

## Obesity Quick Facts

Overweight/Obesity			
	Overweight %	Obese %	
Low-income Children <sup>1</sup> (2-5 years) (use until further notice)			
Santa Clara County Overall			
Race/Ethnicity	African American	-	-
	Asian	14	14
	Latino/Hispanic	18	18
	White	18	16
Youth (use until 6/2014)			
Santa Clara County Overall			
Gender	Male	17	18
	Female	16	13
Grade	Fifth	17	17
	Seventh	17	16
	Ninth	15	14
Race/Ethnicity	African American	20	21
	Asian/Pacific Islander	14	9
	Latino	21	26
	White	14	9
Adults(use until 1/2014)			
Santa Clara County Overall			
Gender	Male	42	17
	Female	33	17
Age Group	18-44 years	37	14
	45-64 years	37	24
	65+ years	42	15
Race/Ethnicity	African American	45	18
	Asian/Pacific Islander	32	7
	Latino/Hispanic	44	24
	White	36	19
Income	<\$20,000	41	28
	\$20,000-\$49,999	42	20
	\$50,000-\$74,999	40	21
	\$75,000+	35	15

Sources: 2010 Pediatric Nutrition Surveillance (PedNSS), Table 16B; California Department of Education, 2011-2012 FITNESSGRAM; Santa Clara County Public Health Department, 2009 Behavioral Risk Factor Survey

<sup>1</sup> Children and Adolescents: Body Mass Index (BMI) is calculated from a child's weight and height. For children and teens, BMI is age- and sex-specific and is referred to as BMI-for-age. The BMI number is plotted on BMI-for-age growth charts (for either girls or boys) to obtain a percentile ranking. BMI for- age weight status categories and percentiles are as follows: Healthy Weight – 5th percentile to less than 85th percentile; Overweight – 85th to less than the 95th percentile; Obese – equal to or greater than the 95th percentile. CDC and the American Academy of Pediatrics (AAP) recommend use of BMI to screen for overweight and obesity in children beginning at 2 years of age.

## Obesity Quick Facts

Food Choice and Meals				
		One or more glasses or cans of sugared soda yesterday	Five or more fruits and vegetables a day	
Adolescents (use until further notice)				
Santa Clara County Overall		55		36
Gender	Male	61		38
	Female	49		34
Grade	Seventh	59		44
	Ninth	56		35
	Eleventh	52		31
Race/Ethnicity	African American	61		31
	Asian/Pacific Islander	48		40
	Latino/Hispanic	64		31
	White	54		35
		Consumed one or more cans or glasses of soda or sweetened non-carbonated beverages yesterday	Ate fast food one or more times in the past week	Five or more fruits and vegetables a day
Adults (use until 1/2014)				
Santa Clara County Overall		23	40	18
Gender	Male	32	50	13
	Female	13	30	22
Age Group	18-44 years	26	46	17
	45-64 years	20	35	17
	65+ years	13	28	22
Race/Ethnicity	African American	--	43	--
	Asian/Pacific Islander	--	37	17
	Latino/Hispanic	49	49	16
	White	22	36	20
Income	<\$20,000	26	30	18
	\$20,000-\$49,999	43	42	14
	\$50,000-\$74,999	18	42	18
	\$75,000+	13	38	19

Sources: California Healthy Kids Survey, 2007-08; California Dietary Practices Survey, Santa Clara County sample, 2011; Communities Putting People to Work, 2010 Behavioral Risk Factor Survey; Santa Clara County Public Health Department, 2009 Behavioral Risk Factor Survey

## Obesity Quick Facts

Physical Activity			
		Attended Daily PE Classes %	Watched TV or Played Video Games for at Least Two Hours on an Average School Day %
Adolescents(use until further notice)			
Santa Clara County Overall		40	52
Gender	Male	40	54
	Female	39	49
Grade	Seventh	78	54
	Ninth	38	52
	Eleventh	15	49
Race/Ethnicity	African American	38	57
	Asian	41	48
	Latino/Hispanic	44	58
	White	30	47
		Met CDC Recommendations for Physical Activity %	
Adults (use until 1/2014)			
Santa Clara County Overall		57	
Gender	Male	53	
	Female	62	
Age Group	48-44 years	54	
	45-64 years	63	
	65+ years	56	
Race/Ethnicity	African American	--	
	Asian/Pacific Islander	60	
	Latino/Hispanic	47	
	White	59	
Income	<\$20,000	51	
	\$20,000-\$49,999	60	
	\$50,000-\$74,999	53	
	\$75,000+	58	

Sources: California Healthy Kids Survey, 2007-08; UCLA Center for Health Policy Research, 2007 California Health Interview Survey