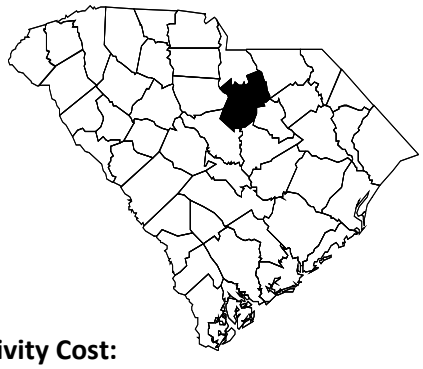
2013 Kershaw County Obesity Fact Sheet

Nutrition, Physical Activity, and Obesity

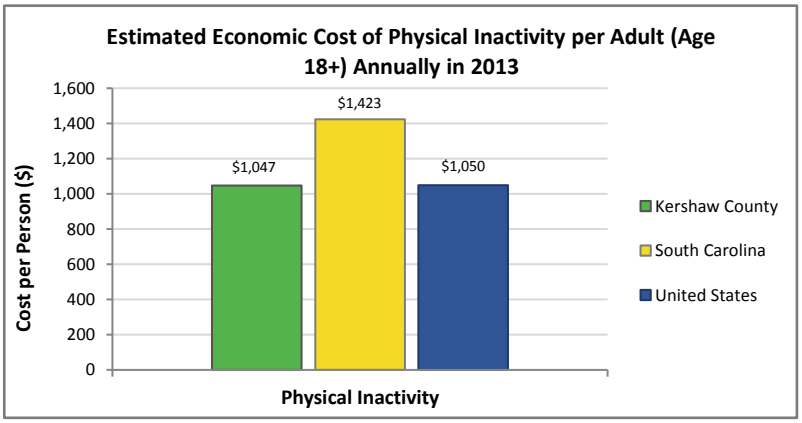


Physical Inactivity Cost:

Total Estimated County: $50,089,743

Total Estimated State: $503,470,671

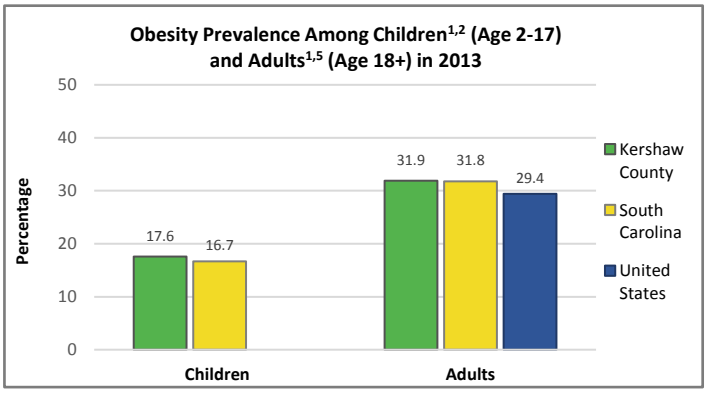
Total Estimated United States: $75 billion

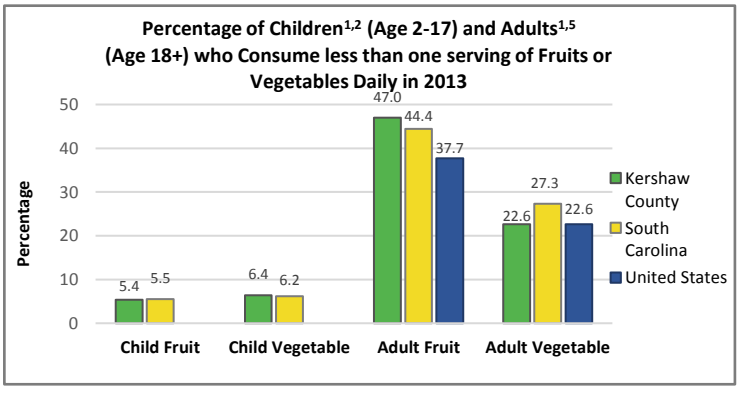


Source: www.ecu.edu/picostcalc/sponsor-partner.asp

Children (Age 2-17) Population (13,031)	Kershaw County[1]	SC[2]	HP 2020 Objectives[3]
Percent Overweight[4] (BMI 85th - 95th percentile)	15.7	14.9	--
Percent Obese[4] (BMI > 95th percentile)	17.6	16.7	14.5
Percent 60 minutes or more of physical activity daily	27.2	28.2	--

Adults (Age 18+) Population (47,280)	Kershaw County	SC[4]	US[4]	HP 2020 Objectives[5]
Percent Overweight[6] (BMI 25 - 29.9)	34.0	34.7	35.4	--
Percent Obese[6](BMI > 30)	31.9	31.8	29.4	30.5
Percent met weekly physical activity recommendation[7]	51.7	41.1	49.9	47.9





[1]County-level estimates were based on synthetic estimates by using county-level demographic data combined with South Carolina overweight, obesity, physical activity and fruit and vegetable consumption prevalence values for children using the South Carolina Childrens Health Assessment Survey (CHAS). For adults, estimates were based on Behavioral Risk Factor Surveillance Survey (BRFSS) sampling region estimates instead of state level estimates. For more information, please visit http://www.childhealthdata.org/docs/nsch-docs/local-use-of-state-data-and-synthetic-estimates.pdf.

[2]For South Carolina, data from CHAS, ages 2-17.

[3]Healthy People (HP) provides science-based, 10-year national objectives for improving the health of all Americans. HP has established benchmarks for these objectives and monitored progress over time. For more information, please visit www.healthypeople.gov.

[4]HP 2020 goal for ages 2-19 obesity prevalence.

[5]Data from BRFSS.

[6]BMI is calculated by dividing weight (kg) by height^2 (m).

[7]The physical activity recommendation for adults is at least 150 minutes per week of moderate-intensity, or 75 minutes per week of vigorous-intensity aerobic physical activity or a combination of the moderate and vigorous-intensity physical activity.

*These one-year estimates are best used when analyzing large populations and are less reliable than multiple year estimates.

Even with this limitation, the estimates of obesity burden are useful for understanding the magnitude of a public health burden.

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South Carolina Department of Health and Environmental Control

Division of Chronic Disease Epidemiology