

Childhood Overweight and Obesity

Chelsea, MI

2017



Washtenaw County
Health Department

26% of children in Chelsea, ages 2-17 years, were overweight or obese in 2017. ^{i, ii}

A child is overweight when he or she has a body mass index (BMI) that is greater than 85% of children his or her own age. A child is classified as obese when he or she has a BMI greater than 95% of other children. Childhood overweight and obesity is a significant health issue in the United States. Being overweight in childhood puts individuals at risk of obesity and other chronic diseases in adulthood.

Rate of overweight and obesity in Chelsea Children, ages 2-17 yrs (2013 and 2017)		
Demographic Group	2013	2017
Total number of children	803	1,484
	% overweight or obese	
Sex		
Female	23%	24%
Male	25%	29%
Age group		
2 to 4 yrs	21%	23%
5 to 7 yrs	15%	20%
8 to 10 yrs	26%	26%
11 to 13 yrs	29%	30%
14 to 17 yrs	29%	29%
Race and Ethnicity		
White (non-Hispanic)	24%	25%
Black or African American (non-Hispanic)	***	***
Asian (non-Hispanic)	***	***
Other	***	***
Hispanic (all races)	***	***
Health Insurance		
Private	23%	25%
Medicaid	36%	31%
Chelsea Overall	24%	26%
Data Source: Washtenaw Child BMI Dataset (2013 and 2017). ⁱⁱⁱ		
*** Due to the small number of children for this group in Chelsea, overweight rates cannot be calculated.		
Changes are not statistically significant at this time, but may reflect trends.		

This report describes the weight status of children living in Chelsea (zip codes: 48118).

Analysis focused on the children who are currently overweight or obese. Factors known to affect the risk of childhood obesity were examined including poverty, minority racial or ethnic status, and age group.

Highlights from 2017 in Chelsea

- Overall rates of overweight and obesity increased from 24% in 2013 to 26% in 2017. This is the same rate in Washtenaw County overall in 2017.
- For boys living in Chelsea, overweight and obesity rates increased from 25% in 2013 to 29% in 2017.
- **Good News:** Overweight and obesity rates for children on Medicaid in Chelsea decreased from 36% in 2013 to 31% in 2017. In many other communities in Washtenaw County, overweight and obesity rates increased for children with Medicaid health insurance coverage.

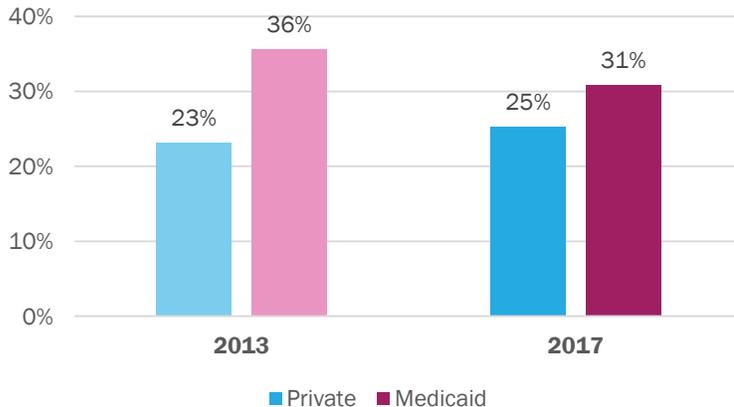
ⁱ **Body Mass Index (BMI)** is a measure of body fat based on height and weight. BMI in children is interpreted using age and sex, and a percentile is assigned using standardized CDC growth curves. In children, overweight is defined by having a BMI greater than 85th percentile. Obesity is defined as a BMI greater than 95th percentile.

ⁱⁱ In order to account for differences in proportions of different age groups in each community, these data have been age-adjusted by taking the average of rates of five age groups indicated in the table.

ⁱⁱⁱ **St. Joseph Mercy Health System** and the **Michigan Medicine** contributed electronic health records of Washtenaw County children who had their height and weight measured in 2013 through 2017. Washtenaw County Health Department created the Washtenaw Child BMI Dataset and performed the analysis for this report.

