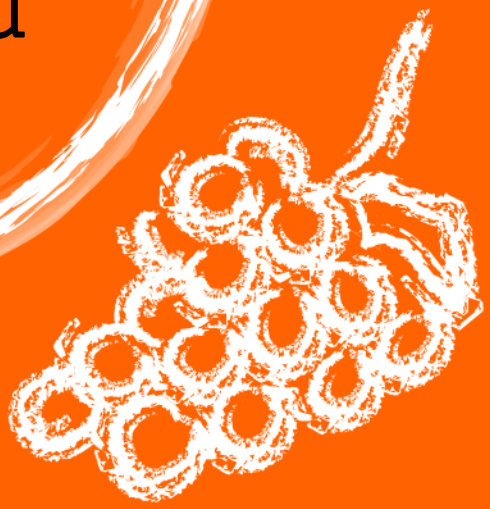
Overweight and Physical Activity Among Children: A Portrait of States and the Nation 2005



U.S. Department of Health and Human Services
HRSA
Health Resources and Services Administration

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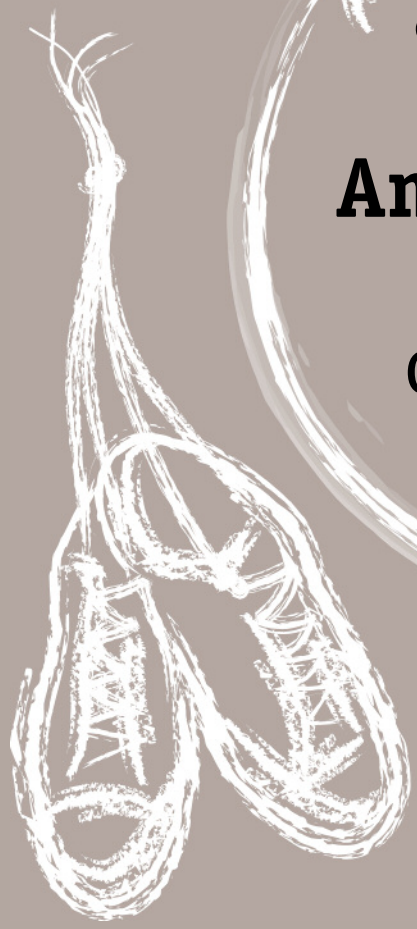

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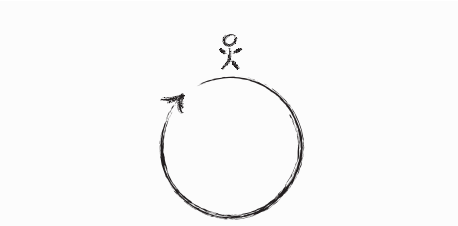

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DEPARTMENT OF HEALTH & HUMAN SERVICES

Health Resources and Services Administration

Rockville MD 20857

Dear Colleagues:

The Health Resources and Services Administration is pleased to present this chartbook highlighting the major findings of the National Survey of Children's Health on overweight and physical activity among children. This survey, the first of its kind, presents national- and state-level information on the health and well-being of children, their families and neighborhood environments, and their use of health services.

The survey includes many positive findings about weight and physical activity among children aged 10 to 17 years. According to calculations based on parent-reported height and weight, 85 percent of children are not considered overweight. The National Survey of Children's Health also found that most are physically active on three or more days per week, and over half participate in sports teams or take sports lessons.

Despite these positive findings, 15 percent of children were found to be overweight and almost 30 percent do not exercise on three or more days per week. The survey also found that children in certain populations are more likely to be overweight or not physically active. For instance, Black and Hispanic children are more likely to be overweight and are less likely to be physically active than children of other racial and ethnic groups. Considering the established importance of healthy weight and physical activity and the link between the two, the results of this survey have important implications for the future health of today's children and the policies that affect them.

We at HRSA hope that these findings provide useful information and are helpful in your efforts to promote healthy weight and physical activity among America's youth.

Sincerely,

Elizabeth M. Duke
Administrator

Introduction

The National Survey of Children's Health (NSCH) was designed to measure the health and well-being of children from birth to age 17 in the United States while taking into account the environment in which they grow and develop. Conducted for the first time in 2003, the survey collected information from parents about their children's health, including oral, physical and mental health, health care utilization and insurance status, and social well-being. Aspects of the child's environment that were assessed in the survey include family structure, poverty level, parental health and habits, and community surroundings. The survey was supported and developed by the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau and was conducted by the Centers for Disease Control and Prevention, National Center for Health Statistics.

Two important aspects of children's health measured in the survey were overweight, which is calculated from the parent-reported height and weight, and physical activity. Healthy body weight and regular physical activity are critically important to overall health and well-being both during childhood and later in life. Risk factors for heart disease, such as high cholesterol and high blood pressure, occur more frequently among overweight children than those with a healthier weight. Overweight is also closely linked to type-2 diabetes and can have emotional effects such as poor self-esteem and depression. Furthermore, it is estimated that overweight adolescents have a 70 percent chance of going on to become overweight or obese adults; this rate is even higher among children with overweight or obese parents.[1] Overweight and obesity and their associated health problems create direct and indirect costs that have significant economic impact on the health care system of the United States.[2] For more information on weight categories for children and on how to determine your child's weight category, please see page 7.

Overweight and physical activity are inextricably linked. Overweight is caused by an energy imbalance of more calories consumed than used, and physical activity plays a key role in maintaining an appropriate energy balance because it helps burn calories that are consumed in excess. Physical activity does more than regulate weight; it also reduces the risk for certain cancers, diabetes, and high blood pressure and contributes to healthy bones and muscles.[3] Therefore, the International Consensus conference on Physical Activity recommends that adolescents (aged 11 to 21) be physically active every day in the course of their daily activities and that they engage in moderate to vigorous physical activity 3 or more times per week.[4]

The NSCH measures overweight in children through parent-reported height and weight and measures physical activity through parent reports of exercise. Overweight means that the child's Body Mass Index (BMI), calculated from the parent-reported height and weight, is at or above the 95th percentile for sex and age.[5] BMI classifications for children are different than BMI classifications for adults; the term "obese" should generally not apply to children less than two years of age. When a child is considered to be overweight, this means that at least 95 percent of other children of the same sex and age have lower BMIs, according to nationally representative data on height and weight that were measured by health professionals in other research studies. It should be noted that some parents may not be able to accurately report their children's height or weight, leading to inaccurate BMI calculations. For example, if a parent underestimates a child's height or overestimates a child's weight, the resulting BMI would be too high. Although the NSCH collected data on children from birth to age 17, overweight and physical activity are only reported here among children ages 10 to 17 because parent-reported height and weight are more reliable for this age group than they are for younger children. For more information on how to calculate BMI, please see page 7.

Overall, the NSCH found that 14.8 percent of 10- to 17-year-olds are considered overweight using parent-reported height and weight. Males are more likely than females to be overweight (18.1 percent versus 11.5 percent). Also, the occurrence of overweight declines with age: 21.9 percent of 10- to 11-year-olds are overweight compared to 10.7 percent of 15- to 17-year-olds.

Overweight varies by a number of other factors, including race and ethnicity, family income, and family structure. Black children have the highest rate of overweight, followed by Hispanic children; White children have the lowest overweight rate. As family income rises, the rate of overweight falls: 22.4 percent of children with family incomes below 100 percent of the Federal poverty level (FPL)

are overweight, compared to 9.1 percent of children with family incomes of 400 percent of FPL and above. Children living with two parents, either biological or adoptive, are least likely to be overweight while children living with a single mother are most likely.

Results of the NSCH confirm that levels of physical activity and sports participation appear to be linked to overweight in children. Among children who are physically active on 3 or more days, 13.8 percent are overweight; this is compared to 17.1 percent of children who are active on fewer than 3 days per week. In this case, physical activity is defined as activity that lasts at least 20 minutes and causes sweating and hard breathing. Similarly, 12.6 percent of children who participate in sports are overweight, compared to 18.1 percent of children who do not participate. Parental exercise also appears to be related to overweight. Almost three-quarters of 10- to 17-year-olds have at least one parent who exercises regularly. Of children with at least one parent who exercises, 13.6 percent are overweight; this is compared to 17.0 percent of children who do not have a parent who exercises regularly.

According to parent reports of exercise, almost three-quarters of 10- to 17-year-olds are physically active 3 or more days per week. Males are more likely to be physically active on 3 or more days per week than females. However, regular physical activity decreases with age among both males and females. The proportion of children who exercise regularly also increases with family income: 65.6 percent of children with family incomes below 100 percent of FPL are active 3 or more days per week, compared to 75.0 percent of children with family incomes 400 percent of FPL and above. Black and Hispanic children are least likely to be physically active on 3 or more days a week, while children of "other" racial and ethnic origins (including Asian/Pacific Islander and American Indian/Alaska Native children) were most likely to exercise regularly.

Over half (58.6 percent) of 10- to 17-year olds participate in sports teams, including teams run by school or community groups, or take sports lessons, which can be a source of physical activity. Trends toward participation on sports teams are similar to those regarding physical activity as mentioned above, with males more likely to participate than females, and younger children more likely to participate than older children. Children who attend private school are most likely to participate on sports teams or take lessons (74.2 percent), followed by those in public school (57.5 percent); children who are home-schooled are least likely to participate in sports (45.0 percent).

Regular physical activity and participation in sports are associated with neighborhood safety. Children who live in a neighborhood that is described by the parent as usually or always safe have higher rates of regular physical activity than those children who live in neighborhoods not considered safe by the parent (72.8 percent versus 63.8 percent). Participation in sports teams or lessons show the same association with neighborhood safety: 60.9 percent of children who live in a safe neighborhood participate in sports compared to 47.2 percent of children who live in a neighborhood that is not considered safe.

Despite the recognized importance of a healthy weight and regular physical activity, this survey shows that some children are more likely than others to get regular exercise and maintain a healthy weight. The survey also demonstrates the importance of parents participating in regular physical activity to demonstrate healthy habits for their children. It is hoped that these findings can help policymakers, State and local health officials, other health professionals, and families continue to support those children who are already demonstrating healthy habits, and to encourage those children who are at risk to further their physical activity, make healthy food choices, and achieve a healthy weight.

The Technical Appendix of this chartbook presents important information about the survey sample and methodology. For more detailed analyses of the survey results, the Data Resource Center on Child and Adolescent Health (DRC) Web site provides online access to the survey data. The interactive data query feature allows users to create their own customized tables and to compare survey results at the National and State level, and by relevant subgroups such as age, race and ethnicity, and family income. Sponsored by the Health Resources and Services Administration's Maternal and Child Health Bureau, the Web site for the DRC is: www.nschdata.org

More complex analyses of the data can be conducted using the public use data set available from the National Center for Health Statistics at: www.cdc.gov/nchs/about/major/slaits/nsch.htm

Calculating Body Mass Index

The Body Mass Index (BMI) is a number that shows body weight adjusted for height and can be calculated using the following formulas:

English Formula Weight in pounds ÷ Height in inches ÷ Height in inches **x** 703 **=** BMI

Metric Formula Weight in kilograms ÷ Height in meters ÷ Height in meters **=** BMI

BMI for children, also referred to as BMI-for-age, is gender and age specific. BMI-for-age is plotted on gender-specific growth charts, available from the CDC's National Center for Health Statistics at www.cdc.gov/growthcharts/, which contain a series of percentile curves. The table below shows weight categories for children based on their BMI-for-age percentile.

Weight Categories for Children

Underweight	BMI-for-age < 5th percentile
Normal	BMI-for-age 5th percentile to < 85th percentile
At risk of overweight	BMI-for-age 85th percentile to < 95th percentile
Overweight	BMI-for-age ≥ 95th percentile

Determine Your Child's Weight Category

1. Calculate your child's BMI using one of the formulas shown above. BMI can also be determined by looking it up on the CDC Table for Calculated Body Mass Index Values for Selected Heights and Weights for Ages 2 to 20 in which BMI has been calculated.

2. Plot your child's BMI on the BMI-for-age chart to determine his or her percentile-range.
   Boys (Ages 2 to 20) www.cdc.gov/nchs/data/nhanes/growthcharts/set2/chart%2015.pdf
   Girls (Ages 2 to 20) www.cdc.gov/nchs/data/nhanes/growthcharts/set1/chart16.pdf

3. Use the table shown above to determine the weight category.

More information on BMI is available through the Centers for Disease Control and Prevention Web site: www.cdc.gov/nccdphp/dnpa/bmi/index.htm

Overweight and Physical Activity Among Children:

A Portrait of the Nation

Prevalence of Overweight in Children

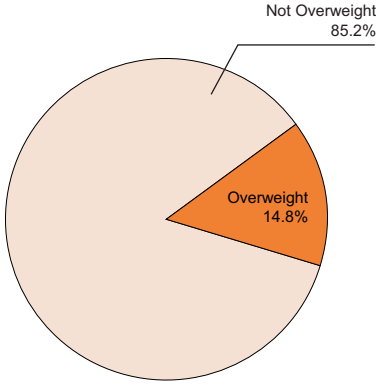
For the survey parents were asked to give the height and weight of their children; these were used to calculate the child's Body Mass Index (BMI). Those children whose BMIs were at or above the 95th percentile for their age were considered to be overweight. Overall, 14.8 percent of children aged 10 to 17 years are classified as overweight.

