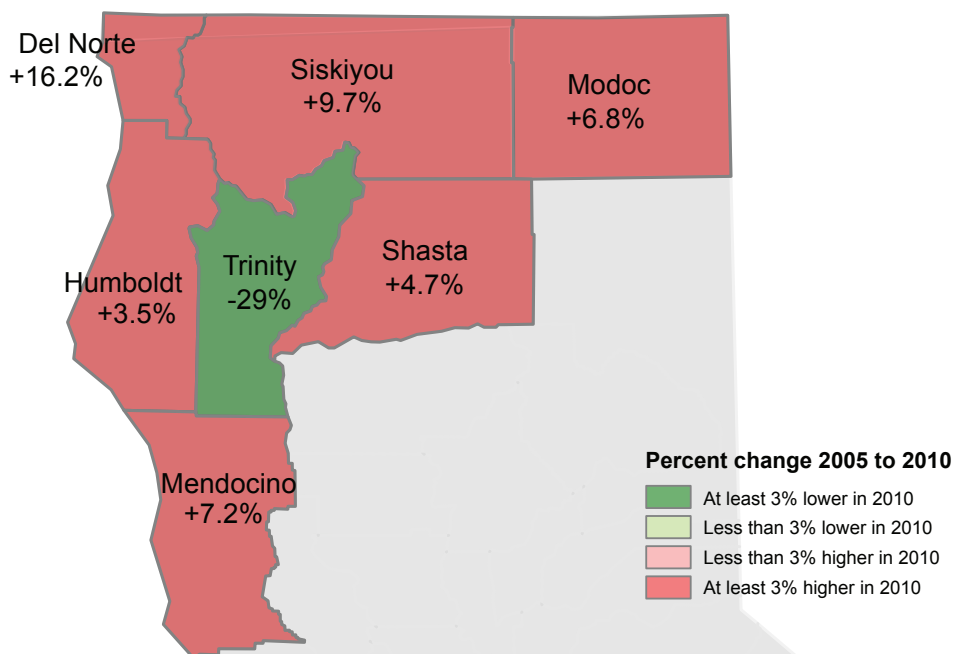


A PATCHWORK OF PROGRESS

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

Childhood Overweight and Obesity — Northernmost California

The most recent overweight and obesity prevalence data offers hope that the childhood obesity epidemic in California may finally have peaked at rates three (among 12- to 19-year-olds) to four (among 6- to 11-year-olds) times higher than they were 30 years ago when the epidemic began. These data also showcase a patchwork of progress that leaves the majority of counties in the state still registering increases in overweight and obesity rates among California's school-age children.



| COUNTY | % OVERWEIGHT OR OBESE | | % CHANGE 2005-2010 |
|--------------------------------|-----------------------|---------------|--------------------|
| | 2005 | 2010 | |
| Del Norte | 38.84% | 45.15% | 16.2% |
| Humboldt | 38.80% | 40.16% | 3.5% |
| Mendocino | 39.77% | 42.65% | 7.2% |
| Modoc | 36.12% | 38.58% | 6.8% |
| Shasta | 32.61% | 34.13% | 4.7% |
| Siskiyou | 30.55% | 33.50% | 9.7% |
| Trinity | 37.54% | 26.67% | -29.0% |
| NORTHERNMOST CALIFORNIA | 36.49% | 38.08% | 4.4% |
| CALIFORNIA | 38.44% | 38.00% | -1.1% |

