

Childhood Overweight and Obesity

Washtenaw County, MI

2016



Washtenaw County
Health Department

25% of Washtenaw County children were overweight or obese in 2016

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.

Overweight or obesity Rates in Washtenaw County Children 2 to 17 year olds, 2013 & 2016

Demographic Group	2013	2016
Total Number of Children ⁱⁱ	18,595	34,001
	% overweight or obese	
Sex		
Females	25%	25%
Males	26%	25%
Age Group		
2-4 years	19%	19%
5-7 years*	22%	20%
8-10 years	27%	27%
11-13 years	31%	30%
14-17 years	30%	30%
Race and Ethnicity		
Hispanic or Latino (all races)	31%	35%
Asian (non-Hispanic)	16%	17%
Black or African American (non-Hispanic)	37%	36%
White (non-Hispanic)	23%	23%
Health Insurance		
Private	23%	23%
Medicaid	35%	35%
Washtenaw County Overall	26%	25%

Data Source: Washtenaw County BMI Dataset (2013,2016)ⁱⁱ

*Indicates a statistically significant change between 2013 and 2016

Highlights comparing 2013 and 2016

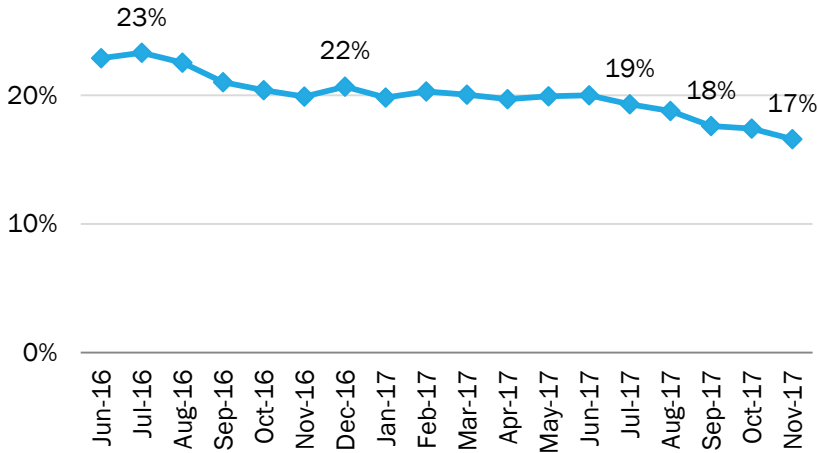
- Between 2013 and 2016, rate of overweight and obesity has decreased slightly from 26% to 25% in Washtenaw County children overall.
- The rate of overweight and obesity decreased significantly in 5 to 7 year olds overall, from 22% to 20%.
- Between 2013 and 2016, the overweight and obesity rate decreased from 25% to 23% for African American 2-4 year olds with Medicaid health insurance (data not shown).
- Overweight and obesity rates in Hispanic or Latino children increased from 31% to 35% between 2013 and 2016.

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 **St. Joseph Mercy Health System** and **Michigan Medicine** contributed electronic health records of Washtenaw County children who had their height and weight measured in 2013, 2014 and 2015. Washtenaw County Health Department created the Washtenaw Child BMI Dataset and performed the analysis for this report.

Overweight and obesity have continued to decrease in young low-income children in Washtenaw County

**Overweight and Obesity in WIC
Washtenaw County 2-4 year olds 2016-2017**

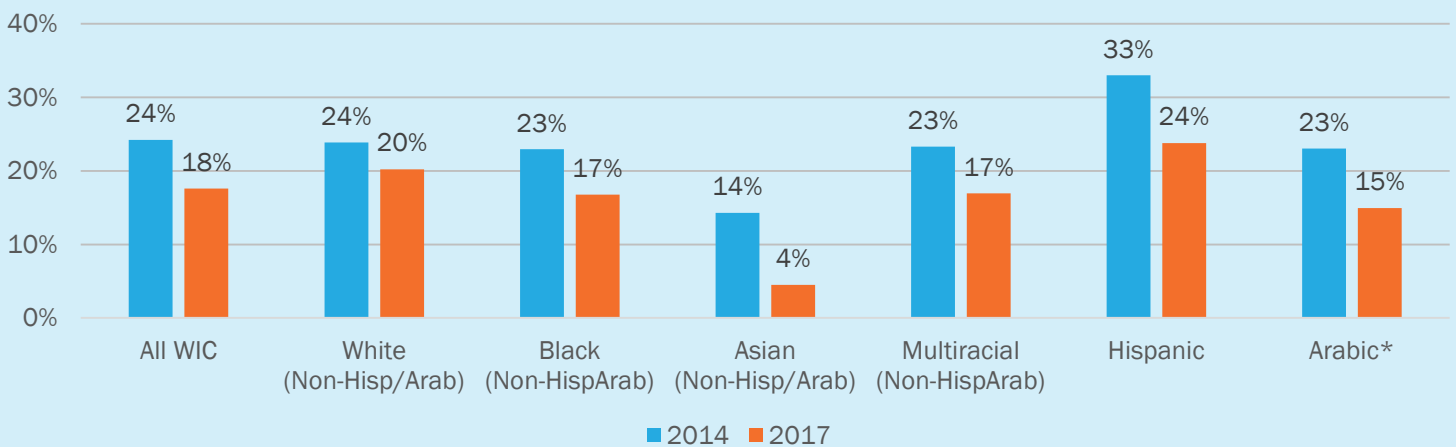


Women, Infants and Children (WIC) program offers low-income women and their children resources and counseling so that they can maintain and improve their health. Children enrolled in WIC are measured and weighed several times a year in order to monitor their growth.

- In WIC 2 to 4 year olds, overweight and obesity rates have decreased from 23% in July 2016 to 17% in November 2017.
- For low-income 2 to 4 year olds with Medicaid health insurance in Washtenaw County overall, including those not enrolled in WIC, the overweight and obesity rates have decreased from 26% to 24% between 2013 and 2016.

The overweight and obesity rates in low-income WIC preschoolers have decreased in every racial and ethnic group

**Overweight and Obesity in WIC
Washtenaw County 2-4 year olds 2014 and 2017**



- **Good news:** In 2 to 4 year olds enrolled in WIC, children in all racial and ethnic groups had decreases in their overweight and obesity rates between 2014 and 2017.
- Hispanic or Latino children continue to have the highest rates of overweight and obesity. In 2017, White children also have elevated rates of overweight and obesity compared to other racial and ethnic groups and WIC 2 to 4 year olds overall.

*Data for Arabic children is unavailable for 2014. This rate reflects the overweight and obesity rate in 2015.