The proportion of children who are overweight varies by a number of factors, including sex. Based on parent-reported height and weight, 18.1 percent of males are overweight, compared to 11.5 percent of females.

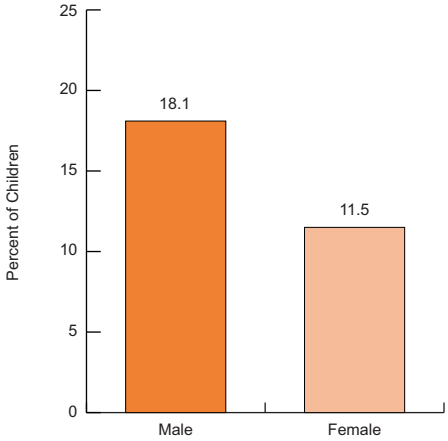
Prevalence of overweight appears to decrease as age increases: children aged 10 to 11 years are most likely to be overweight (21.9 percent), followed by those aged 12 to 14 years (14.4 percent); children aged 15 to 17 years are least likely to be overweight (10.7 percent).

The prevalence of overweight among children also varies by race and ethnicity. Black children are most likely to be overweight (23.5 percent) according to parent-reported height and weight, followed by Hispanic children (18.9 percent); White children are least likely to be overweight (12.0 percent). Multiracial children and children of other races have rates of overweight that are approximately equal (15.3 and 15.2 percent, respectively).

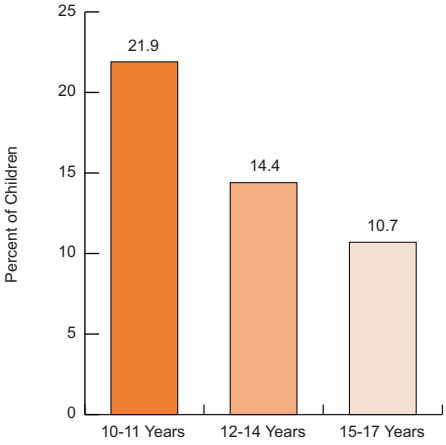
Prevalence of Overweight in Children Aged 10 to 17 Years



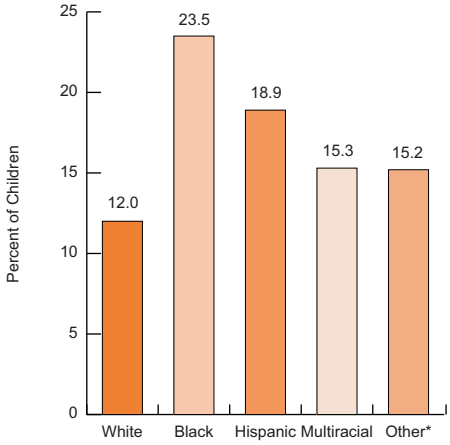
Percent of Children Who Are Overweight, by Sex



Percent of Children Who Are Overweight, by Age



Percent of Children Who Are Overweight, by Race and Ethnicity



**Includes Asian/Pacific Islander and American Indian/ Alaska Native children.*

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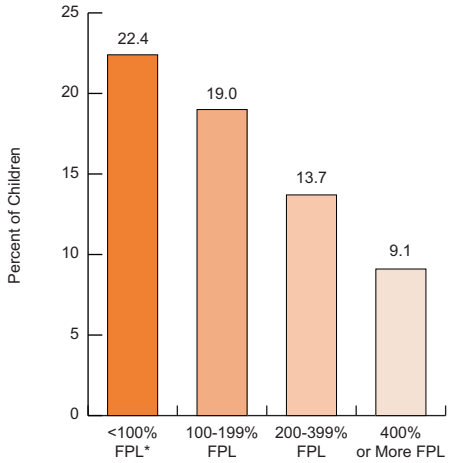
The prevalence of overweight decreases as family income rises. Of children with family incomes below 100 percent of the Federal poverty level (FPL), almost one-quarter (22.4 percent) are overweight, compared to 19.0 percent of children with family incomes between 100 and 199 percent of FPL, 13.7 percent of children with family incomes between 200 and 399 percent of FPL, and 9.1 percent of children with family incomes of 400 percent of FPL or more.

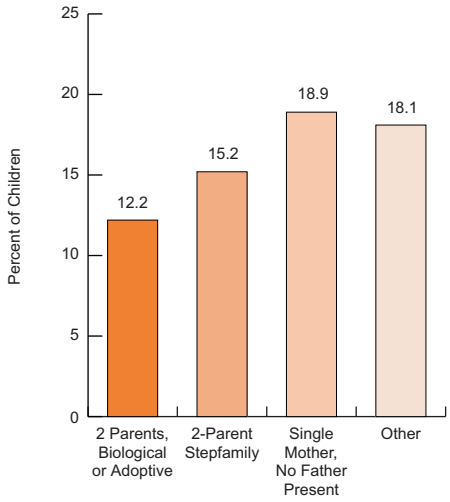
Overweight among children also appears to be related to family structure. Children with two parents—either biological or adoptive—are least likely to be overweight (12.2 percent). Among children in two-parent families with at least one step-parent, 15.2 percent are overweight, while the same is true of 18.9 percent of children with a single mother and no father present and 18.1 percent of children with other family structures.

Percent of Children Who Are Overweight, by Family Income



Federal Poverty Level, equal to $18,400 for a family of four in 2003.

Percent of Children Who Are Overweight, by Family Structure

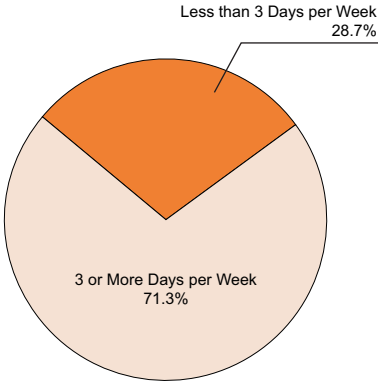


Children's Physical Activity

Parents were asked to report how many days in the week before the survey their children participated in physical activity that lasted at least 20 minutes and caused sweating and hard breathing. Overall, 71.3 percent of 10- to 17-year-olds were reported to exercise 3 or more days per week. Males in this age group are more likely to exercise than their female counterparts (76.8 versus 65.6 percent).

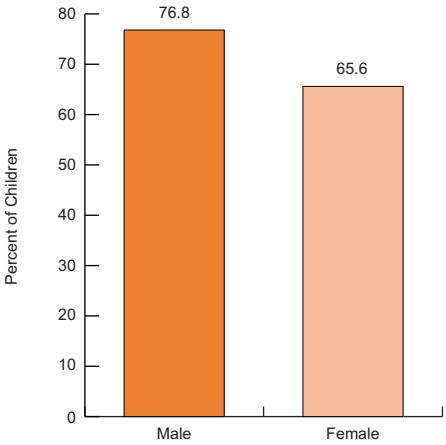
Physical activity decreases with increased age: 78.2 percent of 10- to 11-year-olds were reported by parents to exercise 3 or more days per week, compared with 74.2 percent of 12- to 14-year-olds and 63.3 percent of 15- to -17-year-olds.

Physical Activity* Among Children Aged 10 to 17 Years

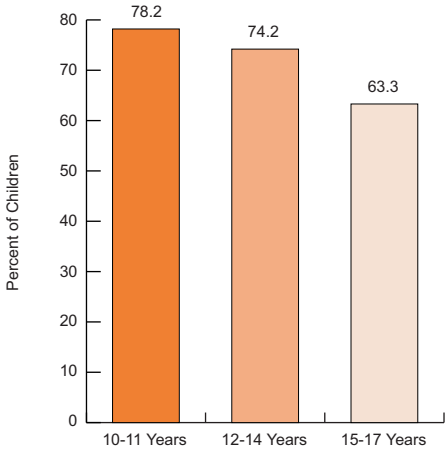


*Activity that lasted at least 20 minutes and caused sweating and hard breathing.

Percent of Children Who Participate in Physical Activity on 3 or More Days per Week, by Sex



Percent of Children Who Participate in Physical Activity on 3 or More Days per Week, by Age



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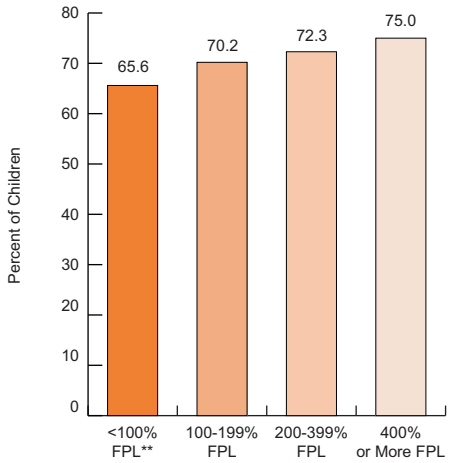
Participation in physical activity on 3 or more days per week increases with family income. Children with family incomes below the Federal poverty level (FPL) are least likely to exercise regularly (65.6 percent) according to parent reporting, compared to 70.2 percent of children with family incomes between 100 and 199 percent of FPL, 72.3 percent of children with family incomes between 200 and 399 percent of FPL, and 75.0 percent of children with family incomes of 400 percent of FPL or more.

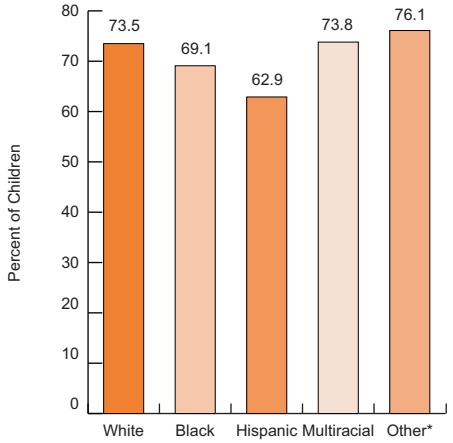
Race and ethnicity also appear to be related to participation in physical activity among 10- to 17-year-olds. White and multiracial children had approximately equal rates of regular physical activity (73.5 and 73.8 percent, respectively) according to parent reporting. Hispanic children were least likely to exercise 3 or more days per week (62.9 percent), followed by Black children (69.1 percent); children of other racial and ethnic origins were most likely to regularly exercise (76.1 percent).

Percent of Children Who Participate in Physical Activity* on 3 or More Days per Week, by Family Income



*Activity that lasted at least 20 minutes and caused sweating and hard breathing.
**Federal Poverty Level, equal to $18,400 for a family of four in 2003.

Percent of Children Who Participate in Physical Activity on 3 or More Days per Week, by Race and Ethnicity



*Includes Asian/Pacific Islander and American Indian/Alaska Native children.

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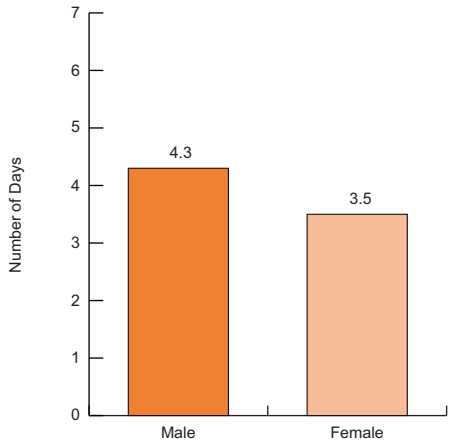
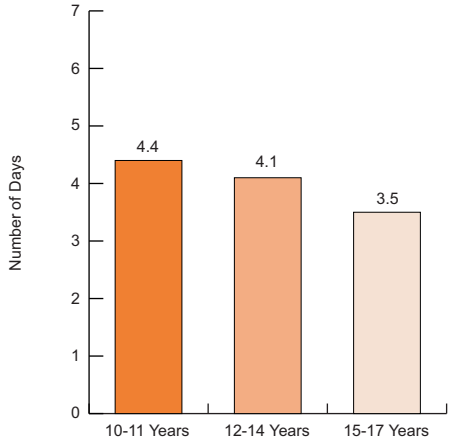
Overall, children aged 10 to 17 years participate in physical activity that lasts at least 20 minutes and causes sweating and hard breathing for an average of 3.9 days per week, as reported by parents. As with the previous measure of physical activity, males exercise a greater mean number of days than females, and younger children exercise a greater mean number of days than older children. The average for males is 4.3 days per week, compared to 3.5 days for females. Children aged 10 to 11 years average 4.4 days, while 12- to 14-year-olds average 4.1 days and 15- to 17-year-olds average 3.5 days per week.

