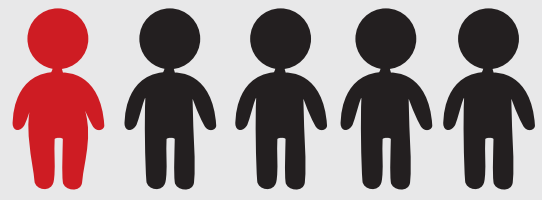
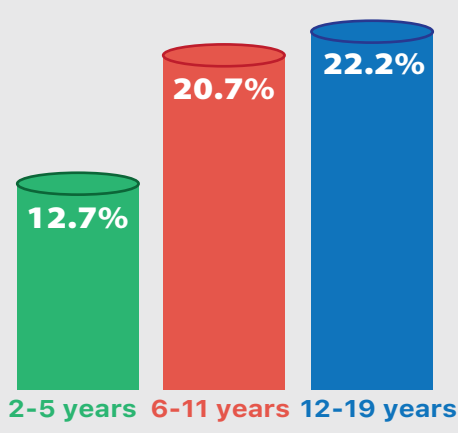


# CHILDHOOD OBESITY IN THE UNITED STATES

## OVERVIEW OF CHILDHOOD OBESITY IN THE U.S.

The prevalence of obesity in children and adolescents **2 to 19 years old** as of 2017-2020



**One in five** children are obese.

## GENDER DIFFERENCES IN RATES

**BOYS**  
**18%**

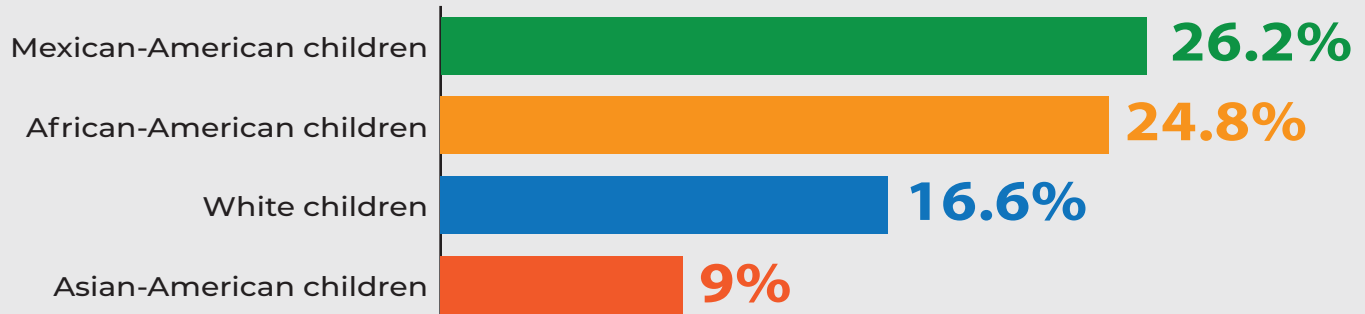


**GIRLS**  
**21%**

\*2-19 years old, 2017-2018

## RACIAL DIFFERENCES IN RATES

\*2-19 years old, 2017-2020



## HOUSEHOLD INCOME DIFFERENCES IN RATES

Low Income

Middle Income

High Income

**18.9%**

**19.9%**

**10.9%**

\*2 to 19 years old, 2011-2014

State's rate percentages of childhood obesity higher and lower than the national rate (17.0%), between 2021-2022, ages 10-17

### FIVE STATES HIGHER THAN NATIONAL AVERAGE

STATE	% OBESE
West Virginia	<b>24.80</b>
Kentucky	<b>24.00</b>
New Mexico	<b>23.90</b>
Mississippi	<b>23.10</b>
Louisiana	<b>21.80</b>

### FIVE STATES LOWER THAN NATIONAL AVERAGE

STATE	% OBESE
Minnesota	<b>12.10</b>
Utah	<b>12.20</b>
Washington	<b>12.90</b>
Wyoming	<b>12.90</b>
Idaho	<b>13.00</b>

## CONTRIBUTING FACTORS

**TELEVISION CONSUMPTION**

**NUTRITION**

**PHYSICAL ACTIVITY**



**Only 2 percent of children have a healthy diet**



**RISK OF BECOMING OBESE DECREASES BY 7% IN CHILDREN WHO INCREASE THE NUMBER OF DAYS THEY ARE PHYSICALLY ACTIVE FOR AT LEAST 60 MINUTES A DAY**

Resources:

<https://stacks.cdc.gov/view/cdc/106273>

[https://www.cdc.gov/mmwr/volumes/67/wr/mm6706a3.htm?s\\_cid=mm6706a3\\_w](https://www.cdc.gov/mmwr/volumes/67/wr/mm6706a3.htm?s_cid=mm6706a3_w)

<https://stateofchildhoodobesity.org/demographic-data/ages-10-17/>

<https://academic.oup.com/jcem/article/89/9/4211/2844152>

[https://stacks.cdc.gov/view/cdc/92755#:~:text=%E2%80%A2-,During%202015%E2%80%932018%2C%20over%20one%20third%20\(36.3%25\),food%20on%20a%20given%20day.&text=%E2%80%A2-,During%202015%E2%80%932018%2C%20children%20and%20adolescents%20consumed%20on%20average%2013.8,food%20on%20a%20given%20day.](https://stacks.cdc.gov/view/cdc/92755#:~:text=%E2%80%A2-,During%202015%E2%80%932018%2C%20over%20one%20third%20(36.3%25),food%20on%20a%20given%20day.&text=%E2%80%A2-,During%202015%E2%80%932018%2C%20children%20and%20adolescents%20consumed%20on%20average%2013.8,food%20on%20a%20given%20day.)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4993132/>

<https://www.nifa.usda.gov/grants/programs/obesity-prevention-healthy-weight-programs>