

Childhood Overweight and Obesity

Ypsilanti, MI
2017



Washtenaw County
Health Department

33% of children in Ypsilanti, 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 85th percentile of children his or her own age. A child is classified as obese when he or she has a BMI greater than 95th percentile 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 Ypsilanti Children, ages 2-17 yrs (2013 and 2017)		
Demographic Group	2013	2017
Total number of children	5,879	12,368
	% overweight or obese	
Sex		
Female	33%	34%
Male	31%	32%
Age group		
2 to 4 yrs	23%	23%
5 to 7 yrs	28%	27%
8 to 10 yrs	36%	37%
11 to 13 yrs	40%	39%
14 to 17 yrs	38%	39%
Race and Ethnicity		
White (non-Hispanic)	28%	29%
Black or African American (non-Hispanic)	39%	37%
Asian (non-Hispanic)	25%	23%
Other	34%	36%
Hispanic (all races)*	30%	39%
Health Insurance		
Private	29%	30%
Medicaid	37%	38%
Ypsilanti Overall	33%	33%
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 Ypsilanti (zip codes: 48197 and 48198).

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 Ypsilanti

- Ypsilanti children have a higher rate of overweight and obesity (33%) than Washtenaw County overall (26%).
- Between 2013 and 2017, overweight and obesity increased significantly for Latino children in Ypsilanti between 2013 and 2017.

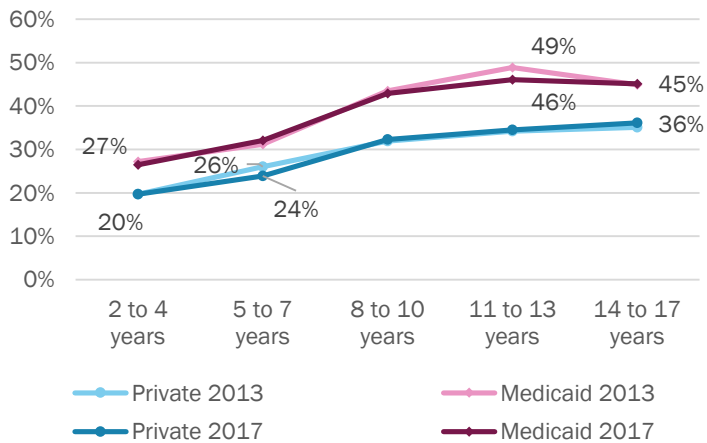
ⁱ **Body Mass Index (BMI)** is a measure of body fat based on height and weight. BMI in children is interpreted using age and sex, and a percentile is assigned using standardized CDC growth curves. In children, overweight is defined by having a BMI greater than 85th percentile. Obesity is defined as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

Children living in poverty in Ypsilanti have higher rates of overweight and obesity

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



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

- In 2017, 42% of Ypsilanti 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.
- 11 to 13 year olds with Medicaid health insurance coverage had slightly lower rates of overweight and obesity in 2017 compared to 2013.

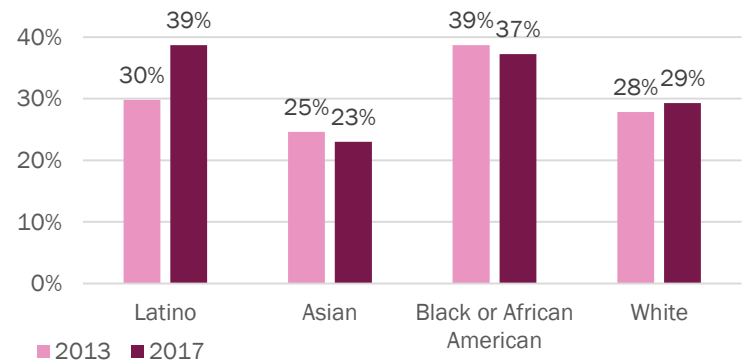
Data Source: Washtenaw Child BMI Dataset (2013, 2017)ⁱⁱⁱ

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 Ypsilanti.

- In Ypsilanti, black and Latino children have higher rates of overweight and obesity compared to their white or Asian peers.
- **Improvement Opportunity:** Overweight and obesity in Latino children in Ypsilanti increased significantly from 30% in 2013 to 39% in 2017, making them the most at risk of overweight and obesity among racial and ethnic groups.

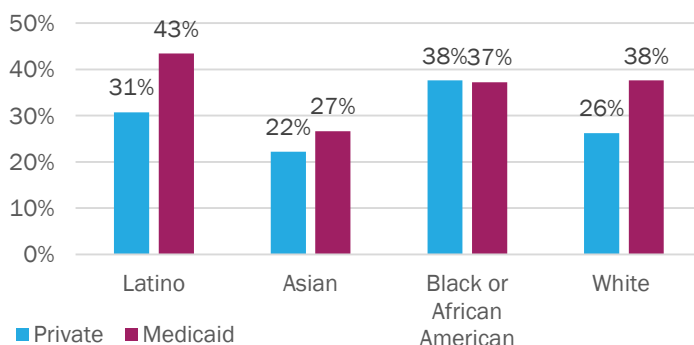
Overweight and Obesity by Race
2-17 year olds in Ypsilanti (2013, 2017)



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 Ypsilanti (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.

- For African American children, poverty is not a strong predictor of the risk of overweight and obesity. This suggests other factors influence overweight and obesity rates for these children.
- Among children living in poverty in Ypsilanti, Latino children have the highest rate of overweight (43%). In 2017, 63% of Ypsilanti Latino children in the dataset were covered by Medicaid.