New Hampshire Obesity Data Book
2010

Executive Summary

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Executive Summary


Overweight and obesity increase the risk of developing chronic diseases such as heart disease, type 2 diabetes, stroke, high blood pressure, and some cancers. It is associated with nonalcoholic fatty liver disease, gallstones, orthopedic problems, and depression.

Nationally, obesity has been increasing among males and females in all age groups and in all socioeconomic backgrounds. Contributing factors include a social environment that supports physical inactivity, excessive food consumption, and unhealthy food choices. To help communities reverse this trend, the Common Community Measures for Obesity Prevention Project was initiated to create a set of community measurements to be used for community planning, evaluation, and research. The 24 measures focus on policy and environmental strategies that impact obesity rates.

New Hampshire specific data indicate the following burden:

Current Obesity Rates in New Hampshire

- Low income children, 2-5 years old: 15.5%
- Third grade students enrolled in public schools: 18.0%
- High school students: 11.7%
- Adults: 24.9%

Current Obesity Risk Factors in New Hampshire

Inadequate Physical Activity

- Children, 6-17 years old: 71.0%
- High school students: 53.1%
- Adults: 46.0%

Excessive Television Viewing

- Low income children, 2 to 5 years old: 12.7%
- High school students: 25.1%

Inadequate Fruit and Vegetable Consumption

- High school students: 77.7%
- Adults: 71.5%