Georgia Obesity Statistical Data

**Center for Disease Control Data**

**Georgia Prevalence and Trends Data taken in 2011**
- 2% Underweight (BMI 12.0 – 18.4)
- 35.3 % Normal Weight (BMI 18.5 – 24.9)
- 34.7% Overweight (BMI 25.0 – 29.9)
- 28% Obese (BMI 30.0 – 99.8)

**Georgia Food Environment**

**Behavioral Indicators**
- 29.7% High School Students who Drank ≥1 Soda/Day (US: 29.2%)
- 39.2% High School Students who watched 3+ hours of TV/Day (US: 32.8%)
- 56.1% Children Ages 6 – 17 with TV in bedroom (US: 50.2%)
- 31.0% Children Ages 12 – 17 not eating family meals most days of the week (US: 30.7%)

**Childcare Centers Environment**
- Georgia is one of two states that offer regulations to drinks to restrict sugar drinks childcare environments.
- Georgia is one of 27 states that offer regulations to require access to drinking water throughout the day childcare environments.
- Georgia is one of 18 states that offer regulations to limit screen time in childcare environments.

**School Environment Data is not available**

**Georgia Fruits and Vegetables Consumption Data taken in 2009**

**Behavioral Indicators**

**Adults**
- 27.3% Adults eat 2+ Fruits/Day (US: 32.8%)
- 30.3% Adults eat 3+ Vegetables/Day (US: 27.4%)
- 13.3% Adults eat 2+ Fruits and 3+ Vegetables/Day (US: 14.0%)

**Adolescents**
- 28.9% Adolescents eat 2+ Fruits/Day (US: 32.2%)
- 12.6% Adolescents eat 3+ Vegetables/Day (US: 13.2%)
- 7.9% Adolescents eat 2+ Fruits and 3+ Vegetables/Day (US: 9.5%)

**Georgia Department of Public Health Data**

**Percentages of obese (Body Mass Index-for-age = 95th percentile or higher) children and youth in Georgia in 2010**
- 20,500 (15%) children aged 2-4 years in the Women, Infant, and Children (WIC) program are obese
- 28,000 (24%) third grade children are obese
- 43,000 (15%) middle school students are obese
- 55,000 (12%) high school students are obese
- **Georgia exceeds the People 2010 national goal for children and youth in every age, sex, race and ethnic group**
- The Healthy People 2020 national goal for obesity among children and youth (ages 2-18) is 14.6%
Obesity-related hospitalizations of children in Georgia in 2010

- $2.1 million a year and continue to rise
- Obese children are at increased risk for:
  - Hypertension
  - Diabetes
  - Asthma
  - Sleep apnea
  - Low self-esteem

The Cost to Treat Obesity in Children in Georgia

- $2.4 billion ($250 per Georgian each year), which also includes direct health care costs and lost productivity from disease, disability, and death (indirect costs)
- The estimated average hospital length of stay for obese individuals is 60% longer than for normal-weight individuals nationwide