

Physical Activity, Nutrition and Obesity

New Jersey Fact Sheet



ADULT OBESITY

- Nearly **one out of four** (23.9%) New Jersey adults are obese¹.
- Over the last 10 years, rates of adult obesity increased **40%**¹.
- Obesity rates vary by level of education. Between 2007 and 2009, college graduates were **less** likely to be obese compared to all other levels of education¹.
- **Cumberland, Salem, and Warren** counties have the highest rates of adult obesity in New Jersey while Hunterdon, Morris, and Bergen counties have the lowest rates².

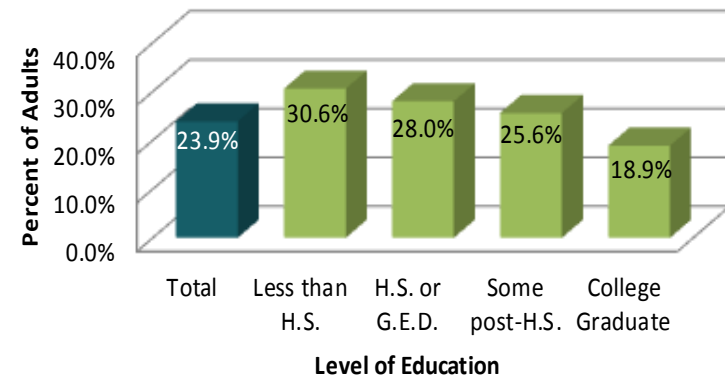
CHILD AND ADOLESCENT OBESITY

- New Jersey has the **highest** obesity rate in the nation among low-income children, ages 2-5³.
- Nearly **one out of three** (31%) children ages 10-17 are overweight or obese in New Jersey⁴.
- **10%** of New Jersey high school students are obese⁵.
- Today's childhood obesity rates are putting our children on course to be the first generation in this country to **live shorter and less healthy** lives than their parents.

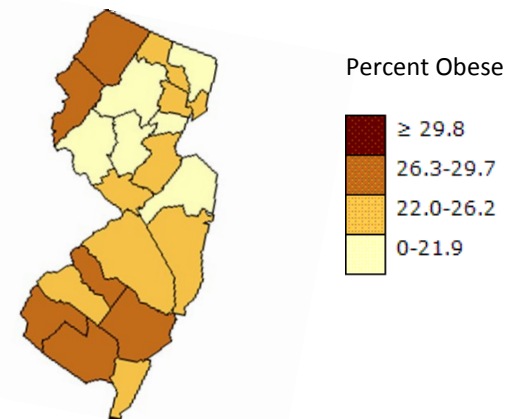
ECONOMIC IMPACT

- New Jersey spent **\$2.2 billion** on obesity-related health care in 2008⁶.
- If obesity rates continue to increase, New Jersey's obesity-related health care spending will **quadruple** to \$9.3 billion by 2018⁶.

Prevalence of Obesity among Persons Age 18 and Older by Education, New Jersey, 2007-2009²



2008 Age-Adjusted Estimates of the Percentage of Adults Who are Obese in NJ





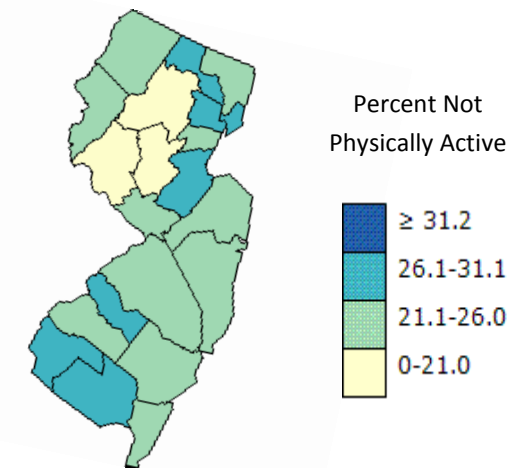
NUTRITION

- **One out of four** (26.4%) New Jersey adults eats or drinks the recommended five or more servings of fruits and vegetables each day¹.
- Nearly **one out of five** (20.1%) New Jersey high school students eats the recommended five or more servings of fruits and vegetables each day⁵.
- **20%** of New Jersey high school students drink a can, bottle, or glass of soda at least once a day⁵.
- Nearly **three out of four** (72.1%) New Jersey mothers have ever breastfed their children and **10%** of mothers breastfed their children exclusively for 6 months⁷.

PHYSICAL ACTIVITY

- **Less than half** (47.5%) of New Jersey adults engage in 30 or more minutes of moderate physical activity per day on five or more days per week OR 20 or more minutes of vigorous physical activity per day on three or more days per week¹.
- **Cumberland, Salem, and Hudson** counties have the highest proportion of adults who do not participate in any physical activity; Hunterdon, Morris, and Somerset counties have the lowest².
- **42%** of New Jersey high school students are physically active at least 60 minutes each day on five or more days a week⁵.
- **One-third** (32.6%) of New Jersey high school students watch television for 3 or more hours on an average school day⁵.
- Nearly **one out of three** (28.9%) high school students use a computer for non-school related purposes or play video/computer games for three or more hours on an average school day⁵.

2008 Age-Adjusted Estimates of the Percentage of Adults Who are *Not* Physically Active²



REFERENCES

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- ⁴ National Survey of Children's Health. NSCH 2007. Child and Adolescent Health measurement Initiative, Data Resource Center for Child and Adolescent Health. Available at: <http://www.nschdata.org>
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- ⁶ Thorpe, K. 2009. The Future Costs of Obesity: National and state estimates of the impacts of obesity on direct health care expenses. Collaborative report from United Health Foundation, the American Public Health Association and Partnership for Prevention. Available at: <http://www.americashealthrankings.org/2009/report/Cost%20Obesity%20Report-final.pdf>
- ⁷ National Immunization Survey. National Center for Chronic Disease Prevention and Health Promotion. Centers for Disease Control. 2007. Available at: http://www.cdc.gov/breastfeeding/data/NIS_data/index.htm