

Childhood Overweight and Obesity

Saline, MI

2017



Washtenaw County
Health Department

22% of children in Saline, 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 Saline Children, ages 2-17 yrs (2013 and 2017)		
Demographic Group	2013	2017
Total number of children	1,438	3,266
	% overweight or obese	
Sex		
Female	20%	21%
Male	26%	24%
Age group		
2 to 4 yrs	19%	18%
5 to 7 yrs	19%	19%
8 to 10 yrs	24%	20%
11 to 13 yrs	30%	26%
14 to 17 yrs	24%	28%
Race and Ethnicity		
White (non-Hispanic)	25%	22%
Black or African American (non-Hispanic)	***	***
Asian (non-Hispanic)	***	21%
Other	***	23%
Hispanic (all races)	***	35%
Health Insurance		
Private	22%	21%
Medicaid	29%	36%
Saline Overall	23%	22%
Data Source: Washtenaw Child BMI Dataset (2013 and 2017) ⁱⁱⁱ		
***Due to the small number of children for this group in Saline, 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 Saline (zip codes: 48176).

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 Saline

- Saline children have a lower rate of overweight and obesity (22%) than Washtenaw County overall (26%).
- At almost every age, children in Saline had lower rates of overweight and obesity in 2017 compared to 2013. However, for teens, rates increased from 24% to 28%.
- Between 2013 and 2017, overweight and obesity increased from 29% to 36% for children with Medicaid health insurance coverage.

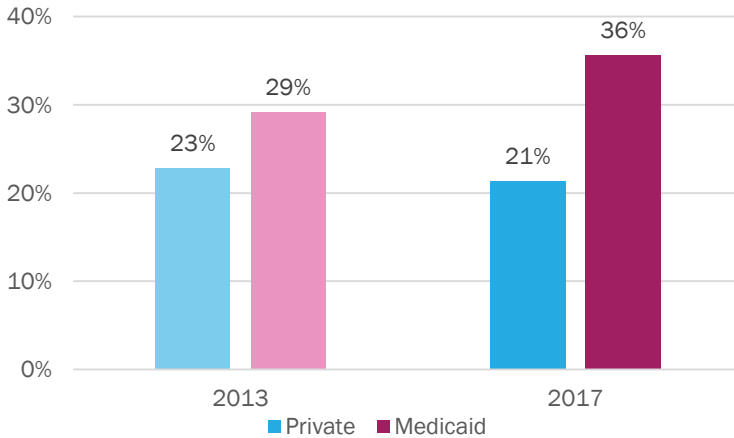
ⁱ **Body Mass Index (BMI)** is a measure of body fat based on height and weight. BMI in children is interpreted using age and sex, and a percentile is assigned using standardized CDC growth curves. In children, overweight is defined by having a BMI greater than 85th percentile. Obesity is defined as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

Overweight and obesity increase for Saline children living in poverty

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



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

- In 2017, 9% of Saline children in the dataset were covered by Medicaid.
- Children who are covered by Medicaid have higher risk of overweight and obesity compared to children who are covered by private insurance.
- **Improvement Opportunity:** For children in Saline with Medicaid health insurance, overweight and obesity rates increased from 29% to 36% between 2013 and 2017.

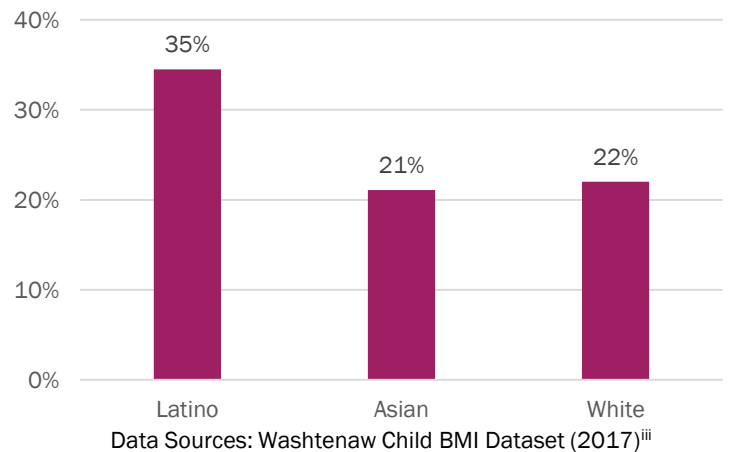
Data Source: Washtenaw Child BMI Dataset (2013, 2017)ⁱⁱⁱ

Some children in minority racial or ethnic groups have higher rates of overweight and obesity

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

- In Saline, Latino children have higher rates of overweight and obesity compared to their white or Asian peers.

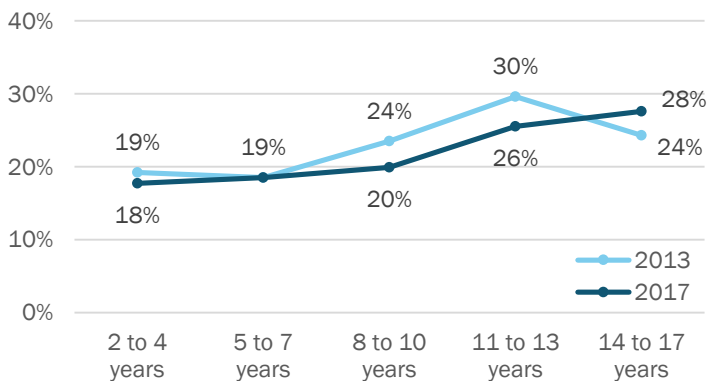
Overweight and Obesity by Race
2-17 year olds in Saline (2017)



Data Sources: Washtenaw Child BMI Dataset (2017)ⁱⁱⁱ

Overweight and obesity rates increase as children age

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



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

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

- At almost every age, children in Saline had lower rates of overweight and obesity in 2017 compared to 2013.
- **Improvement Opportunity:** Teens in Saline had higher rates of overweight and obesity in 2017 than they did in 2013 (28% in 2017 compared to 24% in 2013).