

A PATCHWORK OF PROGRESS

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

Key Findings

- One in three (38 percent) of California's 5th, 7th and 9th graders are overweight or obese.
- Overweight and obesity rates in California decreased slightly (1.1 percent) between 2005 and 2010.
- These California figures suggest that a 30-year national trend in increasing childhood obesity rates may be leveling off, though rates are still three times higher among 12- to 19-year-olds and four times higher among 6- to 11-year-olds than they were in the 1970s¹.
- Overweight and obesity continue to be of major concern, with rates among youth increasing in more than half of California counties between 2005 and 2010.
- Ethnic disparities in overweight and obesity continue unabated, with rates in 2010 as follows: African Americans (39.3 percent), Asians (23.1 percent), Hispanics or Latinos (46.2 percent), Pacific Islanders (32.7 percent), and Whites (26.9 percent).
- Obesity and overweight rates varied widely around the state.
 - » Ten counties had obesity and overweight rates higher than 43 percent.
 - » The highest rates were in Monterey (45 percent), Del Norte (45 percent), Colusa (46 percent), and Imperial (47 percent) counties.
 - » Only nine counties had a rate below 30 percent.
 - » The lowest rates were in Placer (26 percent), El Dorado (26 percent), and Marin (25 percent) counties.
- Changes in overweight and obesity rates between 2005 and 2010 also varied considerably from county to county.
 - » Rates increased in 31 counties.
 - » Rates were three percent higher or more in 17 counties, including: Del Norte, Colusa, Amador, Mariposa, Yuba, Siskiyou, Mendocino, Modoc, Napa, Kern, Fresno, Marin, Shasta, Calaveras, Contra Costa, Humboldt, and Mono counties.
 - » Rates decreased in 26 counties.
 - » Rates decreased by at least three percent in 15 counties, including: Orange, El Dorado, Kings, San Diego, San Luis Obispo, Tehama, Lassen, Inyo, Placer, San Benito, San Mateo, Sutter, Plumas, Sierra, and Trinity counties.

