



# Overweight Children in California, 2004

## 22nd Assembly 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 22<sup>nd</sup> Assembly District:

- **20.9% of children were overweight in 2004, down from 25.5% 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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## 22<sup>nd</sup> ASSEMBLY DISTRICT

<http://democrats.assembly.ca.gov/members/a22/>  
(916) 319-2022

The 22<sup>nd</sup> A.D. includes the cities of Cupertino, Mountain View, Sunnyvale, and parts of San Jose and Santa Clara.

Paul Fong (D) represents the 22<sup>nd</sup> District; he was elected for a two-year term in November 2008. Term limit: 2014.



Revised 11/08

### Overweight Students: 22<sup>nd</sup> A.D. and California - 2004 By Gender, Grade and Ethnicity

	22 <sup>nd</sup> ASSEMBLY DISTRICT	CALIFORNIA
All Students Tested	20.9%	28.1%
<b>GENDER</b>		
Girls	15.0%	22.0%
Boys	26.5%	33.9%
<b>GRADE</b>		
5 <sup>th</sup> Graders	22.8%	29.3%
7 <sup>th</sup> Graders	21.8%	29.1%
9 <sup>th</sup> Graders	17.7%	25.4%
<b>ETHNICITY</b>		
African-American	28.1%	28.7%
American Indian / Alaskan Native	32.0%	31.7%
Asian	13.1%	17.9%
Filipino	27.5%	24.7%
Latino	36.1%	35.4%
Pacific Islander	36.9%	35.9%
White	18.9%	20.6%
Other	11.1%	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: 22<sup>nd</sup> A.D. and California - 2004

	22 <sup>nd</sup> Assembly District	California
Total of All Students Tested	12,126	1,375,214
<b>Percentage of Students Tested</b>		
African-American	3%	8%
American Indian / Alaskan Native	<1%	1%
Asian	36%	8%
Filipino	5%	3%
Latino	20%	45%
Pacific Islander	1%	1%
White	33%	33%
Other	1%	1%



Data source: from the California Center for Public Health Advocacy (CCPHA) analysis of the 2001 and 2004 California Physical Fitness Test. For additional information contact CCPHA at Post Office Box 2309, Davis CA 95617; (530) 297-6000; <http://www.publichealthadvocacy.org>. Support for this project was provided by a grant from The California Vitamin Cases Consumer Settlement Fund. © August 2005 CCPHA