



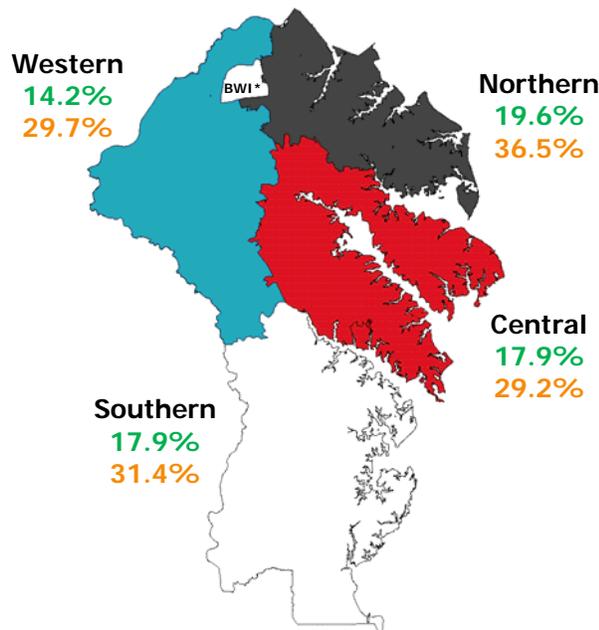
Overweight and Obesity in Children and Adolescents in Anne Arundel County

Overweight is a major, yet preventable public health concern. Being overweight increases a child's risk of developing diabetes, high blood pressure, asthma, high cholesterol, sleep problems, joint complications and mental health issues. Nationally, rates of overweight children have tripled over the last 30 years. The number of children with high blood pressure and Type 2 diabetes has also increased.

In Anne Arundel County (2012), 17.3% of children and adolescents ages 2 to 19 years are obese and another 15.1% are overweight.

Prevalence of Overweight and Obesity by Region, Children and Adolescents Ages 2-19 Years, Anne Arundel County, 2012

Green = Obese
Orange = Obese or Overweight



Source: Anne Arundel County Department of Health, Provider-based County Survey of Children and Adolescents, 2012
*Baltimore Washington International Airport not included in data collection

Child and Adolescent Body Mass Index (BMI) Parameters

Percentile	Weight Status
95th and greater	Obese
85th to less than 95th	Overweight
5th to less than 85th	Healthy
Less than 5th	Underweight

BMI percentile helps compare children to others of the same age and gender.

Contributing Factors for Overweight

- **Diet.** Regular consumption of high-calorie foods and sugary drinks and large portion sizes affect weight.
- **Inactivity.** Lack of physical activity in daily life also affects weight. Use of computers and television for both school and play contribute to an inactive lifestyle.
- **Genetics.** Weight gain tendencies can run in families.
- **Environment.** Home, child care and schools all influence healthy choices, as does access to safe recreation areas and affordable healthy foods.

Source: U.S. Centers for Disease Control and Prevention

Overweight children grow up to be overweight adults. A child with one or two obese parents is more likely to grow up to be obese. An estimated 63.1% of adults aged 18 and older in Anne Arundel County are overweight or obese.

Source: Maryland Behavioral Risk Factor Surveillance Survey, 2011

Of the Maryland public high school students surveyed, 41.2% reported being physically active for 60 or more minutes 5 or more days per week. Only 23.3% of the youth surveyed reported eating the recommended 5 or more servings of fruits and vegetables per day.

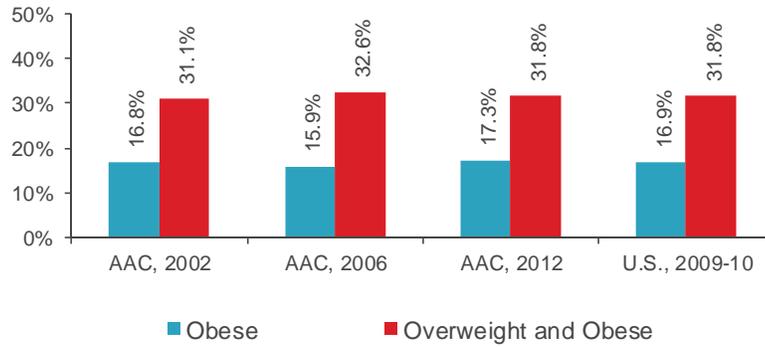
Source: Maryland Youth Risk Behavior Survey, 2011

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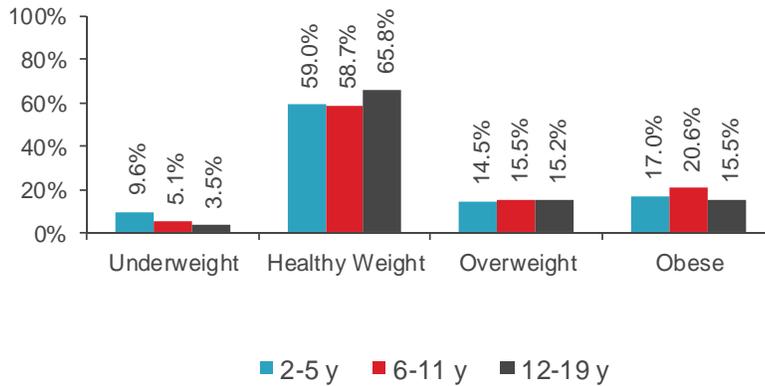
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Overweight and Obesity in the U.S. and Anne Arundel County



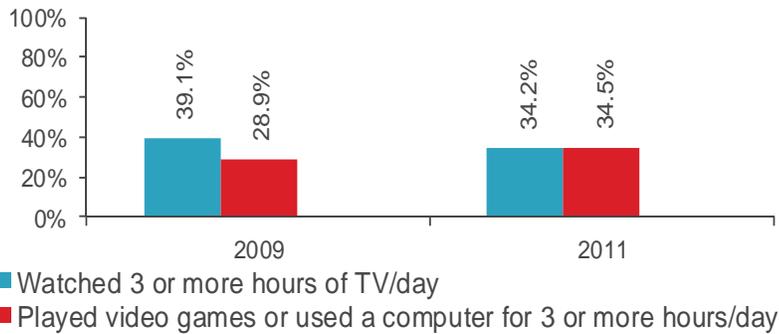
Source: Anne Arundel County Department of Health, Provider-based County Survey of Children and Adolescents, 2012; National Health and Nutrition Examination Survey, 2009-2010

Weight Distribution by Age Category Anne Arundel County, 2012



Source: Anne Arundel County Department of Health, Provider-based County Survey of Children and Adolescents, 2012

Daily Screen Time as Reported by Public High School Students, Maryland, 2011



Source: Maryland Youth Risk Behavior Survey, 2011