1. Ogden CL, Yanovski SZ, Carroll MD, Flegal KM. The epidemiology of obesity. *Gastroenterology*. 2007;132:2087-2102.

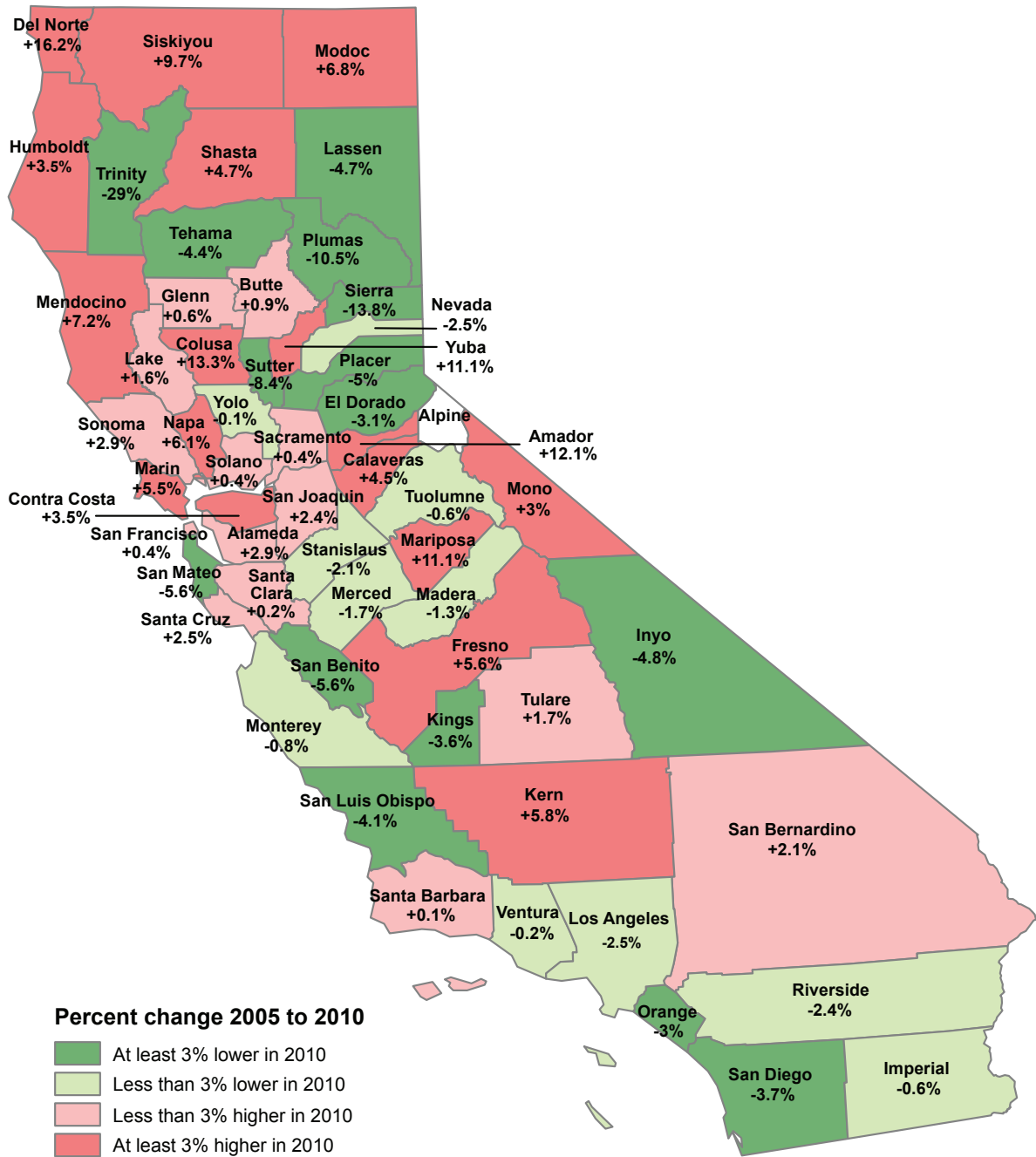




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Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010

Changes in Overweight and Obesity Prevalence, 2005-2010



Percent change 2005 to 2010

- At least 3% lower in 2010
- Less than 3% lower in 2010
- Less than 3% higher in 2010
- At least 3% higher in 2010

Labels in each county

- Name of County
- % change

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Because health doesn't just happen

