

Childhood Overweight and Obesity

Whitmore Lake, MI

2017



Washtenaw County
Health Department

27% of children in Whitmore Lake, 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 Whitmore Lake Children, ages 2-17 yrs (2013 and 2017)		
Demographic Group	2013	2017
Total number of children	638	1304
	% overweight or obese	
Sex		
Female	28%	29%
Male	26%	28%
Age group		
2 to 4 yrs*	13%	25%
5 to 7 yrs	22%	22%
8 to 10 yrs	27%	25%
11 to 13 yrs	35%	35%
14 to 17 yrs	36%	32%
Race and Ethnicity		
White (non-Hispanic)	25%	28%
Black or African American (non-Hispanic)	***	***
Asian (non-Hispanic)	***	***
Other	***	***
Hispanic (all races)	***	***
Health Insurance		
Private	24%	26%
Medicaid	35%	37%
Whitmore Lake Overall	27%	28%
Data Source: Washtenaw Child BMI Dataset (2013 and 2017). ⁱⁱⁱ		
*** Due to the small number of children for this group in Whitmore Lake, overweight rates cannot be calculated.		
*Indicates a statistically significant change between 2013 and 2017		

This report describes the weight status of children living in Whitmore Lake (zip codes: 48189).

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 Whitmore Lake

- Overall rates of overweight and obesity increased to 28% in 2017. This is higher than the rate in Washtenaw County overall in 2017 (26%).
- The rate of overweight and obesity in 2-4 year olds nearly doubled between 2013 and 2017.

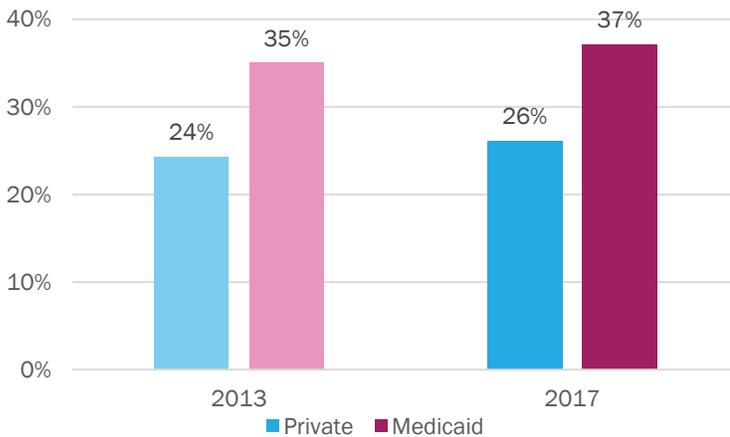
ⁱ **Body Mass Index (BMI)** is a measure of body fat based on height and weight. BMI in children is interpreted using age and sex, and a percentile is assigned using standardized CDC growth curves. In children, overweight is defined by having a BMI greater than 85th percentile. Obesity is defined as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

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



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

- In 2017, 22% of Whitmore Lake 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.
- Overweight and obesity rates increased for children with and without Medicaid health insurance coverage.

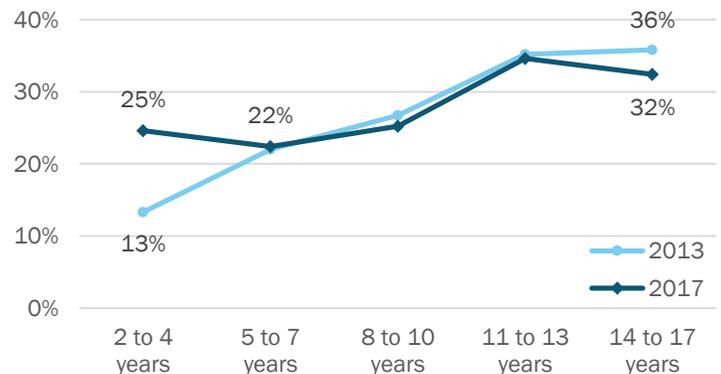
Data Source: Washtenaw Child BMI Dataset (2013, 2017)ⁱⁱⁱ

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 4 years old in Whitmore Lake had nearly double the rates of overweight and obesity in 2017 compared to 2013.
- Teens in Whitmore Lake had slightly lower rates of overweight and obesity in 2017 compared to 2013.

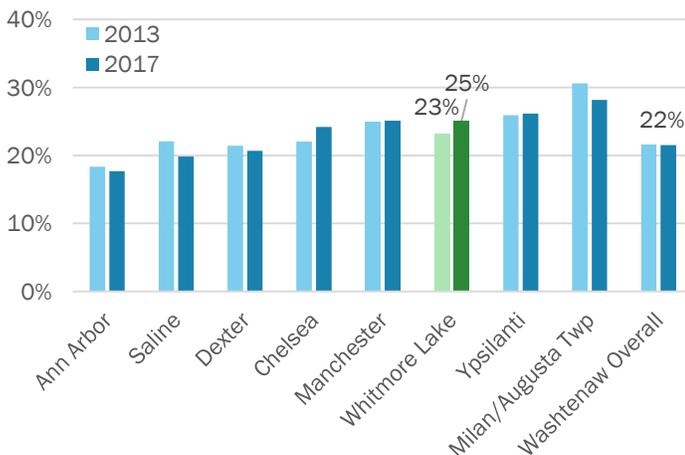
Overweight and Obesity by Age
2-17 year olds in Whitmore Lake (2013, 2017)



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)



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

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 Whitmore Lake, white children with private health insurance had slightly higher rates of overweight and obesity in 2017 compare to 2013