

Childhood Overweight and Obesity

Dexter, MI
2017



Washtenaw County
Health Department

21% of children in Dexter, 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 Dexter Children, ages 2-17 yrs (2013 and 2017)		
Demographic Group	2013	2017
Total number of children	1,302	2,764
	% overweight or obese	
Sex		
Female	21%	21%
Male	23%	23%
Age group		
2 to 4 yrs	19%	16%
5 to 7 yrs	15%	18%
8 to 10 yrs	21%	20%
11 to 13 yrs	25%	24%
14 to 17 yrs	29%	27%
Race and Ethnicity		
White (non-Hispanic)	22%	22%
Black or African American (non-Hispanic)	***	***
Asian (non-Hispanic)	***	***
Other	14%	***
Hispanic (all races)	***	21%
Health Insurance		
Private	21%	21%
Medicaid	34%	31%
Dexter Overall	22%	21%
Data Source: Washtenaw Child BMI Dataset (2013 and 2017) ⁱⁱⁱ		
***Due to the small number of children for this group in Dexter, 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 Dexter (zip codes: 48130).

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 Dexter

- Dexter children have a lower rate of overweight and obesity (21%) than Washtenaw County overall (26%).
- **Good News:** Overweight and obesity rates for children on Medicaid in Dexter decreased from 34% 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.

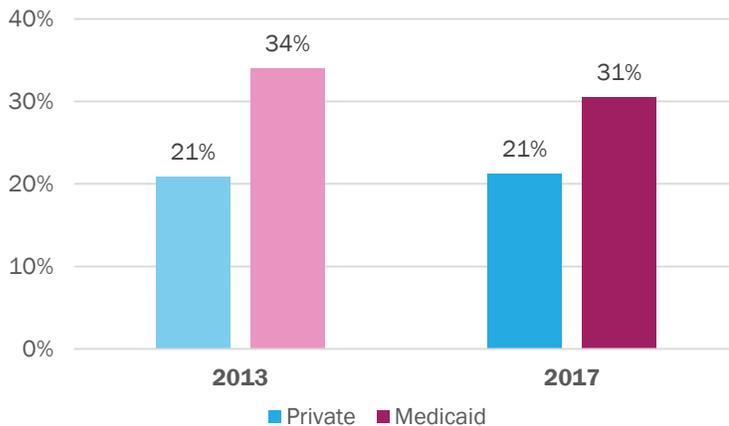
ⁱ **Body Mass Index (BMI)** is a measure of body fat based on height and weight. BMI in children is interpreted using age and sex, and a percentile is assigned using standardized CDC growth curves. In children, overweight is defined by having a BMI greater than 85th percentile. Obesity is defined as 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 Dexter (2013, 2017)



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

- In 2017, 7% of Dexter 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 Dexter decreased from 34% to 31%.

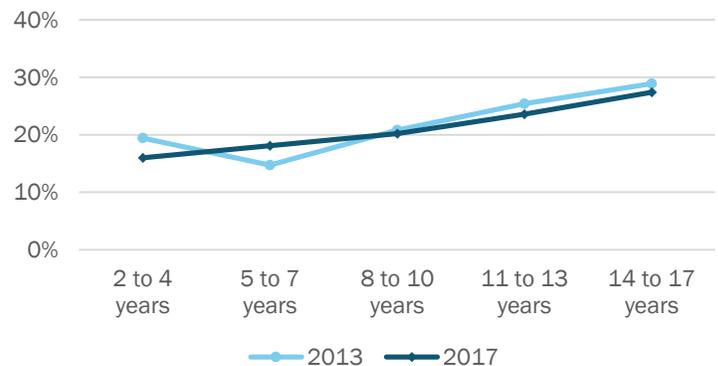
Data Source: Washtenaw Child BMI Dataset (2013, 2017)ⁱⁱⁱ

Overweight and obesity rates increase as children age

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

- **Good News:** At almost every age, children in Dexter had lower rates of overweight and obesity in 2017 compared to 2013.
- **Improvement Opportunity:** Overweight and obesity rates increased for 5 to 7 year olds from 15% in 2013 to 18% in 2017.

Overweight and Obesity by Age
2-17 year olds in Dexter (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.

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