

The Issue: Overweight and Obesity among Youth

- According to the US Centers for Disease Control and Prevention, one in three American children born in the year 2000 will go on to develop diabetes.
- The majority of these cases will be type 2 diabetes, which is strongly associated with obesity and a lack of exercise.
- There is solid evidence that onset of this kind of diabetes can be delayed or prevented by regular physical activity and weight management.



Oregon Diabetes Coalition

Infants and Young Children

- Percentage of infants on the WIC program who are of high birthweight (>4000grams): **20%**
- Percentage of children age <5 on WIC who are overweight (\geq 95th percentile weight-for-length or BMI-for-age): **16%**
- Percentage of Native American children age <5 on WIC who are overweight: **20%**
- Percentage of Hispanic children age <5 on WIC who are overweight: **19%**

Pediatric Nutrition Surveillance System, 2003

Teens

- Percentage of 8th and 11th graders who are overweight or at risk of it (BMI >85th percentile): **24%**
- Percentage Native Americans in this category: **31%**
- Percentage of African Americans in this category: **30%**
- Percentage of Hispanic/Latinos in this category: **34%**

Oregon Healthy Teens, 2005

Youth and the Growing Risk of Diabetes in Oregon