

Childhood Overweight and Obesity

Ann Arbor, MI
2017



Washtenaw County
Health Department

20% of children in Ann Arbor, 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 Ann Arbor Children, ages 2-17 yrs (2013 and 2017)		
Demographic Group	2013	2017
Total number of children	7,577	16,886
	% overweight or obese	
Sex		
Female	20%	20%
Male	22%	21%
Age group		
2 to 4 yrs	15%	16%
5 to 7 yrs*	19%	16%
8 to 10 yrs	21%	22%
11 to 13 yrs	25%	24%
14 to 17 yrs	26%	24%
Race and Ethnicity		
White (non-Hispanic)	20%	19%
Black or African American (non-Hispanic)	35%	34%
Asian (non-Hispanic)	17%	14%
Other	26%	21%
Hispanic (all races)	30%	28%
Health Insurance		
Private	19%	18%
Medicaid	33%	35%
Ann Arbor Overall	21%	20%
Data Source: Washtenaw Child BMI Dataset (2013 and 2017) ⁱⁱⁱ		
*Indicates a statistically significant change between 2013 and 2017		

This report describes the weight status of children living in Ann Arbor (zip codes: 48103 to 48108).

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 Ann Arbor

- Ann Arbor children have a lower rate of overweight and obesity (20%) than Washtenaw County overall (26%).
- Overweight and obesity in 5 to 7 year olds decreased significantly from 19% to 16% between 2013 and 2017.
- Between 2013 and 2017, overweight and obesity **increased for children with Medicaid** health insurance coverage and **decreased for children with private health insurance** coverage.

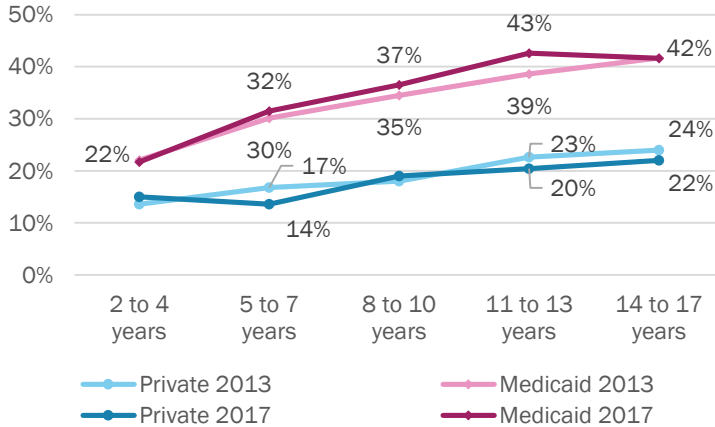
ⁱ **Body Mass Index (BMI)** is a measure of body fat based on height and weight. BMI in children is interpreted using age and sex, and a percentile is assigned using standardized CDC growth curves. In children, overweight is defined by having a BMI greater than 85th percentile. Obesity is defined as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

Overweight and obesity increase for Ann Arbor children living in poverty

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



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

- In 2017, 14% of Ann Arbor children in the dataset were covered by Medicaid.
- Children who are covered by Medicaid have higher risk of overweight and obesity at each age, compared to children who are covered by private insurance.
- **Improvement Opportunity:** At nearly every age, children in poverty in Ann Arbor had higher rates of overweight and obesity in 2017 than in 2013.

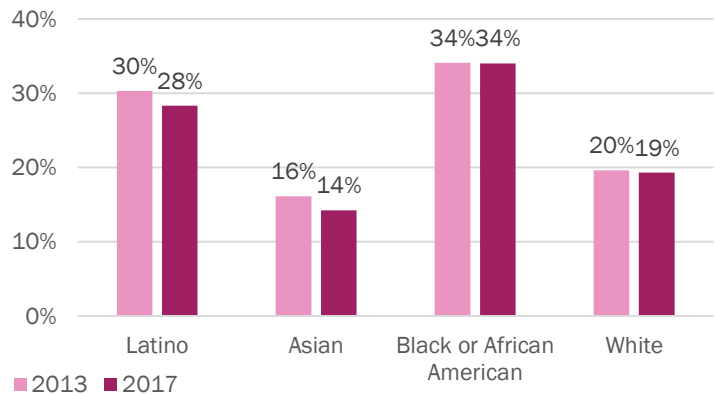
Data Source: Washtenaw Child BMI Dataset (2013, 2017)ⁱⁱⁱ

African American and Latino have higher rates of overweight and obesity

Race and ethnicity can play a role in increased risk of overweight and obesity in children in Ann Arbor.

- In Ann Arbor, black and Latino children have higher rates of overweight and obesity compared to their white or Asian peers.
- **Good news:** Between 2013 and 2017, overweight and obesity decreased from 30% to 28% in Latino children in Ann Arbor.
- **Improvement Opportunity:** Black or African American children have the highest rates of overweight and obesity in Ann Arbor. This rate did not improve between 2013 and 2017.

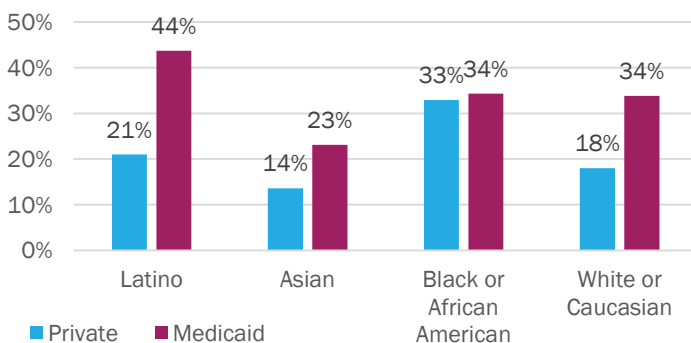
Overweight and Obesity by Race
2-17 year olds in Ann Arbor (2013, 2017)



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

Poverty does not affect all children equally

Overweight and Obesity by Health Insurance
and Race
2-17 year olds in Ann Arbor (2017)



Data Source: Washtenaw Child BMI Dataset (2017)ⁱⁱⁱ

Poverty has variable effects on overweight and obesity rates for children of different races and ethnicities.

- In children with private health insurance, African American children have the highest rates of overweight and obesity (33%). Living in poverty has only a slight effect on overweight rates for these children.
- For Latino and white children, living in poverty doubles the risk of overweight and obesity.