Mean Days of Physical Activity* per Week, by Sex



*Activity that lasted at least 20 minutes and caused sweating and hard breathing.

Mean Days of Physical Activity per Week, by Age



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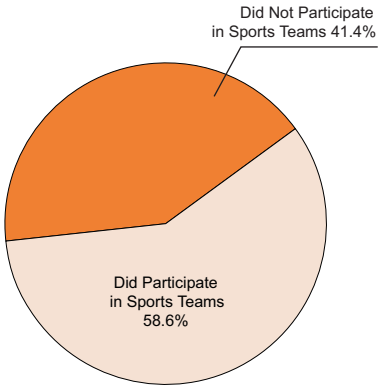
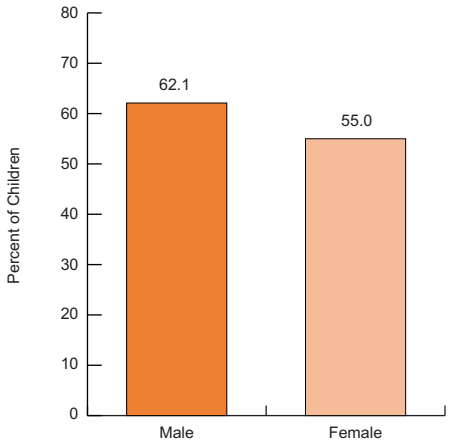
According to parents, over half (58.6 percent) of 10- to 17-year-olds participate in sports teams or take sports lessons. Males are more likely than females to participate in sports (62.1 versus 55.0 percent). Children aged 10 to 11 years and 12 to 14 years have almost equal rates of participation in sports (61.5 and 61.6 percent, respectively), while those aged 15 to 17 years are less likely to participate (53.4 percent).

Participation in sports also varies by type of school attended. Of children in private schools, 74.2 percent participate. The rate of participation among public school children is 57.5 percent, and home-schooled children are least likely to participate with a rate of 45.0 percent.

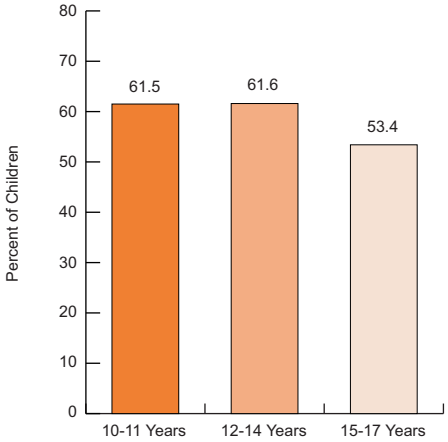
Participation in Sports Teams Among Children



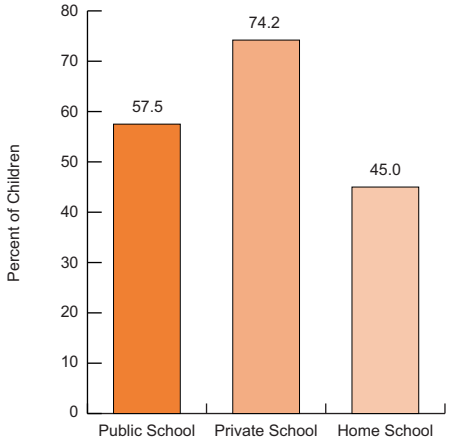
Percent of Children Who Participate in Sports Teams or Sports Lessons, by Sex



Percent of Children Who Participate in Sports Teams or Sports Lessons, by Age



Percent of Children Who Participate in Sports Teams or Sports Lessons, by School Type



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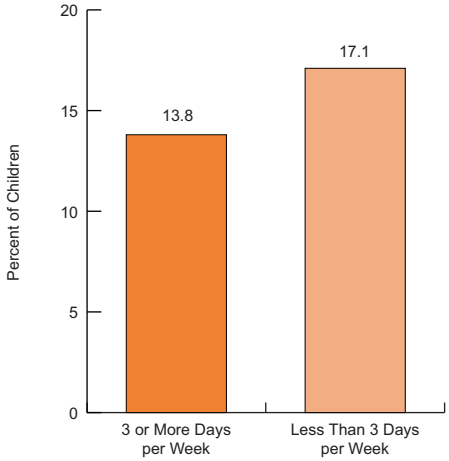
Physical activity and participation in sports appear to be related to overweight in children aged 10 to 17 years. Children who are physically active 3 or more days per week are less likely to be overweight than those who are not, 13.8 and 17.1 percent, respectively.

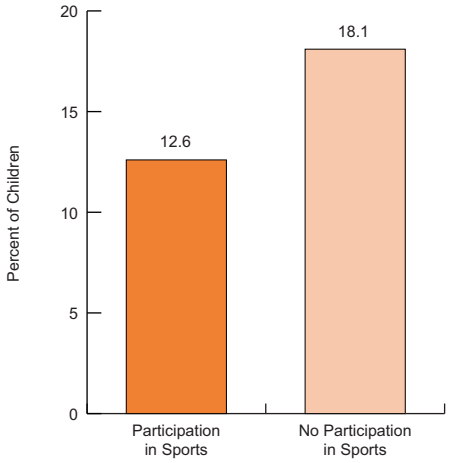
Of children who participate on a sports team or take sports lessons, 12.6 percent are overweight, compared to 18.1 percent of children who do not participate in sports.

Percent of Children Who Are Overweight, by Participation in Physical Activity*



*Activity that lasted at least 20 minutes and caused sweating and hard breathing.

Percent of Children Who Are Overweight, by Participation in Sports Teams or Sports Lessons



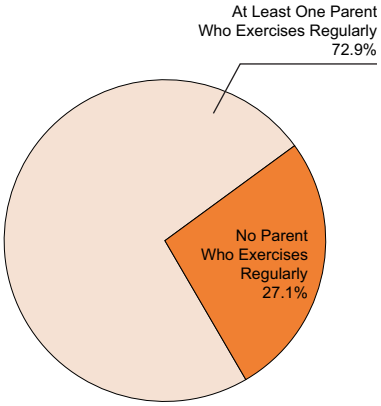
Physical Activity in the Family

According to parents, most 10- to 17-year-old children have at least one parent who exercises regularly. Overall, 72.9 percent of children have at least one parent who regularly exercises or plays sports hard enough to breathe hard, have a fast heart beat, or sweat for 20 minutes or more; the remaining 27.1 percent of children do not have a parent who regularly exercises or plays sports at this level of intensity.

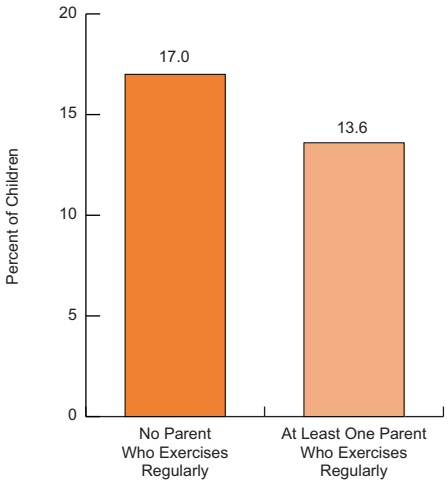
Parental exercise appears to be related to overweight among children. Of all children who do not have a parent who exercises regularly, 17.0 percent are overweight; this is compared to 13.6 percent of children who do have at least one parent who exercises regularly.

As with exercise among children, parental exercise varies by family income. Among children with family incomes under 100 percent of the Federal poverty level (FPL), 56.7 percent have at least one parent who exercises regularly. This rate continues to rise with family income, and among children with family incomes at 400 percent of FPL and above, 83.8 percent have at least one parent who exercises regularly.

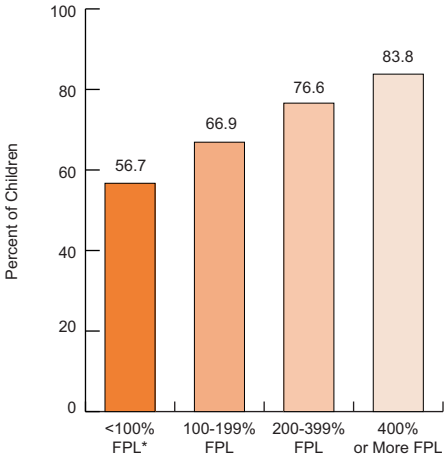
Parental Exercise Among Children



Percent of Children Who Are Overweight, by Parental Exercise



Percent of Children Whose Parents Exercise Regularly, by Family Income



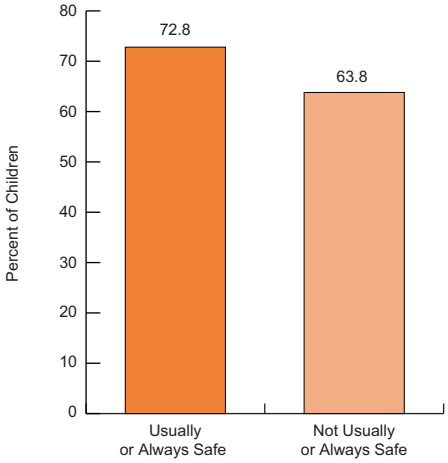
Federal Poverty Level, equal to $18,400 for a family of four in 2003.

Physical Activity and the Neighborhood

Safety in the neighborhood or community, as defined by parents, appears to be related to physical activity and participation in sports. Among those children living in neighborhoods that are usually or always safe, 72.8 percent exercise on 3 or more days per week; this is compared to 63.8 percent of children living in neighborhoods that are reportedly never or only sometimes safe.

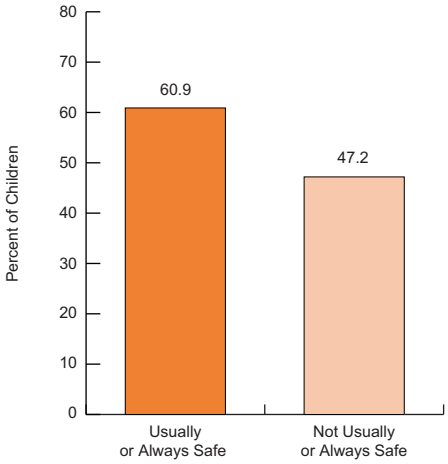
Safety in the neighborhood or community is similarly related to participation in sports among children. Of those children living in neighborhoods that are usually or always safe, 60.9 percent participate in sports teams or take sports lessons; among those children living in neighborhoods that are reportedly never or only sometimes safe, 47.2 percent participate in sports.

Percent of Children Who Participate in Physical Activity on 3 or More Days per Week, by Neighborhood Safety*



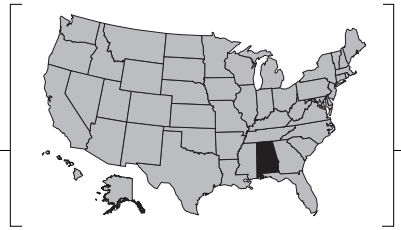
*Neighborhood safety is determined by whether the parent feels the child is usually or always safe in that neighborhood.

Percent of Children Who Participate in Sports Teams or Sports Lessons, by Neighborhood Safety



State-Level Data

The National Survey of Children's Health provides information on the health and well-being of children in the 50 States and the District of Columbia (D.C.). This section presents the survey's findings for each State and D.C., including the percentage of children who are overweight; the percentage of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week; the percentage of children who were on a sports team or took sports lessons during the past 12 months; and the percentage of children who have parents who exercise regularly. Several of these indicators are also shown by one or more of the following: children's age, family income, and sex. These data are presented in comparison with the National statistics presented in the previous section.



The National Survey of Children's Health

Overweight and Physical Activity Among Children:
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Alabama

All statistics are based on parental reports.