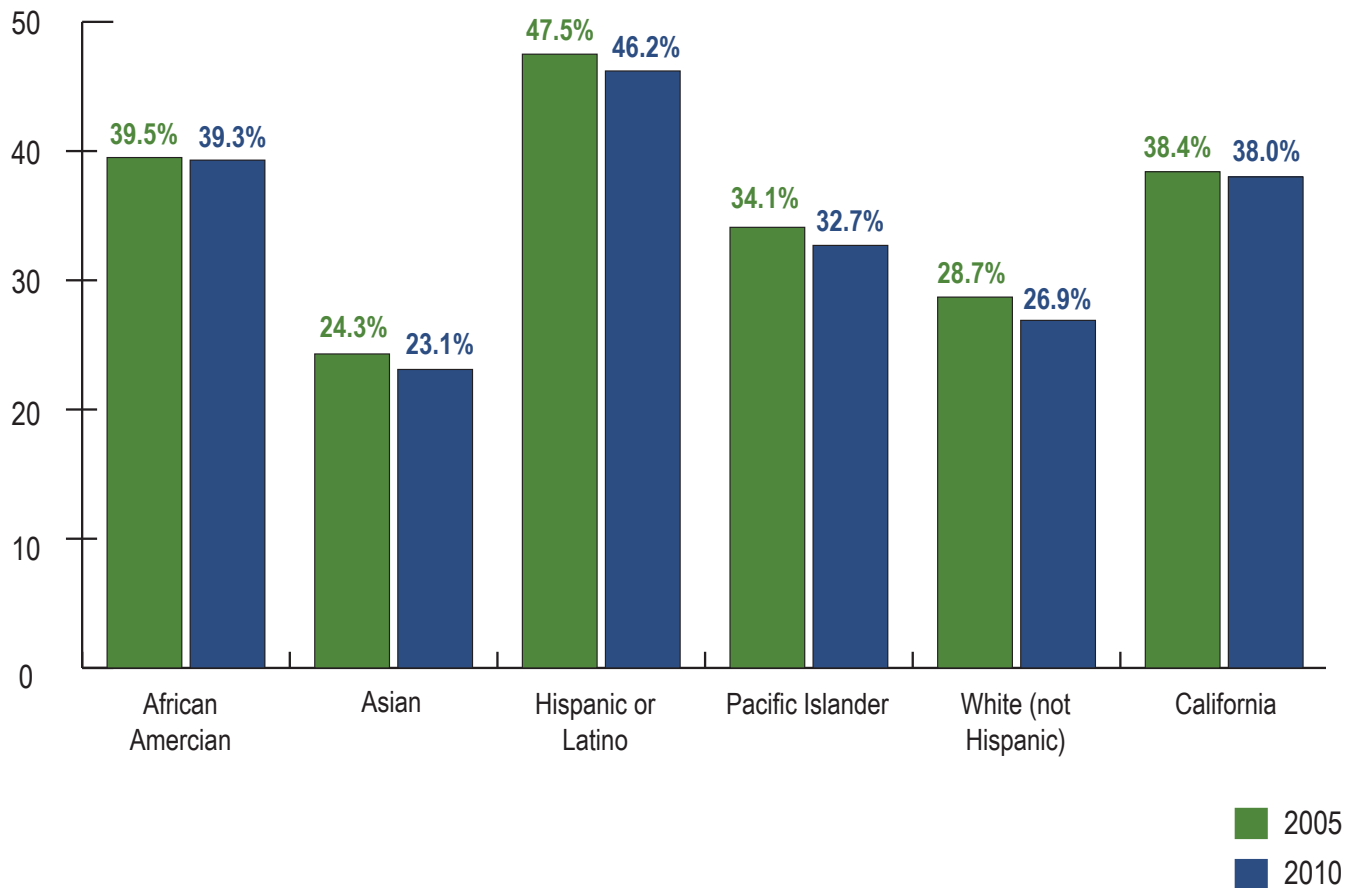


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Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010

Childhood Overweight and Obese by Race/Ethnicity, 2005 — 2010

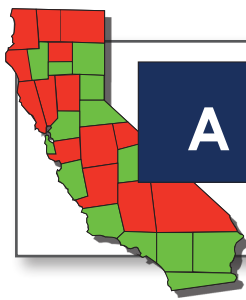
Ethnic disparities in overweight and obesity in California continue unabated, with rates in 2010 as follows: African Americans (39.3 percent), Asians (23.1 percent), Hispanics or Latinos (46.2 percent), Pacific Islanders (32.7 percent), and Whites (26.9 percent).



Note: Pacific Islander includes Filipino
Source: Data analysis of the 2005 and 2010 California Physical Fitness Test

This study was funded by a grant from the Robert Wood Johnson Foundation. November 2011





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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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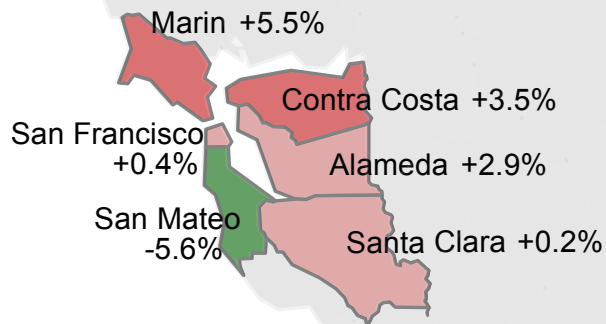


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Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010

Childhood Overweight and Obesity — San Francisco Bay Area

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.



