

## Obesity In Youth

Based on 2014-2017 data in **North Carolina** among 10 to 17-year-olds:

- Obesity rate: 13.5%
- 15<sup>th</sup> lowest in the nation

The **national** obesity rate for youth ages 10-17 in 2016-17 was 15.8%

**FIGURE 1: NATIONAL YOUTH OBESITY RATE, INCLUDING DIFFERENCES BY SEX AND BY RACE AND ETHNICITY**

	2016	2016-17
All Youth	16.1%	15.8%
<b>Differences by Sex</b>		
Male	19.1	18.0
Female	13.0	13.4
<b>Differences by Race and Ethnicity</b>		
White, non-Hispanic	13.0	12.5
Black, non-Hispanic	21.9	22.5
Hispanic	22.5	20.6
Asian, non-Hispanic	6.5	6.4
Multiple Race, non-Hispanic	12.2	16.3

Source:  
Health Resources and Services Administration, Maternal and Child Health Bureau. National Survey of Children's Health.  
Available at: <https://mchb.hrsa.gov/data/national-surveys>.

Each year, the United States spends \$14 billion on childhood obesity alone, and between \$147 billion and \$210 billion on adult obesity.

Research also shows that if children have obesity at an early age, they are more likely to later in life. One study found that five-year-olds who were overweight were four times as likely as healthy weight children to become obese by the time they were 14. Adolescents who are overweight are more likely to have obesity as adults. Helping children maintain a healthy weight from an early age is essential to preventing a wide range of health problems and saving billions in health care costs.

Scientists predict that more than half of today's children will be obese by age 35 if current trends continue.

<https://stateofchildhoodobesity.org/states/nc/>

<https://www.stateofobesity.org/children1017/>

[https://media.stateofobesity.org/uploads/2018/10/RWJF\\_NSCHDataBrief.pdf](https://media.stateofobesity.org/uploads/2018/10/RWJF_NSCHDataBrief.pdf)