soda, on a typical day.<sup>2</sup>



- If the adult obesity rate remained at the 2008 rate of 29.5%<sup>2</sup> rather than increasing, North Carolina would save an estimated \$851 per adult in health care costs by 2018 – a savings of \$6 billion dollars.<sup>10</sup>
- North Carolina is ranked 43<sup>rd</sup> for fruit and vegetable consumption among adults.<sup>1</sup> In 2001, approximately 25% of adults consumed the recommended 5+ servings of fruits and vegetables per day. As of 2009, there had been a statistically significant decrease to slightly over 20% of adults.<sup>2</sup>

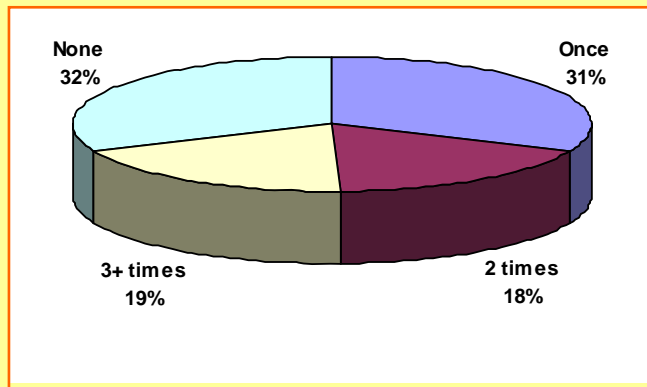


## Obesity Risk Factors in North Carolina Children and Youth

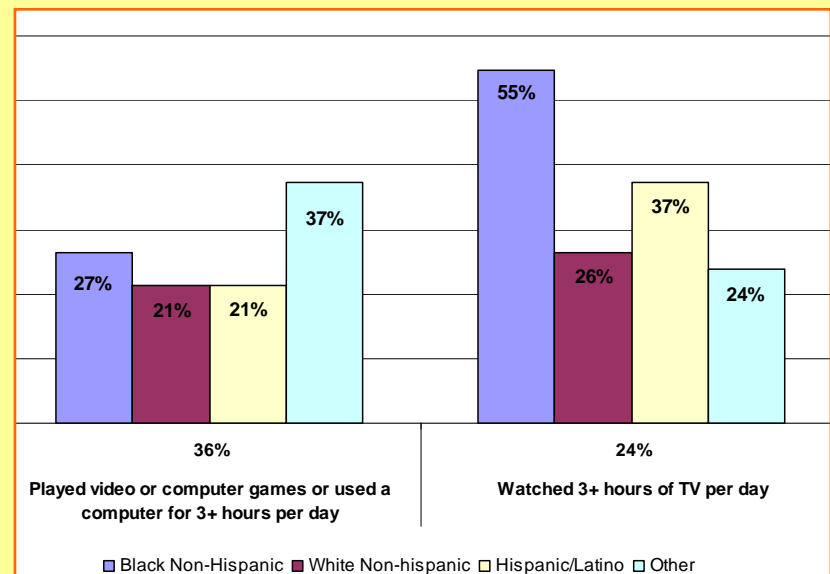
- In North Carolina, 43% of mothers of children under age five report that they breastfed their child for more than six months. <sup>5</sup>
- The percentage of children (ages 5-10) getting 5+ servings of fruits and vegetables (including 100% fruit juice) per day has declined by 8% since 2005, with 58% currently getting the recommended daily servings of fruits and vegetables. <sup>5</sup>
- 19% of North Carolina children and youth (ages 1-17) consume three or more sugar sweetened beverages on a typical day. <sup>5</sup>
- Over 45% of children under age 10 in North Carolina watch at least two hours of television on a typical day. <sup>5</sup>
- Approximately 24% of North Carolina high school students spend three hours or more watching TV on a typical school day. <sup>8</sup>
- 36% 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. <sup>8</sup>
- Over 91% of North Carolina children ages 5-10 engage in 60 minutes or more of physically active play on a typical day. <sup>5</sup>
- 46% of North Carolina high school students engage in 60 minutes or more of physical activity on five or more days per week. <sup>8</sup>



**Sugar Sweetened Beverage Consumption among Children (ages 1-17) On a Typical Day <sup>5</sup>**



**High School Students' Screen Time, by Race & Ethnicity <sup>8</sup>**



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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](http://www.EatSmartMoveMoreNC.com) and [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)