Percent change 2005 to 2010

- At least 3% lower in 2010
- Less than 3% lower in 2010
- Less than 3% higher in 2010
- At least 3% higher in 2010

COUNTY	% OVERWEIGHT OR OBESE		% CHANGE 2005-2010
	2005	2010	
Alameda	33.51%	34.48%	2.9%
Contra Costa	32.69%	33.85%	3.5%
Marin	23.61%	24.90%	5.5%
San Francisco	32.04%	32.16%	0.4%
San Mateo	36.11%	34.07%	-5.6%
Santa Clara	32.83%	32.88%	0.2%
SAN FRANCISCO BAY AREA	33.09%	33.28%	0.6%
CALIFORNIA	38.44%	38.00%	-1.1%



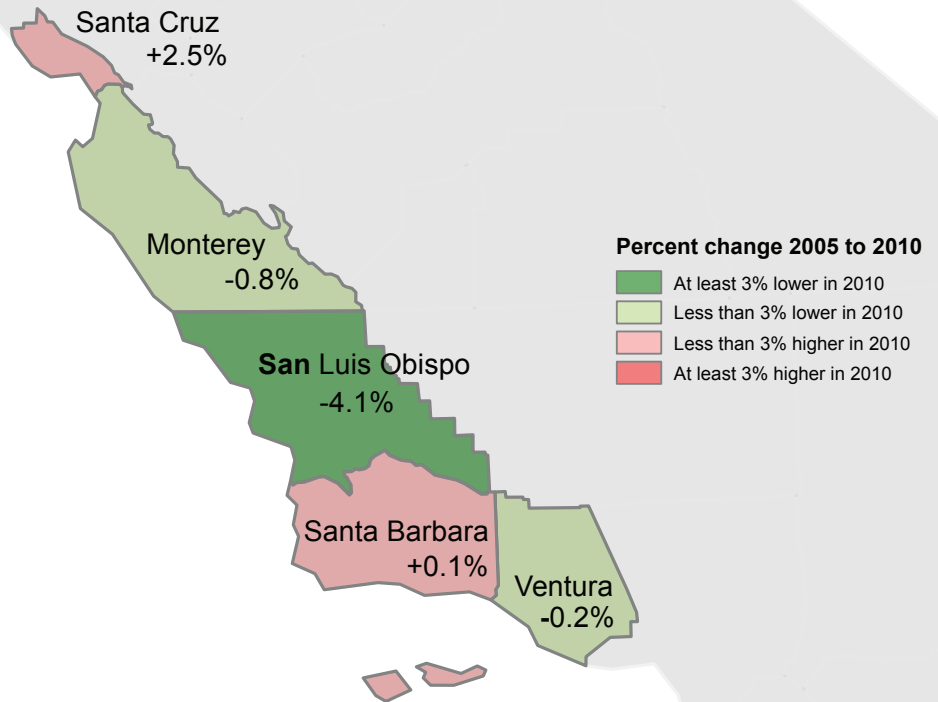


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Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010

Childhood Overweight and Obesity — Central Coast

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	
Monterey	44.94%	44.59%	-0.8%
San Luis Obispo	33.53%	32.15%	-4.1%
Santa Barbara	36.71%	36.76%	0.1%
Santa Cruz	36.93%	37.85%	2.5%
Ventura	35.91%	35.85%	-0.2%
CENTRAL COAST	37.75%	37.40%	-0.9%
CALIFORNIA	38.44%	38.00%	-1.1%



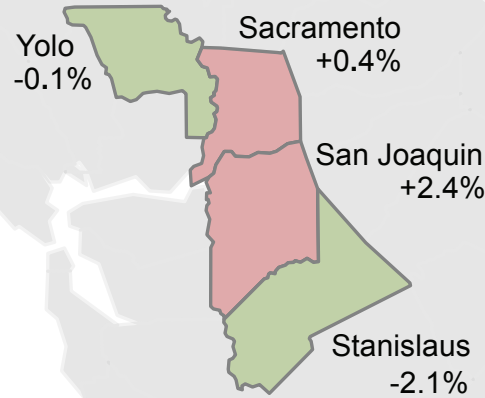


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Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010

Childhood Overweight and Obesity — Northern Central Valley

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.



