**CHILDHOOD OBESITY**
**WYOMING 2015**

**Why is childhood obesity a problem?**

Obese children have an increased risk of:
- High blood pressure and cholesterol
- Sleep issues
- Asthma
- Social and psychological problems
- Diabetes as a child and adult
- Heart disease and cancer as an adult

**The % of Wyoming overweight/obese children increased from 2003-2012**

- **22.9%** 2003
- **25.7%** 2007
- **26.7%** 2011-12

**Children Overweight and Obese in Wyoming**

<table>
<thead>
<tr>
<th>Ages</th>
<th>WY</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-13yrs</td>
<td>32.2%</td>
<td>36.4%</td>
</tr>
<tr>
<td>14-17yrs</td>
<td>22.0%</td>
<td>26.5%</td>
</tr>
<tr>
<td>10-17yrs</td>
<td>26.7%</td>
<td>31.3%</td>
</tr>
</tbody>
</table>

Data from 2011/12 National Survey of Children’s Health

**Wyoming has the 10th lowest childhood obesity rate in the U.S.**

**How is obesity measured?**

Height and weight are used to calculate age and gender specific body mass index (BMI)

**Children that are: Boys Hispanic ethnicity Low income**

**Higher childhood obesity rates are seen in:**

- Electronic device usage
- Screen time
- Physical activity
- Experiences of racism
- Preventive doctor visits

**Childhood Obesity in Wyoming is Associated With the Following**

**Individual**
- Adverse childhood experiences
- Divorced parents
- Parents in poor health
- Parent use of tobacco

**Family**
- School engagement
- Volunteering in the community
- Repeating grades

**What if Wyoming Was Ranked #1 instead of #10...**

2,595 More Wyoming Children Would Live Healthier