National %	State %	
14.8	16.7	**Percent of children who are overweight**
21.9	22.3	Age 10-11
14.4	15.7	Age 12-14
10.7	13.7	Age 15-17
22.4	19.8	0-99% Federal poverty level
19.0	19.8	100-199% Federal poverty level
13.7	14.4	200-399% Federal poverty level
9.1	13.5	400% Federal poverty level or more
18.1	20.3	Male
11.5	13.0	Female
71.3	77.6	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	88.5	Age 10-11
74.2	79.5	Age 12-14
63.3	66.8	Age 15-17
76.8	82.1	Male
65.6	72.7	Female
58.6	52.2	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	51.7	Age 10-11
61.6	56.1	Age 12-14
53.4	48.1	Age 15-17
62.1	58.2	Male
55.0	46.0	Female
72.9	71.1	**Percent of children with at least one parent who exercises regularly**

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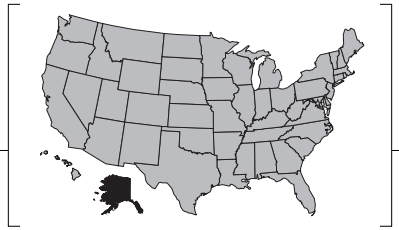
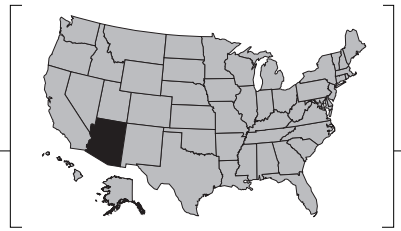


Alaska

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	11.1
Age 10-11	21.9	14.5
Age 12-14	14.4	12.6
Age 15-17	10.7	7.6
0-99% Federal poverty level	22.4	17.1
100-199% Federal poverty level	19.0	11.6
200-399% Federal poverty level	13.7	10.2
400% Federal poverty level or more	9.1	6.4
Male	18.1	13.8
Female	11.5	8.2
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	75.5
Age 10-11	78.2	83.4
Age 12-14	74.2	76.2
Age 15-17	63.3	70.3
Male	76.8	77.0
Female	65.6	74.2
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	61.6
Age 10-11	61.5	72.7
Age 12-14	61.6	63.9
Age 15-17	53.4	52.8
Male	62.1	60.1
Female	55.0	62.9
Percent of children with at least one parent who exercises regularly	72.9	77.3



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Arizona

All statistics are based on parental reports.

National %	State %	
14.8	12.2	**Percent of children who are overweight**
21.9	14.8	Age 10-11
14.4	15.9	Age 12-14
10.7	6.8	Age 15-17
22.4	22.2	0-99% Federal poverty level
19.0	16.2	100-199% Federal poverty level
13.7	8.8	200-399% Federal poverty level
9.1	6.2	400% Federal poverty level or more
18.1	16.5	Male
11.5	7.8	Female
71.3	72.7	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	82.1	Age 10-11
74.2	74.0	Age 12-14
63.3	63.8	Age 15-17
76.8	77.9	Male
65.6	67.4	Female
58.6	53.7	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	51.2	Age 10-11
61.6	60.6	Age 12-14
53.4	48.5	Age 15-17
62.1	55.9	Male
55.0	51.5	Female
72.9	75.5	**Percent of children with at least one parent who exercises regularly**

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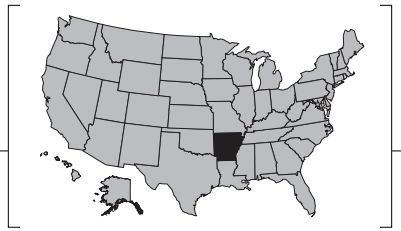
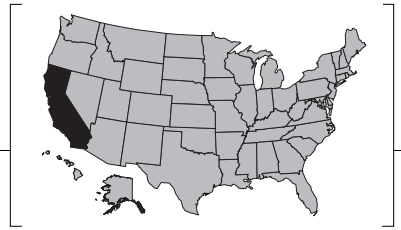


Arkansas

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	16.4
Age 10-11	21.9	26.6
Age 12-14	14.4	13.8
Age 15-17	10.7	13.4
0-99% Federal poverty level	22.4	16.1
100-199% Federal poverty level	19.0	20.5
200-399% Federal poverty level	13.7	15.3
400% Federal poverty level or more	9.1	13.7
Male	18.1	22.2
Female	11.5	10.8
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	71.9
Age 10-11	78.2	80.6
Age 12-14	74.2	74.7
Age 15-17	63.3	63.2
Male	76.8	79.0
Female	65.6	65.3
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	59.0
Age 10-11	61.5	58.7
Age 12-14	61.6	60.5
Age 15-17	53.4	57.4
Male	62.1	64.4
Female	55.0	54.0
Percent of children with at least one parent who exercises regularly	72.9	72.4



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California

All statistics are based on parental reports.

National %	State %	
14.8	13.2	**Percent of children who are overweight**
21.9	25.8	Age 10-11
14.4	10.1	Age 12-14
10.7	8.5	Age 15-17
22.4	16.6	0-99% Federal poverty level
19.0	20.4	100-199% Federal poverty level
13.7	11.4	200-399% Federal poverty level
9.1	7.9	400% Federal poverty level or more
18.1	15.4	Male
11.5	10.9	Female
71.3	74.9	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	78.5	Age 10-11
74.2	82.2	Age 12-14
63.3	64.3	Age 15-17
76.8	79.3	Male
65.6	70.4	Female
58.6	54.1	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	55.5	Age 10-11
61.6	59.2	Age 12-14
53.4	47.4	Age 15-17
62.1	56.9	Male
55.0	51.3	Female
72.9	67.4	**Percent of children with at least one parent who exercises regularly**

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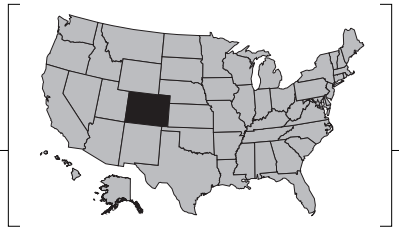
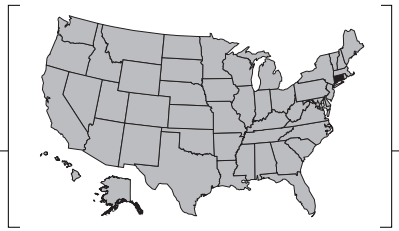


Colorado

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	9.9
Age 10-11	21.9	16.5
Age 12-14	14.4	8.7
Age 15-17	10.7	7.2
0-99% Federal poverty level	22.4	18.6
100-199% Federal poverty level	19.0	14.8
200-399% Federal poverty level	13.7	10.2
400% Federal poverty level or more	9.1	5.5
Male	18.1	13.2
Female	11.5	6.6
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	70.4
Age 10-11	78.2	83.2
Age 12-14	74.2	68.7
Age 15-17	63.3	63.9
Male	76.8	73.3
Female	65.6	67.4
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	66.3
Age 10-11	61.5	69.4
Age 12-14	61.6	70.9
Age 15-17	53.4	58.6
Male	62.1	67.1
Female	55.0	65.4
Percent of children with at least one parent who exercises regularly	72.9	79.9



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Connecticut

All statistics are based on parental reports.

National %	State %	
14.8	12.3	**Percent of children who are overweight**
21.9	17.3	Age 10-11
14.4	10.0	Age 12-14
10.7	11.4	Age 15-17
22.4	37.2	0-99% Federal poverty level
19.0	16.2	100-199% Federal poverty level
13.7	10.0	200-399% Federal poverty level
9.1	9.6	400% Federal poverty level or more
18.1	15.2	Male
11.5	9.4	Female
71.3	68.5	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	68.9	Age 10-11
74.2	72.3	Age 12-14
63.3	64.7	Age 15-17
76.8	73.9	Male
65.6	62.7	Female
58.6	68.5	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	76.2	Age 10-11
61.6	66.9	Age 12-14
53.4	64.8	Age 15-17
62.1	71.1	Male
55.0	65.7	Female
72.9	75.8	**Percent of children with at least one parent who exercises regularly**

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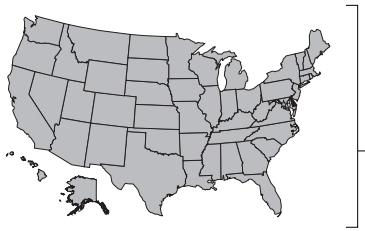
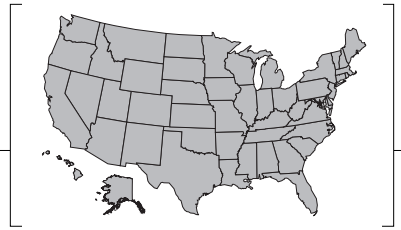


Delaware

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	14.8
Age 10-11	21.9	16.0
Age 12-14	14.4	16.9
Age 15-17	10.7	12.0
0-99% Federal poverty level	22.4	21.6
100-199% Federal poverty level	19.0	21.2
200-399% Federal poverty level	13.7	14.3
400% Federal poverty level or more	9.1	10.8
Male	18.1	18.6
Female	11.5	10.9
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	65.7
Age 10-11	78.2	73.1
Age 12-14	74.2	66.1
Age 15-17	63.3	60.5
Male	76.8	72.3
Female	65.6	59.0
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	58.0
Age 10-11	61.5	57.2
Age 12-14	61.6	57.9
Age 15-17	53.4	58.5
Male	62.1	62.1
Female	55.0	53.7
Percent of children with at least one parent who exercises regularly	72.9	71.7



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District of Columbia

All statistics are based on parental reports.

National %	State %	
14.8	22.8	**Percent of children who are overweight**
21.9	36.8	Age 10-11
14.4	20.7	Age 12-14
10.7	14.1	Age 15-17
22.4	34.2	0-99% Federal poverty level
19.0	22.2	100-199% Federal poverty level
13.7	22.7	200-399% Federal poverty level
9.1	12.2	400% Federal poverty level or more
18.1	26.6	Male
11.5	18.9	Female
71.3	62.1	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	67.3	Age 10-11
74.2	60.5	Age 12-14
63.3	59.9	Age 15-17
76.8	71.4	Male
65.6	52.6	Female
58.6	57.5	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	57.5	Age 10-11
61.6	58.5	Age 12-14
53.4	56.1	Age 15-17
62.1	63.5	Male
55.0	51.4	Female
72.9	60.1	**Percent of children with at least one parent who exercises regularly**

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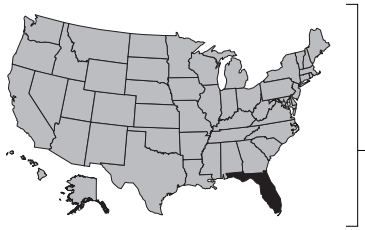
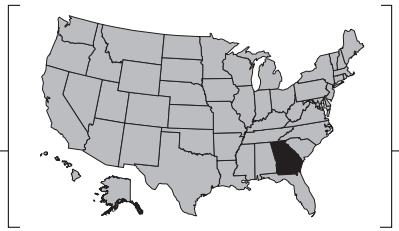


Florida

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	14.4
Age 10-11	21.9	23.2
Age 12-14	14.4	15.1
Age 15-17	10.7	7.7
0-99% Federal poverty level	22.4	25.8
100-199% Federal poverty level	19.0	14.0
200-399% Federal poverty level	13.7	12.3
400% Federal poverty level or more	9.1	9.1
Male	18.1	19.5
Female	11.5	9.2
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	68.9
Age 10-11	78.2	78.3
Age 12-14	74.2	71.8
Age 15-17	63.3	59.1
Male	76.8	76.9
Female	65.6	60.3
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	50.1
Age 10-11	61.5	47.2
Age 12-14	61.6	55.9
Age 15-17	53.4	45.5
Male	62.1	54.6
Female	55.0	45.2
Percent of children with at least one parent who exercises regularly	72.9	74.3



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Georgia

All statistics are based on parental reports.

National %	State %	
14.8	16.4	**Percent of children who are overweight**
21.9	20.1	Age 10-11
14.4	19.9	Age 12-14
10.7	10.1	Age 15-17
22.4	20.3	0-99% Federal poverty level
19.0	18.5	100-199% Federal poverty level
13.7	17.9	200-399% Federal poverty level
9.1	8.4	400% Federal poverty level or more
18.1	18.9	Male
11.5	14.0	Female
71.3	69.1	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	82.1	Age 10-11
74.2	71.2	Age 12-14
63.3	57.5	Age 15-17
76.8	72.7	Male
65.6	65.6	Female
58.6	53.5	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	53.1	Age 10-11
61.6	58.5	Age 12-14
53.4	48.4	Age 15-17
62.1	58.5	Male
55.0	48.5	Female
72.9	73.7	**Percent of children with at least one parent who exercises regularly**

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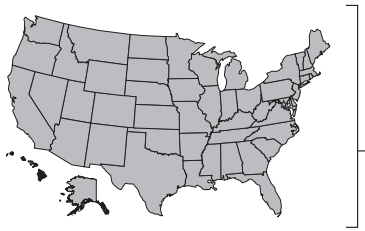
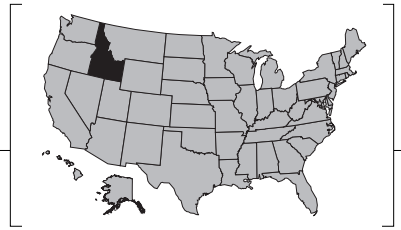


Hawaii

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	13.3
Age 10-11	21.9	14.2
Age 12-14	14.4	15.3
Age 15-17	10.7	10.0
0-99% Federal poverty level	22.4	18.0
100-199% Federal poverty level	19.0	17.4
200-399% Federal poverty level	13.7	11.9
400% Federal poverty level or more	9.1	11.5
Male	18.1	16.4
Female	11.5	10.0
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	75.2
Age 10-11	78.2	82.7
Age 12-14	74.2	73.6
Age 15-17	63.3	71.8
Male	76.8	80.7
Female	65.6	69.0
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	65.6
Age 10-11	61.5	67.9
Age 12-14	61.6	64.1
Age 15-17	53.4	65.9
Male	62.1	67.7
Female	55.0	63.6
Percent of children with at least one parent who exercises regularly	72.9	81.5



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Idaho

All statistics are based on parental reports.

