



# Overweight Children in California, 2004

## 40th Senate District

### THE PROBLEM

The California Center for Public Health Advocacy analyzed results of the 2004 California Physical Fitness Test for 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> graders. The analysis shows that among all students in the 40<sup>th</sup> Senate District:

- **32.7% of children were overweight in 2004, down from 35.0% in 2001.**

### THE EFFECT

- **Overweight children face a greater risk of developing many health problems during childhood**, including type 2 diabetes, high blood pressure, asthma, orthopedic problems and gallstones, as well as low self-esteem, poor body image, and depression.
- **Overweight children are more likely to be obese as adults**, putting them at a much higher risk for heart disease, cancer, stroke, and diabetes later in life.
- **Overweight, obesity and physical inactivity are estimated to cost California \$28 billion during 2005** for medical care, worker's compensation, and lost productivity.

### WHAT CAN BE DONE

To address the epidemic of overweight children, state and local leaders must address the conditions in schools and communities that contribute to this crisis and that undermine parents' efforts to protect their children's health. The California Center for Public Health Advocacy recommends the following actions:

- Institute healthy food and beverage standards in places where children spend time.
- Ensure quality physical education for all children.
- Eliminate advertising of unhealthy foods and beverages to children.
- Require health insurance to cover nutrition counseling and physical activity.
- Make school recreation facilities available for after-hours use.
- Provide safe roadway access for walking and biking.
- Provide financial incentives that bring grocery stores and recreation facilities to low-income communities.

NOTE: The term overweight as used in CCPHA's analysis of the California Physical Fitness Test data is based on the assessment standards therein. For additional information and references, see CCPHA's full report on this study, available at [www.publichealthadvocacy.org](http://www.publichealthadvocacy.org).

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The California Center for Public Health Advocacy is a nonpartisan, nonprofit organization established by the Northern and Southern California Public Health Associations.

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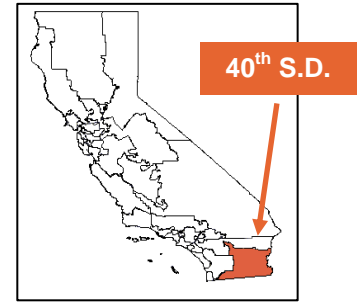
## 40<sup>th</sup> SENATE DISTRICT

<http://democrats.sen.ca.gov/senator/ducheny/>

State Capitol - (916) 651-4040; District Office - (619) 409-7690 or (760) 335-3442

The 40<sup>th</sup> S.D. consists of all of Imperial County and parts of Riverside and San Diego Counties, including Calexico, Cathedral City, Chula Vista, El Centro, Indio, National City and part of San Diego.

Denise Moreno Ducheny (D) represents the 40<sup>th</sup> District; she was re-elected for a four-year term in November 2006. Term limit: 2010.



### Overweight Students: 40<sup>th</sup> S.D. and California - 2004 By Gender, Grade and Ethnicity

	40 <sup>th</sup> SENATE DISTRICT	CALIFORNIA
All Students Tested	32.7%	28.1%
<b>GENDER</b>		
Girls	25.4%	22.0%
Boys	39.6%	33.9%
<b>GRADE</b>		
5 <sup>th</sup> Graders	34.8%	29.3%
7 <sup>th</sup> Graders	32.7%	29.1%
9 <sup>th</sup> Graders	30.1%	25.4%
<b>ETHNICITY</b>		
African-American	27.5%	28.7%
American Indian / Alaskan Native	43.5%	31.7%
Asian	20.1%	17.9%
Filipino	23.3%	24.7%
Latino	35.2%	35.4%
Pacific Islander	40.1%	35.9%
White	25.0%	20.6%
Other	33.8%	24.4%

NOTE: The terms overweight and unfit as used in the California Center for Public Health Advocacy analysis of the California Physical Fitness Test are based on the assessment standards therein. For additional information see the Center's full report on the analysis, available at <http://www.publichealthadvocacy.org/>.

### Demographics of Students Tested: 40<sup>th</sup> S.D. and California - 2004

	40 <sup>th</sup> Senate District	California
Total of All Students Tested	43,533	1,375,214
<b>Percentage of Students Tested</b>		
African-American	5%	8%
American Indian / Alaskan Native	1%	1%
Asian	2%	8%
Filipino	5%	3%
Latino	73%	45%
Pacific Islander	1%	1%
White	13%	33%
Other	<1%	1%