Percent change 2005 to 2010

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- Less than 3% higher in 2010
- At least 3% higher in 2010

COUNTY	% OVERWEIGHT OR OBESE		% CHANGE 2005-2010
	2005	2010	
Sacramento	35.96%	36.09%	0.4%
San Joaquin	39.29%	40.22%	2.4%
Stanislaus	41.60%	40.71%	-2.1%
Yolo	36.92%	36.89%	-0.1%
NORTHERN CENTRAL VALLEY	38.10%	38.25%	0.4%
CALIFORNIA	38.44%	38.00%	-1.1%



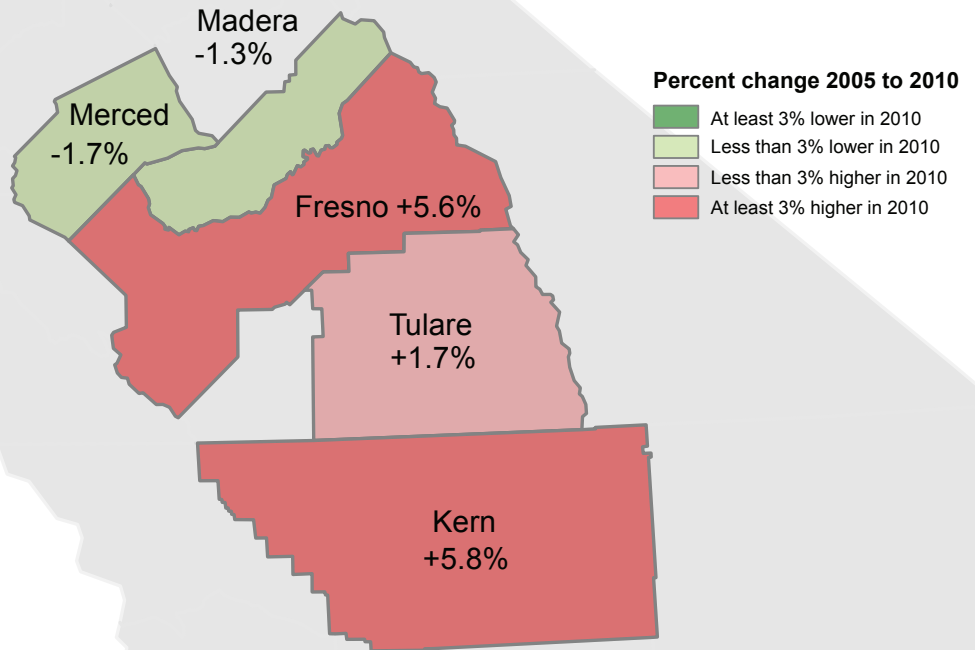


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Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010

Childhood Overweight and Obesity — Southern Central Valley

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	
Fresno	40.41%	42.68%	5.6%
Kern	41.43%	43.83%	5.8%
Madera	44.71%	44.13%	-1.3%
Merced	44.50%	43.75%	-1.7%
Tulare	43.03%	43.78%	1.7%
SOUTHERN CENTRAL VALLEY	41.81%	43.44%	3.9%
CALIFORNIA	38.44%	38.00%	-1.1%