National %	State %	
14.8	10.1	**Percent of children who are overweight**
21.9	17.5	Age 10-11
14.4	7.9	Age 12-14
10.7	7.6	Age 15-17
22.4	24.1	0-99% Federal poverty level
19.0	12.3	100-199% Federal poverty level
13.7	6.9	200-399% Federal poverty level
9.1	5.5	400% Federal poverty level or more
18.1	12.7	Male
11.5	7.3	Female
71.3	70.5	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	72.9	Age 10-11
74.2	75.8	Age 12-14
63.3	63.9	Age 15-17
76.8	73.8	Male
65.6	66.9	Female
58.6	63.5	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	63.4	Age 10-11
61.6	71.5	Age 12-14
53.4	55.9	Age 15-17
62.1	63.4	Male
55.0	63.5	Female
72.9	78.5	**Percent of children with at least one parent who exercises regularly**

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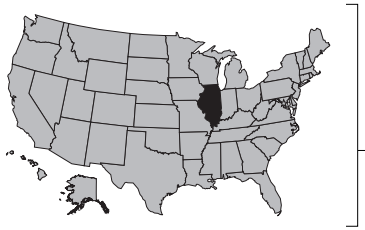
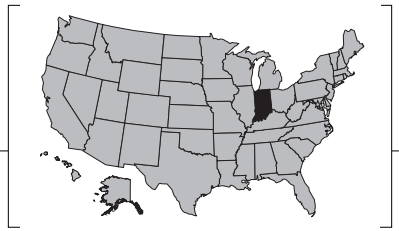


Illinois

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	15.8
Age 10-11	21.9	18.5
Age 12-14	14.4	18.5
Age 15-17	10.7	11.2
0-99% Federal poverty level	22.4	26.5
100-199% Federal poverty level	19.0	19.4
200-399% Federal poverty level	13.7	13.8
400% Federal poverty level or more	9.1	9.7
Male	18.1	17.2
Female	11.5	14.4
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	71.1
Age 10-11	78.2	73.0
Age 12-14	74.2	73.9
Age 15-17	63.3	66.9
Male	76.8	75.3
Female	65.6	67.1
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	63.4
Age 10-11	61.5	68.9
Age 12-14	61.6	66.5
Age 15-17	53.4	56.4
Male	62.1	67.7
Female	55.0	59.3
Percent of children with at least one parent who exercises regularly	72.9	73.2



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Indiana

All statistics are based on parental reports.

National %	State %	
14.8	15.6	**Percent of children who are overweight**
21.9	17.8	Age 10-11
14.4	15.4	Age 12-14
10.7	14.5	Age 15-17
22.4	24.1	0-99% Federal poverty level
19.0	22.2	100-199% Federal poverty level
13.7	11.3	200-399% Federal poverty level
9.1	13.9	400% Federal poverty level or more
18.1	21.4	Male
11.5	9.0	Female
71.3	70.7	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	81.4	Age 10-11
74.2	70.9	Age 12-14
63.3	63.8	Age 15-17
76.8	73.1	Male
65.6	67.8	Female
58.6	64.5	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	78.9	Age 10-11
61.6	69.9	Age 12-14
53.4	49.9	Age 15-17
62.1	65.4	Male
55.0	63.4	Female
72.9	72.9	**Percent of children with at least one parent who exercises regularly**

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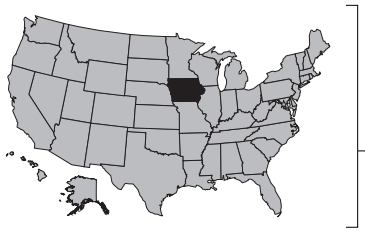
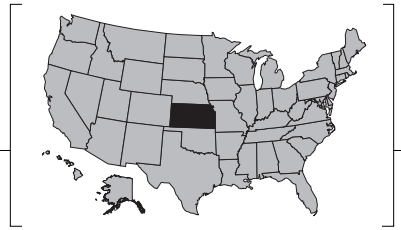


Iowa

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	12.5
Age 10-11	21.9	22.4
Age 12-14	14.4	9.2
Age 15-17	10.7	10.3
0-99% Federal poverty level	22.4	17.9
100-199% Federal poverty level	19.0	16.6
200-399% Federal poverty level	13.7	11.5
400% Federal poverty level or more	9.1	10.2
Male	18.1	15.3
Female	11.5	9.5
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	74.8
Age 10-11	78.2	78.9
Age 12-14	74.2	77.7
Age 15-17	63.3	68.9
Male	76.8	81.0
Female	65.6	68.0
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	70.9
Age 10-11	61.5	69.5
Age 12-14	61.6	75.3
Age 15-17	53.4	66.7
Male	62.1	73.2
Female	55.0	68.3
Percent of children with at least one parent who exercises regularly	72.9	79.0



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Kansas

All statistics are based on parental reports.

National %	State %	
14.8	14.0	**Percent of children who are overweight**
21.9	17.9	Age 10-11
14.4	15.0	Age 12-14
10.7	10.2	Age 15-17
22.4	28.0	0-99% Federal poverty level
19.0	14.4	100-199% Federal poverty level
13.7	13.2	200-399% Federal poverty level
9.1	7.7	400% Federal poverty level or more
18.1	18.9	Male
11.5	8.5	Female
71.3	76.6	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	83.9	Age 10-11
74.2	84.3	Age 12-14
63.3	63.5	Age 15-17
76.8	81.9	Male
65.6	70.9	Female
58.6	63.7	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	67.5	Age 10-11
61.6	66.0	Age 12-14
53.4	58.5	Age 15-17
62.1	65.8	Male
55.0	61.4	Female
72.9	75.2	**Percent of children with at least one parent who exercises regularly**

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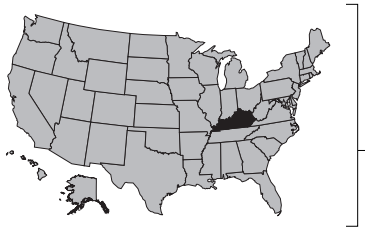
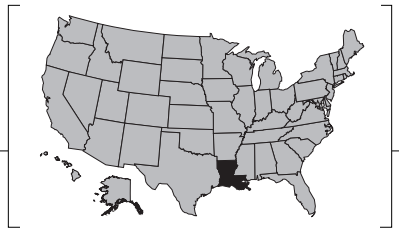


Kentucky

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	20.6
Age 10-11	21.9	29.7
Age 12-14	14.4	18.3
Age 15-17	10.7	17.0
0-99% Federal poverty level	22.4	30.3
100-199% Federal poverty level	19.0	24.1
200-399% Federal poverty level	13.7	15.1
400% Federal poverty level or more	9.1	12.7
Male	18.1	24.0
Female	11.5	17.4
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	68.4
Age 10-11	78.2	78.6
Age 12-14	74.2	71.6
Age 15-17	63.3	57.0
Male	76.8	74.4
Female	65.6	62.3
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	53.0
Age 10-11	61.5	59.3
Age 12-14	61.6	56.6
Age 15-17	53.4	44.4
Male	62.1	56.6
Female	55.0	49.8
Percent of children with at least one parent who exercises regularly	72.9	74.5



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Louisiana

All statistics are based on parental reports.

National %	State %	
14.8	17.2	**Percent of children who are overweight**
21.9	22.8	Age 10-11
14.4	17.2	Age 12-14
10.7	13.4	Age 15-17
22.4	22.9	0-99% Federal poverty level
19.0	18.3	100-199% Federal poverty level
13.7	15.5	200-399% Federal poverty level
9.1	15.2	400% Federal poverty level or more
18.1	19.4	Male
11.5	14.9	Female
71.3	75.2	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	86.2	Age 10-11
74.2	77.0	Age 12-14
63.3	65.2	Age 15-17
76.8	80.5	Male
65.6	69.7	Female
58.6	56.0	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	57.5	Age 10-11
61.6	56.8	Age 12-14
53.4	53.8	Age 15-17
62.1	62.0	Male
55.0	49.4	Female
72.9	73.8	**Percent of children with at least one parent who exercises regularly**

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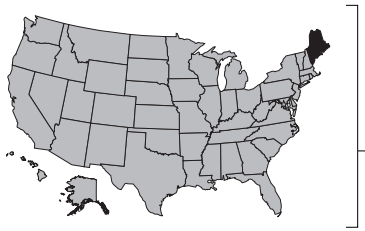
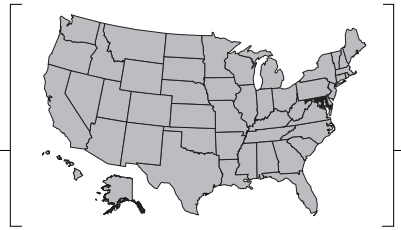


Maine

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	12.7
Age 10-11	21.9	18.3
Age 12-14	14.4	11.4
Age 15-17	10.7	10.4
0-99% Federal poverty level	22.4	17.0
100-199% Federal poverty level	19.0	17.7
200-399% Federal poverty level	13.7	13.6
400% Federal poverty level or more	9.1	6.0
Male	18.1	16.8
Female	11.5	8.5
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	67.3
Age 10-11	78.2	74.3
Age 12-14	74.2	75.9
Age 15-17	63.3	54.5
Male	76.8	72.9
Female	65.6	61.6
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	69.8
Age 10-11	61.5	79.1
Age 12-14	61.6	71.3
Age 15-17	53.4	62.2
Male	62.1	69.1
Female	55.0	70.4
Percent of children with at least one parent who exercises regularly	72.9	78.4



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Maryland

All statistics are based on parental reports.

National %	State %	
14.8	13.3	**Percent of children who are overweight**
21.9	18.5	Age 10-11
14.4	10.9	Age 12-14
10.7	12.7	Age 15-17
22.4	17.9	0-99% Federal poverty level
19.0	21.0	100-199% Federal poverty level
13.7	13.0	200-399% Federal poverty level
9.1	7.9	400% Federal poverty level or more
18.1	18.3	Male
11.5	7.9	Female
71.3	61.7	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	71.6	Age 10-11
74.2	63.8	Age 12-14
63.3	53.2	Age 15-17
76.8	70.5	Male
65.6	52.6	Female
58.6	60.8	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	68.6	Age 10-11
61.6	64.6	Age 12-14
53.4	51.8	Age 15-17
62.1	64.2	Male
55.0	57.1	Female
72.9	75.6	**Percent of children with at least one parent who exercises regularly**

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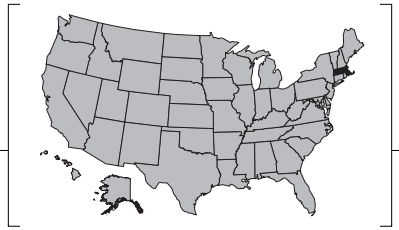
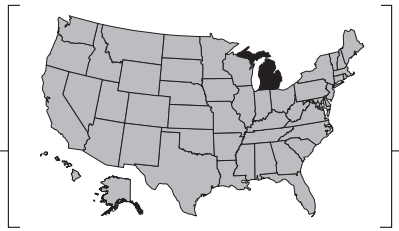


Massachusetts

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	13.6
Age 10-11	21.9	20.1
Age 12-14	14.4	12.2
Age 15-17	10.7	10.7
0-99% Federal poverty level	22.4	29.9
100-199% Federal poverty level	19.0	23.9
200-399% Federal poverty level	13.7	11.7
400% Federal poverty level or more	9.1	8.5
Male	18.1	17.5
Female	11.5	9.4
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	67.6
Age 10-11	78.2	69.9
Age 12-14	74.2	75.3
Age 15-17	63.3	58.0
Male	76.8	73.0
Female	65.6	61.6
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	69.8
Age 10-11	61.5	80.1
Age 12-14	61.6	70.1
Age 15-17	53.4	62.4
Male	62.1	73.8
Female	55.0	65.4
Percent of children with at least one parent who exercises regularly	72.9	75.8



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Michigan

All statistics are based on parental reports.

