

# New Hampshire Obesity Data Book 2010

## Executive Summary

**John T. Lynch, Governor**

**Nicholas Toumpas, Commissioner**  
NH Department of Health and Human Services

**Jose Montero MD, Director**  
NH Division of Public Health Services

*Prepared By:*  
Ludmila Anderson MD, MPH  
NH Department of Health and Human Services  
Division of Public Health Services  
Bureau of Population Health and Community Services

For additional information on the *New Hampshire Obesity Data, 2010*, contact:  
Obesity Prevention Program  
NH Department of Health and Human Services  
Division of Public Health Services  
Bureau of Population Health and Community Services  
29 Hazen Drive, Concord, New Hampshire 03301-6504  
603-271-4551  
[OPP@dhhs.state.nh.us](mailto:OPP@dhhs.state.nh.us)  
<http://www.dhhs.nh.gov/dphs/nhp/obesity.htm>



## Executive Summary

---

*New Hampshire Obesity Data Book, 2010* is a collection of data from a variety of sources through 2008. Data sources include the Behavioral Risk Factor Surveillance System, National Survey of Children's Health, Youth Risk Behavior Surveillance System, Pediatric Nutrition Surveillance System, National Immunization Survey, the New Hampshire Head Start Survey, and the New Hampshire Third Grade Survey.

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%