



A PATCHWORK OF PROGRESS

Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010

Changes in Overweight and Obesity Prevalence, 2005-2010

COUNTY	% OVERWEIGHT OR OBESE		% CHANGE 2005-2010
	2005	2010	
Alameda	33.51%	34.48%	2.9%
Alpine	*	*	*
Amador	32.97%	36.95%	12.1%
Butte	34.41%	34.71%	0.9%
Calaveras	31.28%	32.70%	4.5%
Colusa	40.37%	45.74%	13.3%
Contra Costa	32.69%	33.85%	3.5%
Del Norte	38.84%	45.15%	16.2%
El Dorado	26.49%	25.67%	-3.1%
Fresno	40.41%	42.68%	5.6%
Glenn	40.50%	40.74%	0.6%
Humboldt	38.80%	40.16%	3.5%
Imperial	47.18%	46.91%	-0.6%
Inyo	36.58%	34.82%	-4.8%
Kern	41.43%	43.83%	5.8%
Kings	45.11%	43.50%	-3.6%
Lake	40.16%	40.79%	1.6%
Lassen	29.78%	28.37%	-4.7%
Los Angeles	42.62%	41.56%	-2.5%
Madera	44.71%	44.13%	-1.3%
Marin	23.61%	24.90%	5.5%
Mariposa	26.16%	29.07%	11.1%
Mendocino	39.77%	42.65%	7.2%
Merced	44.50%	43.75%	-1.7%
Modoc	36.12%	38.58%	6.8%
Mono	31.48%	32.43%	3.0%
Monterey	44.94%	44.59%	-0.8%
Napa	36.85%	39.10%	6.1%
Nevada	27.90%	27.20%	-2.5%
Orange	34.32%	33.29%	-3.0%

COUNTY	% OVERWEIGHT OR OBESE		% CHANGE 2005-2010
	2005	2010	
Placer	27.18%	25.82%	-5.0%
Plumas	30.99%	27.75%	-10.5%
Riverside	39.14%	38.20%	-2.4%
Sacramento	35.96%	36.09%	0.4%
San Benito	44.76%	42.24%	-5.6%
San Bernardino	38.44%	39.25%	2.1%
San Diego	35.83%	34.50%	-3.7%
San Francisco	32.04%	32.16%	0.4%
San Joaquin	39.29%	40.22%	2.4%
San Luis Obispo	33.53%	32.15%	-4.1%
San Mateo	36.11%	34.07%	-5.6%
Santa Barbara	36.71%	36.76%	0.1%
Santa Clara	32.83%	32.88%	0.2%
Santa Cruz	36.93%	37.85%	2.5%
Shasta	32.61%	34.13%	4.7%
Sierra	43.66%	37.63%	-13.8%
Siskiyou	30.55%	33.50%	9.7%
Solano	38.29%	38.44%	0.4%
Sonoma	34.45%	35.45%	2.9%
Stanislaus	41.60%	40.71%	-2.1%
Sutter	39.01%	35.72%	-8.4%
Tehama	40.34%	38.57%	-4.4%
Trinity	37.54%	26.67%	-29.0%
Tulare	43.03%	43.78%	1.7%
Tuolumne	29.69%	29.52%	-0.6%
Ventura	35.91%	35.85%	-0.2%
Yolo	36.92%	36.89%	-0.1%
Yuba	37.05%	41.15%	11.1%
CALIFORNIA	38.44%	38.00%	-1.1%

*Data omitted due to small sample size.

Source: Data calculated from the 2005 and 2010 California Physical Fitness Test, California Department of Education

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Because health doesn't just happen