National %	State %	
14.8	14.5	**Percent of children who are overweight**
21.9	18.6	Age 10-11
14.4	15.1	Age 12-14
10.7	11.3	Age 15-17
22.4	19.1	0-99% Federal poverty level
19.0	22.6	100-199% Federal poverty level
13.7	15.2	200-399% Federal poverty level
9.1	6.2	400% Federal poverty level or more
18.1	16.3	Male
11.5	12.4	Female
71.3	69.6	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	77.0	Age 10-11
74.2	76.5	Age 12-14
63.3	57.4	Age 15-17
76.8	76.7	Male
65.6	61.7	Female
58.6	64.7	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	66.5	Age 10-11
61.6	68.5	Age 12-14
53.4	59.4	Age 15-17
62.1	68.0	Male
55.0	61.1	Female
72.9	71.2	**Percent of children with at least one parent who exercises regularly**

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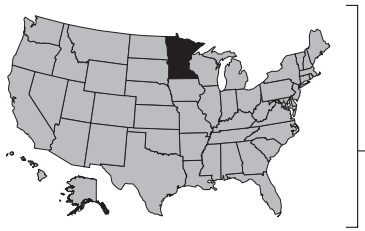
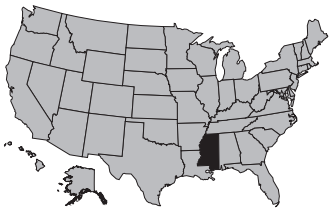


Minnesota

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	10.1
Age 10-11	21.9	13.5
Age 12-14	14.4	10.0
Age 15-17	10.7	8.2
0-99% Federal poverty level	22.4	13.3
100-199% Federal poverty level	19.0	12.6
200-399% Federal poverty level	13.7	10.4
400% Federal poverty level or more	9.1	6.8
Male	18.1	12.8
Female	11.5	7.3
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	72.8
Age 10-11	78.2	86.2
Age 12-14	74.2	73.7
Age 15-17	63.3	63.3
Male	76.8	77.9
Female	65.6	67.5
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	67.5
Age 10-11	61.5	73.1
Age 12-14	61.6	72.3
Age 15-17	53.4	58.6
Male	62.1	71.2
Female	55.0	63.6
Percent of children with at least one parent who exercises regularly	72.9	77.3



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Mississippi

All statistics are based on parental reports.

National %	State %	
14.8	17.8	**Percent of children who are overweight**
21.9	25.6	Age 10-11
14.4	19.4	Age 12-14
10.7	11.5	Age 15-17
22.4	22.3	0-99% Federal poverty level
19.0	18.4	100-199% Federal poverty level
13.7	16.1	200-399% Federal poverty level
9.1	9.1	400% Federal poverty level or more
18.1	20.4	Male
11.5	15.3	Female
71.3	69.4	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	78.6	Age 10-11
74.2	72.0	Age 12-14
63.3	61.0	Age 15-17
76.8	76.0	Male
65.6	62.8	Female
58.6	48.9	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	56.5	Age 10-11
61.6	46.7	Age 12-14
53.4	46.4	Age 15-17
62.1	56.7	Male
55.0	41.0	Female
72.9	68.1	**Percent of children with at least one parent who exercises regularly**

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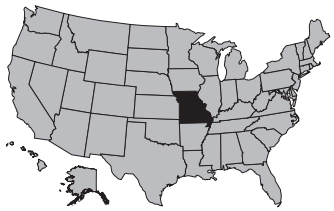
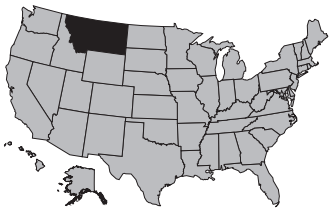


Missouri

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	15.6
Age 10-11	21.9	20.3
Age 12-14	14.4	15.7
Age 15-17	10.7	12.4
0-99% Federal poverty level	22.4	25.5
100-199% Federal poverty level	19.0	16.9
200-399% Federal poverty level	13.7	17.1
400% Federal poverty level or more	9.1	7.7
Male	18.1	17.2
Female	11.5	13.9
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	72.1
Age 10-11	78.2	79.6
Age 12-14	74.2	74.7
Age 15-17	63.3	64.2
Male	76.8	77.3
Female	65.6	66.5
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	60.2
Age 10-11	61.5	64.5
Age 12-14	61.6	60.6
Age 15-17	53.4	57.1
Male	62.1	63.7
Female	55.0	56.7
Percent of children with at least one parent who exercises regularly	72.9	76.6



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Montana

All statistics are based on parental reports.

National %	State %	
14.8	11.1	**Percent of children who are overweight**
21.9	17.7	Age 10-11
14.4	9.0	Age 12-14
10.7	9.3	Age 15-17
22.4	22.6	0-99% Federal poverty level
19.0	6.3	100-199% Federal poverty level
13.7	10.9	200-399% Federal poverty level
9.1	9.9	400% Federal poverty level or more
18.1	14.9	Male
11.5	7.0	Female
71.3	76.4	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	83.6	Age 10-11
74.2	81.6	Age 12-14
63.3	67.9	Age 15-17
76.8	79.1	Male
65.6	73.6	Female
58.6	67.6	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	67.8	Age 10-11
61.6	77.7	Age 12-14
53.4	58.7	Age 15-17
62.1	70.1	Male
55.0	65.1	Female
72.9	80.1	**Percent of children with at least one parent who exercises regularly**

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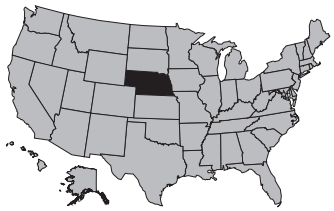
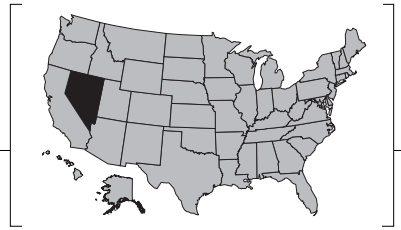


Nebraska

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	11.9
Age 10-11	21.9	11.7
Age 12-14	14.4	12.3
Age 15-17	10.7	11.8
0-99% Federal poverty level	22.4	22.9
100-199% Federal poverty level	19.0	15.6
200-399% Federal poverty level	13.7	9.8
400% Federal poverty level or more	9.1	5.8
Male	18.1	15.4
Female	11.5	8.2
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	74.2
Age 10-11	78.2	76.6
Age 12-14	74.2	78.7
Age 15-17	63.3	68.5
Male	76.8	78.2
Female	65.6	70.0
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	70.2
Age 10-11	61.5	72.3
Age 12-14	61.6	76.8
Age 15-17	53.4	62.7
Male	62.1	69.3
Female	55.0	71.0
Percent of children with at least one parent who exercises regularly	72.9	74.1



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Nevada

All statistics are based on parental reports.

National %	State %	
14.8	12.4	**Percent of children who are overweight**
21.9	18.5	Age 10-11
14.4	12.1	Age 12-14
10.7	8.9	Age 15-17
22.4	16.3	0-99% Federal poverty level
19.0	18.0	100-199% Federal poverty level
13.7	11.1	200-399% Federal poverty level
9.1	7.6	400% Federal poverty level or more
18.1	15.1	Male
11.5	9.5	Female
71.3	72.6	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	78.9	Age 10-11
74.2	76.5	Age 12-14
63.3	63.7	Age 15-17
76.8	76.7	Male
65.6	68.1	Female
58.6	51.6	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	54.8	Age 10-11
61.6	48.7	Age 12-14
53.4	52.3	Age 15-17
62.1	52.8	Male
55.0	50.2	Female
72.9	75.4	**Percent of children with at least one parent who exercises regularly**

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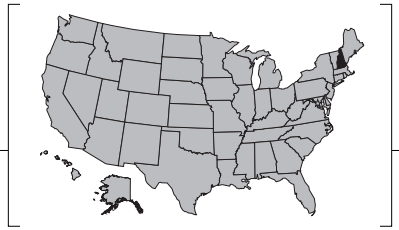
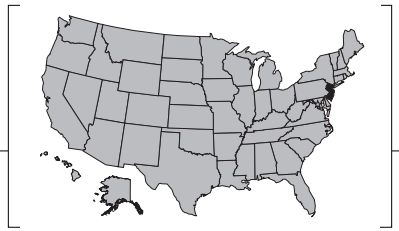


New Hampshire

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	12.9
Age 10-11	21.9	12.8
Age 12-14	14.4	12.8
Age 15-17	10.7	13.1
0-99% Federal poverty level	22.4	19.2
100-199% Federal poverty level	19.0	20.1
200-399% Federal poverty level	13.7	11.0
400% Federal poverty level or more	9.1	9.9
Male	18.1	18.0
Female	11.5	7.5
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	68.1
Age 10-11	78.2	70.6
Age 12-14	74.2	73.8
Age 15-17	63.3	60.7
Male	76.8	73.5
Female	65.6	62.3
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	67.1
Age 10-11	61.5	76.4
Age 12-14	61.6	69.6
Age 15-17	53.4	58.9
Male	62.1	68.9
Female	55.0	65.1
Percent of children with at least one parent who exercises regularly	72.9	80.2



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New Jersey

All statistics are based on parental reports.

National %	State %	
14.8	13.7	**Percent of children who are overweight**
21.9	15.9	Age 10-11
14.4	16.5	Age 12-14
10.7	9.1	Age 15-17
22.4	23.6	0-99% Federal poverty level
19.0	20.8	100-199% Federal poverty level
13.7	14.9	200-399% Federal poverty level
9.1	8.2	400% Federal poverty level or more
18.1	17.0	Male
11.5	10.3	Female
71.3	66.8	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	67.9	Age 10-11
74.2	67.1	Age 12-14
63.3	65.6	Age 15-17
76.8	74.9	Male
65.6	58.2	Female
58.6	64.4	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	63.5	Age 10-11
61.6	66.2	Age 12-14
53.4	62.7	Age 15-17
62.1	66.9	Male
55.0	61.6	Female
72.9	69.9	**Percent of children with at least one parent who exercises regularly**

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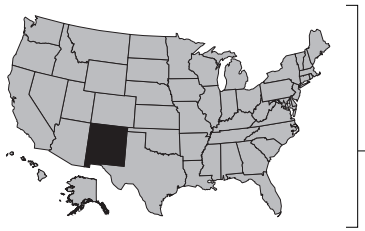
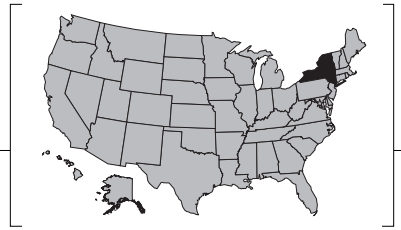


New Mexico

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	16.8
Age 10-11	21.9	31.2
Age 12-14	14.4	15.1
Age 15-17	10.7	10.7
0-99% Federal poverty level	22.4	29.7
100-199% Federal poverty level	19.0	15.6
200-399% Federal poverty level	13.7	14.4
400% Federal poverty level or more	9.1	7.3
Male	18.1	18.2
Female	11.5	15.4
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	69.9
Age 10-11	78.2	80.1
Age 12-14	74.2	73.3
Age 15-17	63.3	60.2
Male	76.8	77.6
Female	65.6	61.5
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	54.8
Age 10-11	61.5	52.8
Age 12-14	61.6	56.2
Age 15-17	53.4	54.7
Male	62.1	59.7
Female	55.0	49.6
Percent of children with at least one parent who exercises regularly	72.9	75.5



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New York

All statistics are based on parental reports.

National %	State %	
14.8	15.3	**Percent of children who are overweight**
21.9	26.0	Age 10-11
14.4	15.8	Age 12-14
10.7	7.3	Age 15-17
22.4	18.7	0-99% Federal poverty level
19.0	16.6	100-199% Federal poverty level
13.7	15.6	200-399% Federal poverty level
9.1	12.1	400% Federal poverty level or more
18.1	20.3	Male
11.5	10.2	Female
71.3	68.2	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	72.5	Age 10-11
74.2	66.7	Age 12-14
63.3	66.7	Age 15-17
76.8	76.7	Male
65.6	59.6	Female
58.6	55.7	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	61.0	Age 10-11
61.6	54.2	Age 12-14
53.4	53.6	Age 15-17
62.1	62.5	Male
55.0	48.8	Female
72.9	68.0	**Percent of children with at least one parent who exercises regularly**

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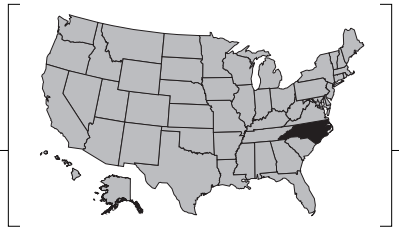
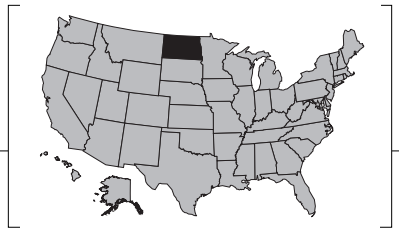


North Carolina

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	19.3
Age 10-11	21.9	20.5
Age 12-14	14.4	23.4
Age 15-17	10.7	13.5
0-99% Federal poverty level	22.4	29.9
100-199% Federal poverty level	19.0	28.3
200-399% Federal poverty level	13.7	16.7
400% Federal poverty level or more	9.1	8.0
Male	18.1	21.6
Female	11.5	17.0
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	74.4
Age 10-11	78.2	85.3
Age 12-14	74.2	75.5
Age 15-17	63.3	64.6
Male	76.8	79.1
Female	65.6	69.6
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	54.3
Age 10-11	61.5	54.4
Age 12-14	61.6	53.0
Age 15-17	53.4	55.7
Male	62.1	59.7
Female	55.0	48.8
Percent of children with at least one parent who exercises regularly	72.9	73.2



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North Dakota

All statistics are based on parental reports.