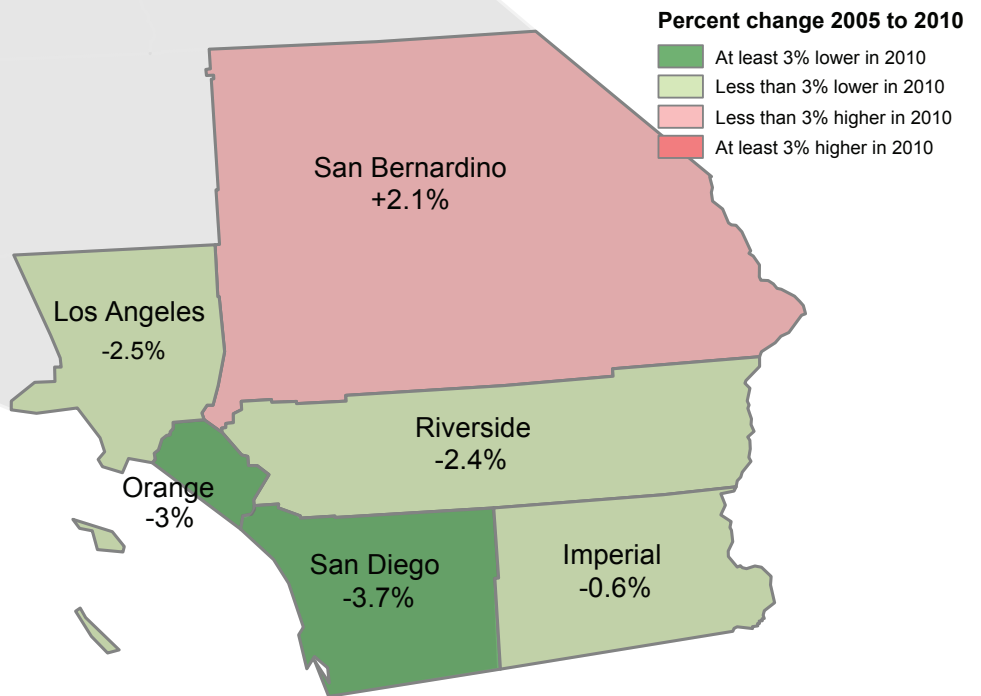


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Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010

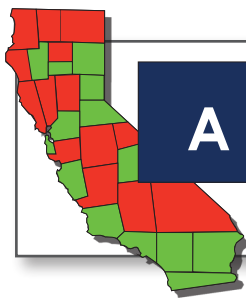
Childhood Overweight and Obesity — Southern California

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	
Imperial	47.18%	46.91%	-0.6%
Los Angeles	42.62%	41.56%	-2.5%
Orange	34.32%	33.29%	-3.0%
Riverside	39.14%	38.20%	-2.4%
San Bernardino	38.44%	39.25%	2.1%
San Diego	35.83%	34.50%	-3.7%
SOUTHERN CALIFORNIA	39.88%	38.78%	-2.8%
CALIFORNIA	38.44%	38.00%	-1.1%