Living in poverty increases the risk of overweight and obesity

Overweight and Obesity by Health Insurance
2-17 year olds in Chelsea (2013, 2017)



Medicaid coverage is an indicator of poverty, and poverty is a known cause of obesity disparities.

- In 2017, 14% of Chelsea children in the dataset were covered by Medicaid.
- In 2013 and 2017, children who are covered by Medicaid have higher risk of overweight and obesity compared to children who are covered by private insurance.
- **Good news:** Between 2013 and 2017, overweight and obesity rates for children on Medicaid in Chelsea decreased from 36% to 31%.

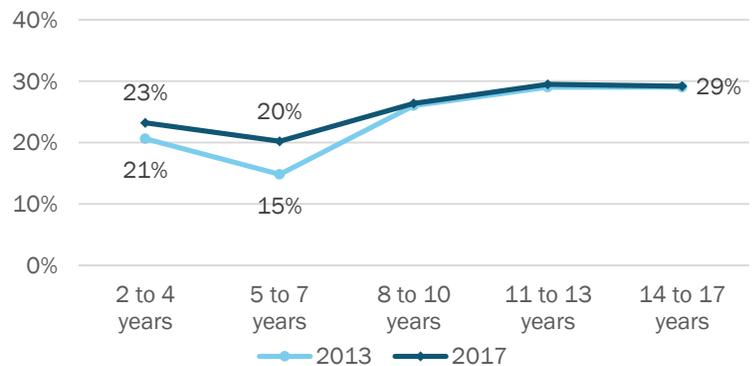
Data Source: Washtenaw Child BMI Dataset (2013, 2017)ⁱⁱⁱ

Overweight and obesity rates increase as children age

As children get older, their rates of overweight and obesity increase.

- **Improvement Opportunity:** Children ages 2 to 7 years old in Chelsea had higher rates of overweight and obesity in 2017 than 2013.

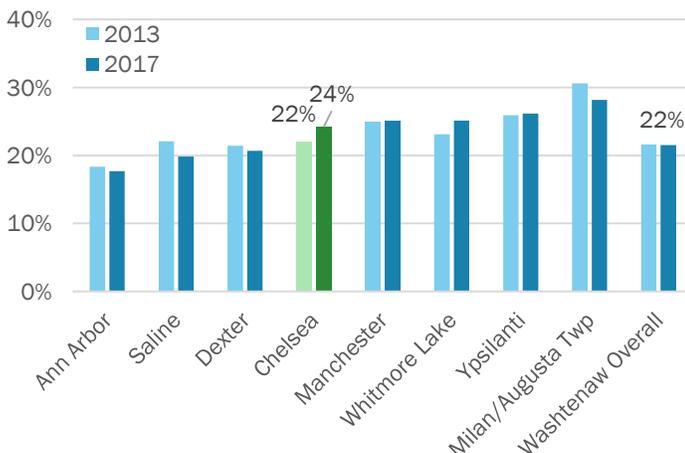
Overweight and Obesity by Age
2-17 year olds in Chelsea (2013,2017)



Data Sources: Washtenaw Child BMI Dataset (2013, 2017)ⁱⁱⁱ

Where a child lives can affect risk of being overweight

Overweight and Obesity by Place
White Children 2-17 yrs with Private Health Insurance (2013, 2017)



Growing up in poverty and belonging to a minority racial group are factors that increase risk of being overweight. Even if those factors are removed in order to look at the children who should have the lowest risk, the area where a child lives can increase or decrease the risk of being overweight or obese ⁱⁱ.

- Factors of the community such as walkability and access to grocery stores and safe parks and recreational areas can affect risk of being overweight.
- In Chelsea, white children with private health insurance had slightly higher rates of overweight and obesity in 2017 compared to 2013.

Data Source: Washtenaw Child BMI Dataset (2013, 2017)^{ii, iii}