National %	State %	
14.8	12.1	**Percent of children who are overweight**
21.9	21.1	Age 10-11
14.4	11.4	Age 12-14
10.7	7.4	Age 15-17
22.4	16.0	0-99% Federal poverty level
19.0	14.2	100-199% Federal poverty level
13.7	11.7	200-399% Federal poverty level
9.1	9.2	400% Federal poverty level or more
18.1	13.1	Male
11.5	11.1	Female
71.3	75.4	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	82.7	Age 10-11
74.2	75.4	Age 12-14
63.3	70.8	Age 15-17
76.8	80.4	Male
65.6	70.1	Female
58.6	71.4	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	73.8	Age 10-11
61.6	75.8	Age 12-14
53.4	66.2	Age 15-17
62.1	75.0	Male
55.0	67.4	Female
72.9	78.0	**Percent of children with at least one parent who exercises regularly**

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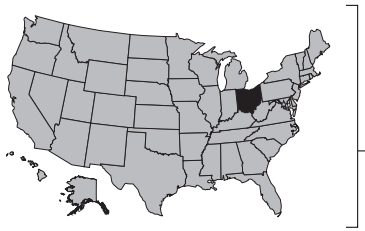
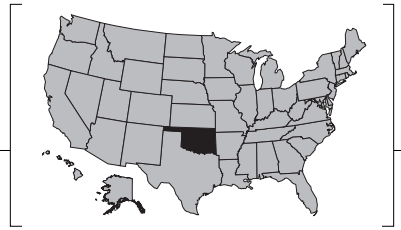


Ohio

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	14.2
Age 10-11	21.9	21.7
Age 12-14	14.4	12.3
Age 15-17	10.7	11.4
0-99% Federal poverty level	22.4	17.2
100-199% Federal poverty level	19.0	22.4
200-399% Federal poverty level	13.7	10.6
400% Federal poverty level or more	9.1	8.6
Male	18.1	16.7
Female	11.5	11.5
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	69.9
Age 10-11	78.2	74.9
Age 12-14	74.2	72.7
Age 15-17	63.3	63.8
Male	76.8	76.0
Female	65.6	63.5
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	62.8
Age 10-11	61.5	70.2
Age 12-14	61.6	64.0
Age 15-17	53.4	57.0
Male	62.1	68.8
Female	55.0	56.5
Percent of children with at least one parent who exercises regularly	72.9	73.4



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Oklahoma

All statistics are based on parental reports.

National %	State %	
14.8	15.4	**Percent of children who are overweight**
21.9	20.3	Age 10-11
14.4	17.0	Age 12-14
10.7	10.8	Age 15-17
22.4	24.0	0-99% Federal poverty level
19.0	17.3	100-199% Federal poverty level
13.7	11.6	200-399% Federal poverty level
9.1	9.1	400% Federal poverty level or more
18.1	19.9	Male
11.5	10.4	Female
71.3	73.3	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	82.4	Age 10-11
74.2	76.4	Age 12-14
63.3	64.7	Age 15-17
76.8	82.3	Male
65.6	63.5	Female
58.6	59.8	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	65.6	Age 10-11
61.6	61.1	Age 12-14
53.4	55.0	Age 15-17
62.1	62.0	Male
55.0	57.5	Female
72.9	71.8	**Percent of children with at least one parent who exercises regularly**

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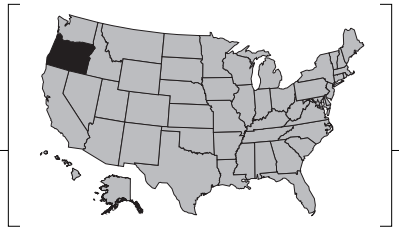
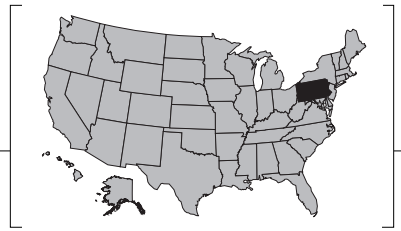


Oregon

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	14.1
Age 10-11	21.9	16.2
Age 12-14	14.4	13.7
Age 15-17	10.7	13.2
0-99% Federal poverty level	22.4	27.5
100-199% Federal poverty level	19.0	18.2
200-399% Federal poverty level	13.7	9.9
400% Federal poverty level or more	9.1	11.8
Male	18.1	16.5
Female	11.5	11.7
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	77.0
Age 10-11	78.2	81.6
Age 12-14	74.2	80.4
Age 15-17	63.3	69.9
Male	76.8	79.9
Female	65.6	74.0
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	62.0
Age 10-11	61.5	65.9
Age 12-14	61.6	60.5
Age 15-17	53.4	60.7
Male	62.1	66.4
Female	55.0	57.4
Percent of children with at least one parent who exercises regularly	72.9	78.9



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Pennsylvania

All statistics are based on parental reports.

National %	State %	
14.8	13.3	**Percent of children who are overweight**
21.9	16.6	Age 10-11
14.4	13.7	Age 12-14
10.7	10.8	Age 15-17
22.4	10.0	0-99% Federal poverty level
19.0	18.1	100-199% Federal poverty level
13.7	12.7	200-399% Federal poverty level
9.1	11.2	400% Federal poverty level or more
18.1	16.9	Male
11.5	9.5	Female
71.3	67.9	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	74.2	Age 10-11
74.2	70.6	Age 12-14
63.3	60.6	Age 15-17
76.8	73.7	Male
65.6	61.5	Female
58.6	60.9	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	63.8	Age 10-11
61.6	67.9	Age 12-14
53.4	51.1	Age 15-17
62.1	64.2	Male
55.0	57.1	Female
72.9	72.8	**Percent of children with at least one parent who exercises regularly**

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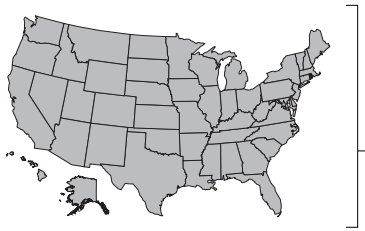
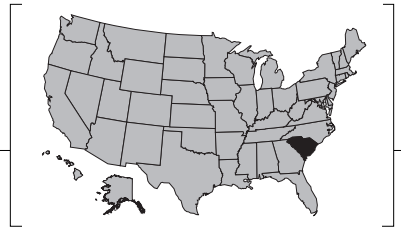


Rhode Island

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	11.9
Age 10-11	21.9	18.2
Age 12-14	14.4	14.7
Age 15-17	10.7	4.9
0-99% Federal poverty level	22.4	21.9
100-199% Federal poverty level	19.0	15.6
200-399% Federal poverty level	13.7	10.1
400% Federal poverty level or more	9.1	9.0
Male	18.1	13.8
Female	11.5	9.9
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	63.8
Age 10-11	78.2	67.6
Age 12-14	74.2	63.5
Age 15-17	63.3	61.6
Male	76.8	69.4
Female	65.6	57.8
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	63.4
Age 10-11	61.5	69.6
Age 12-14	61.6	67.3
Age 15-17	53.4	55.1
Male	62.1	69.1
Female	55.0	57.4
Percent of children with at least one parent who exercises regularly	72.9	68.2



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South Carolina

All statistics are based on parental reports.

National %	State %	
14.8	18.9	**Percent of children who are overweight**
21.9	31.9	Age 10-11
14.4	16.7	Age 12-14
10.7	13.9	Age 15-17
22.4	24.4	0-99% Federal poverty level
19.0	21.5	100-199% Federal poverty level
13.7	18.3	200-399% Federal poverty level
9.1	10.8	400% Federal poverty level or more
18.1	21.8	Male
11.5	16.2	Female
71.3	67.5	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	80.5	Age 10-11
74.2	69.9	Age 12-14
63.3	56.4	Age 15-17
76.8	76.8	Male
65.6	58.4	Female
58.6	45.3	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	52.9	Age 10-11
61.6	43.7	Age 12-14
53.4	42.5	Age 15-17
62.1	51.7	Male
55.0	39.0	Female
72.9	72.9	**Percent of children with at least one parent who exercises regularly**

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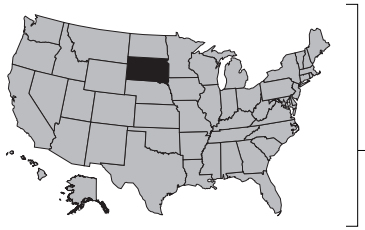
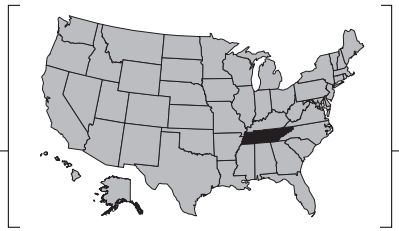


South Dakota

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	12.1
Age 10-11	21.9	21.1
Age 12-14	14.4	8.5
Age 15-17	10.7	9.5
0-99% Federal poverty level	22.4	22.1
100-199% Federal poverty level	19.0	14.3
200-399% Federal poverty level	13.7	9.6
400% Federal poverty level or more	9.1	4.8
Male	18.1	16.4
Female	11.5	7.5
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	73.2
Age 10-11	78.2	78.2
Age 12-14	74.2	77.1
Age 15-17	63.3	65.2
Male	76.8	77.6
Female	65.6	68.4
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	71.5
Age 10-11	61.5	72.0
Age 12-14	61.6	77.9
Age 15-17	53.4	64.2
Male	62.1	71.8
Female	55.0	71.2
Percent of children with at least one parent who exercises regularly	72.9	75.4



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Tennessee

All statistics are based on parental reports.

National %	State %	
14.8	20.0	**Percent of children who are overweight**
21.9	32.5	Age 10-11
14.4	18.9	Age 12-14
10.7	12.8	Age 15-17
22.4	33.1	0-99% Federal poverty level
19.0	22.9	100-199% Federal poverty level
13.7	17.3	200-399% Federal poverty level
9.1	12.8	400% Federal poverty level or more
18.1	22.9	Male
11.5	16.8	Female
71.3	65.1	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	71.0	Age 10-11
74.2	70.9	Age 12-14
63.3	54.9	Age 15-17
76.8	72.4	Male
65.6	57.1	Female
58.6	54.8	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	63.6	Age 10-11
61.6	56.2	Age 12-14
53.4	47.2	Age 15-17
62.1	57.7	Male
55.0	51.5	Female
72.9	71.7	**Percent of children with at least one parent who exercises regularly**

The National Survey of Children's Health

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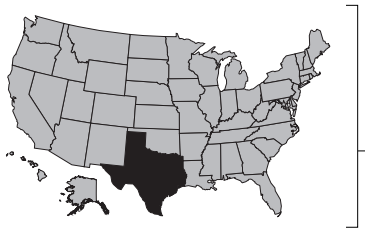
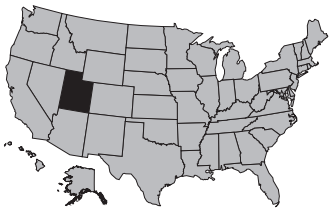


Texas

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	19.1
Age 10-11	21.9	29.1
Age 12-14	14.4	15.0
Age 15-17	10.7	17.1
0-99% Federal poverty level	22.4	27.3
100-199% Federal poverty level	19.0	24.3
200-399% Federal poverty level	13.7	18.5
400% Federal poverty level or more	9.1	10.7
Male	18.1	23.4
Female	11.5	15.1
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	73.9
Age 10-11	78.2	82.2
Age 12-14	74.2	74.9
Age 15-17	63.3	66.5
Male	76.8	77.3
Female	65.6	70.5
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	55.8
Age 10-11	61.5	53.6
Age 12-14	61.6	59.7
Age 15-17	53.4	52.6
Male	62.1	56.3
Female	55.0	55.2
Percent of children with at least one parent who exercises regularly	72.9	72.5



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Utah

All statistics are based on parental reports.