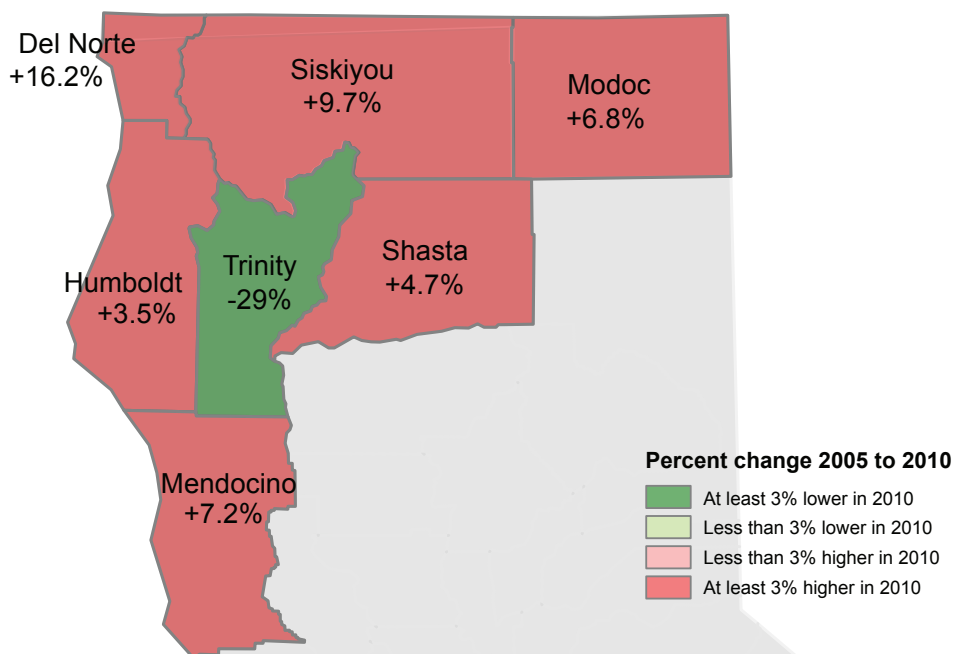


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Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010

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%





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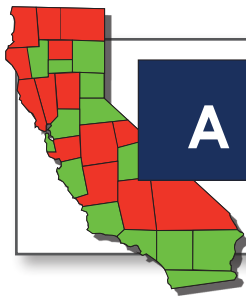
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Policy Recommendations

The epidemic of childhood obesity will not be solved by calling for individual behavior change alone. To address this health crisis, state and local leaders must address the conditions in schools and communities that contribute to the epidemic and undermine parents' efforts to protect their children's health.

Immediate policy steps must be taken to:

1. Eliminate the sale and distribution of unhealthy (high fat, high sugar, high calorie) foods and beverages in pre-schools, schools, and after-school programs and ensure full implementation of food and beverage standards that have already been enacted.
2. Eliminate the sale of sweetened beverages, including sports drinks, on city, county and school district properties and establish taxes on sugary drinks at the state and local levels to pay for the harmful effects of those products and to pay for programs to remediate those effects.
3. Provide financial incentives for establishing grocery stores, farmers markets, and physical activity facilities, and improving walkability and bikeability, particularly in low-income communities.
4. Ensure that all children receive physical education that meets minimum standards for quality, duration and frequency, and in which students are active, classes are of appropriate size, and teachers are appropriately credentialed and trained.
5. Make school recreational facilities available for after-hours use by children and families, especially in neighborhoods that lack adequate, safe and accessible park and recreational facilities.
6. Eliminate advertising of unhealthy foods and beverages to children and youth.
7. Adopt and implement "complete streets" policies to provide safe and convenient roadway access for people who walk, bike or use wheelchairs.
8. Prioritize health goals, including access to healthy foods and physical activity, in city and county policy-making activities including land use decisions, redevelopment priorities, general plans, zoning ordinances, and community and economic development plans.



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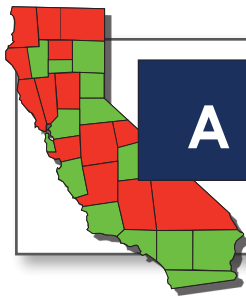
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Organizational Backgrounders



Because health doesn't just happen

The California Center for Public Health Advocacy (CCPHA)

is an independent, nonpartisan, nonprofit organization that raises awareness about public health issues and mobilizes communities to promote the establishment of effective state and local health policies. Established in 1999, CCPHA has played a major role in uncovering and addressing health-related issues fueling the state's obesity and diabetes epidemics

www.publichealthadvocacy.org



The UCLA Center for Health Policy Research

is one of the nation's leading health policy research centers and the premier source of health policy information for California. Established in 1994, the UCLA Center for Health Policy Research is based in the UCLA School of Public Health and affiliated with the UCLA School of Public Affairs. The UCLA Center for Health Policy Research improves the public's health by advancing health policy through research, public service, community partnership, and education.

www.healthpolicy.ucla.edu