National %	State %	
14.8	8.5	**Percent of children who are overweight**
21.9	17.3	Age 10-11
14.4	5.4	Age 12-14
10.7	5.7	Age 15-17
22.4	7.7	0-99% Federal poverty level
19.0	7.4	100-199% Federal poverty level
13.7	11.2	200-399% Federal poverty level
9.1	6.0	400% Federal poverty level or more
18.1	10.7	Male
11.5	6.2	Female
71.3	71.7	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	76.3	Age 10-11
74.2	75.9	Age 12-14
63.3	64.1	Age 15-17
76.8	77.7	Male
65.6	65.1	Female
58.6	63.2	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	69.8	Age 10-11
61.6	63.6	Age 12-14
53.4	58.1	Age 15-17
62.1	70.5	Male
55.0	55.2	Female
72.9	80.7	**Percent of children with at least one parent who exercises regularly**

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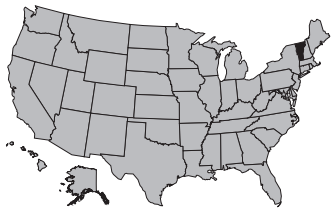
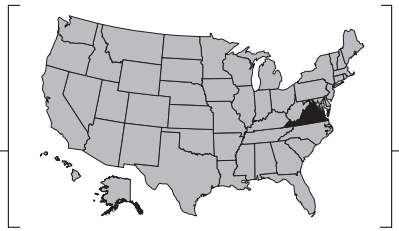


Vermont

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	11.3
Age 10-11	21.9	16.2
Age 12-14	14.4	10.6
Age 15-17	10.7	9.4
0-99% Federal poverty level	22.4	22.1
100-199% Federal poverty level	19.0	12.3
200-399% Federal poverty level	13.7	10.1
400% Federal poverty level or more	9.1	9.1
Male	18.1	13.8
Female	11.5	8.8
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	73.5
Age 10-11	78.2	84.3
Age 12-14	74.2	80.6
Age 15-17	63.3	59.7
Male	76.8	79.6
Female	65.6	67.2
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	74.3
Age 10-11	61.5	79.4
Age 12-14	61.6	78.8
Age 15-17	53.4	66.5
Male	62.1	74.1
Female	55.0	74.4
Percent of children with at least one parent who exercises regularly	72.9	80.8



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Virginia

All statistics are based on parental reports.

National %	State %	
14.8	13.8	**Percent of children who are overweight**
21.9	20.7	Age 10-11
14.4	14.3	Age 12-14
10.7	8.5	Age 15-17
22.4	26.7	0-99% Federal poverty level
19.0	14.0	100-199% Federal poverty level
13.7	17.7	200-399% Federal poverty level
9.1	7.4	400% Federal poverty level or more
18.1	17.5	Male
11.5	10.2	Female
71.3	72.5	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	80.0	Age 10-11
74.2	76.5	Age 12-14
63.3	62.9	Age 15-17
76.8	76.9	Male
65.6	68.1	Female
58.6	60.6	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	63.0	Age 10-11
61.6	65.4	Age 12-14
53.4	53.6	Age 15-17
62.1	64.3	Male
55.0	56.9	Female
72.9	74.1	**Percent of children with at least one parent who exercises regularly**

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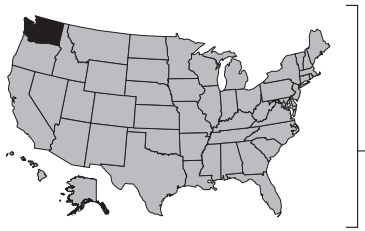
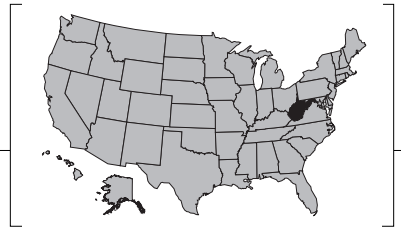


Washington

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	10.8
Age 10-11	21.9	14.7
Age 12-14	14.4	11.3
Age 15-17	10.7	7.9
0-99% Federal poverty level	22.4	8.9
100-199% Federal poverty level	19.0	16.4
200-399% Federal poverty level	13.7	10.2
400% Federal poverty level or more	9.1	8.9
Male	18.1	13.4
Female	11.5	8.3
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	72.9
Age 10-11	78.2	80.2
Age 12-14	74.2	77.4
Age 15-17	63.3	63.5
Male	76.8	77.4
Female	65.6	68.4
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	61.5
Age 10-11	61.5	67.5
Age 12-14	61.6	64.0
Age 15-17	53.4	55.3
Male	62.1	64.3
Female	55.0	59.2
Percent of children with at least one parent who exercises regularly	72.9	79.2



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West Virginia

All statistics are based on parental reports.

National %	State %	
14.8	20.9	**Percent of children who are overweight**
21.9	28.3	Age 10-11
14.4	21.5	Age 12-14
10.7	15.2	Age 15-17
22.4	32.1	0-99% Federal poverty level
19.0	22.3	100-199% Federal poverty level
13.7	16.8	200-399% Federal poverty level
9.1	8.9	400% Federal poverty level or more
18.1	26.8	Male
11.5	14.8	Female
71.3	77.1	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	84.8	Age 10-11
74.2	80.5	Age 12-14
63.3	67.8	Age 15-17
76.8	81.6	Male
65.6	72.6	Female
58.6	55.7	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	64.8	Age 10-11
61.6	55.6	Age 12-14
53.4	49.5	Age 15-17
62.1	58.1	Male
55.0	53.3	Female
72.9	75.0	**Percent of children with at least one parent who exercises regularly**

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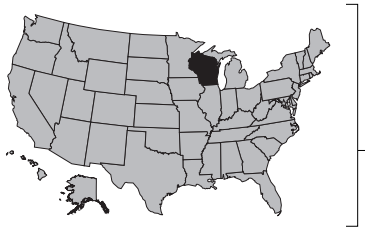
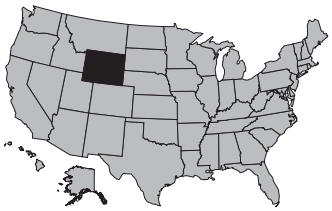


Wisconsin

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	13.5
Age 10-11	21.9	23.9
Age 12-14	14.4	13.1
Age 15-17	10.7	7.6
0-99% Federal poverty level	22.4	38.1
100-199% Federal poverty level	19.0	13.2
200-399% Federal poverty level	13.7	15.6
400% Federal poverty level or more	9.1	5.3
Male	18.1	16.8
Female	11.5	10.2
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	75.1
Age 10-11	78.2	82.0
Age 12-14	74.2	75.4
Age 15-17	63.3	70.6
Male	76.8	79.8
Female	65.6	70.4
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	64.0
Age 10-11	61.5	72.5
Age 12-14	61.6	66.1
Age 15-17	53.4	57.0
Male	62.1	63.7
Female	55.0	64.4
Percent of children with at least one parent who exercises regularly	72.9	74.7



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Wyoming

All statistics are based on parental reports.

National %	State %	
14.8	8.7	**Percent of children who are overweight**
21.9	14.3	Age 10-11
14.4	8.6	Age 12-14
10.7	5.6	Age 15-17
22.4	15.5	0-99% Federal poverty level
19.0	9.3	100-199% Federal poverty level
13.7	8.0	2900-399% Federal poverty level
9.1	5.2	400% Federal poverty level or more
18.1	9.7	Male
11.5	7.5	Female
71.3	76.8	**Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week**
78.2	83.4	Age 10-11
74.2	79.6	Age 12-14
63.3	70.2	Age 15-17
76.8	80.5	Male
65.6	72.7	Female
58.6	69.7	**Percent of children who were on a sports team or took sports lessons during the past 12 months**
61.5	74.0	Age 10-11
61.6	71.9	Age 12-14
53.4	65.2	Age 15-17
62.1	70.3	Male
55.0	69.0	Female
72.9	78.3	**Percent of children with parents who exercise regularly**

Technical Appendix

About the Survey

The National Survey of Children's Health (NSCH) was fielded using the State and Local Area Integrated Telephone Survey (SLAITS) mechanism. SLAITS is conducted by the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS). It uses the same large-scale random-digit-dial sampling frame as the CDC's National Immunization Survey.[6]

Approximately 1.9 million telephone numbers were randomly generated for inclusion in the NSCH. After eliminating numbers that were determined to be nonresidential or nonworking, the remaining numbers were called to identify households with children less than 18 years of age. From each household with children, one was randomly selected to be the focus of the interview.

The respondent was the parent or guardian in the household who was most knowledgeable about the health and health care of the children under 18 years of age. For 79 percent of the children, the respondent was the mother. Respondents for the remaining children were fathers (17 percent), grandparents (3 percent), or other relatives or guardians (1 percent). Surveys were conducted in English and Spanish. Overall, 5.9 percent of the interviews were completed in Spanish.

Data Collection

Data collection began on January 29, 2003 and ended on July 1, 2004, with interviews conducted from telephone centers in Chicago, Illinois; Las Vegas, Nevada; and Amherst, Massachusetts. A computer-assisted telephone interviewing system was used to collect the data. A total of 102,353 interviews were completed for the NSCH, with 87 percent of the interviews completed in 2003. The number of completed interviews varied by State, ranging from 1,848 in New Mexico to 2,241 in Louisiana and Ohio, with one exception: Only 1,483 interviews were completed in Utah. More than 2,000 interviews were completed in 25 States.

The cooperation rate, which is the proportion of interviews completed after a household was determined to include a child under age 18, was 68.8 percent. The national weighted response rate, which includes the cooperation rate as well as the resolution rate (the proportion of telephone numbers identified as residential or nonresidential) and the screening completion rate (the proportion of households successfully screened for children), was 55.3 percent.

Overall response rates ranged from 49.6 percent in New Jersey to 64.4 percent in South Dakota. Several efforts were made to increase response rates, including sending letters to households in advance to introduce the survey, toll-free numbers left on potential respondents' answering machines to allow them to call back, and small monetary incentives for those households with children who initially declined to participate.

Data Analysis

In order to produce the population-based estimates in this report, the data records for each interview were assigned a sampling weight. These weights are based on the probability of selection of each household telephone number within each State, with adjustments that compensate for households that have multiple telephone numbers, for households without telephones, and for nonresponse.

With data from the U.S. Bureau of the Census, the weights were also adjusted by age, sex, race, ethnicity, household size, and educational attainment of the most educated household member to provide a dataset that was more representative of each State's population of non-institutionalized children less than 18 years of age. Analyses were conducted using statistical software that accounts for the weights and the complex survey design. Responses of "don't know" and "refuse to answer" were counted as missing data.

Racial and ethnic groups are mutually exclusive; that is, data reported for White, Black, multiracial and children of other races do not include Hispanics, who may be of any race.

Accuracy of the Results

The data from the NSCH are subject to the usual variability associated with sample surveys. Small differences between survey estimates may be due to random survey error and not to true differences among children or across States.

The precision of the survey estimates is based on the sample size and the measure of interest. Estimates at the national level will be more precise than estimates at the State level. Estimates for all children will be more precise than estimates for subgroups of children (for example, children 0-5 years of age or children within the same race). For national estimates of the health and health care for all children, the maximum margin of error is 0.6 percent. For the State-level indicators for all children, the maximum margin of error is 3.0 percent.

Availability of the Data

Except for data suppressed to protect the confidentiality of the survey subjects, all data collected in the NSCH are available to the public on the NCHS and Maternal and Child Health Bureau Web sites. Data documentation and additional details on the methodology[7] are available from the NCHS: www.cdc.gov/nchs/slaits.htm

Interactive data queries are possible through the Data Resource Center on Child and Adolescent Health (DRC) for the NSCH: www.nschdata.org

The DRC provides immediate access to the survey data, as well as resources and assistance for interpreting and reporting findings.

Endnotes

1 *Office of the Surgeon General. The Surgeon General's call to action to prevent and decrease overweight and obesity. Washington, DC: U.S. Department of Health and Human Services; 2001.*

2 *Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. Overweight and obesity: economic consequences. Atlanta, GA: The Centers; 2005 Apr.*

3 *Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. Overweight and obesity: contributing factors. Atlanta, GA: The Centers; 2005 Apr.*

4 *Sallis JF, Patrick K, Long BL. Overview of the international consensus conference on physical activity guidelines for adolescents. Pediatric Exercise Science 6, 299-301, 1994.*

5 *Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. BMI for children and teens. Available from: http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm. Updated 8 June, 2005.*

6 *Zell ER, Ezzati-Rice TM, Battaglia MP, Wright RA. National immunization survey: The methodology of a vaccination surveillance system. Public Health Reports 115:65-77. 2000.*

7 *Blumberg SJ, Olson L, Frankel M, et al. Design and Operation of the National Survey of Children's Health, 2003. National Center for Health Statistics. Vital Health Stat 1(43). 2005.*

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