

YOUTH OBESITY

FACT SHEET



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Youth obesity is a complex issue that is increasing nationally. Obesity is due to factors such as a person's behaviors, genetics, and overall community. Youth obesity increases the risk of high blood pressure, impaired glucose tolerance, insulin resistance, type 2 diabetes, asthma, sleep apnea, joint problems, fatty liver disease, gallstones, and heartburn. Behaviors such as eating high-calorie foods and beverages, and sedentary activities such as watching screen devices or television can contribute to excess weight gain. Today, youth ages 8-18 spend on average 7.5 hours daily in front of a screen for entertainment. The Centers for Disease Control and Prevention recommends for youth to get at least 60 minutes of physical activity each day. Fewer than 1 in 10 youth eat enough fruit and vegetables; in addition to reducing the risk of obesity and chronic disease, a healthy diet is associated with better academic achievement.

In 2016, 16% of county high school students were obese and 19% were overweight.

5,775

public high school students in the county are estimated to be obese.

35.7%
in 2016

Estimated high school student obesity and overweight increased from 30.7% in 2013 to 35.7% in 2016.

6,967

public high school students in the county are estimated to be overweight.

Many students do not exercise regularly.



1 in 5

middle school students and

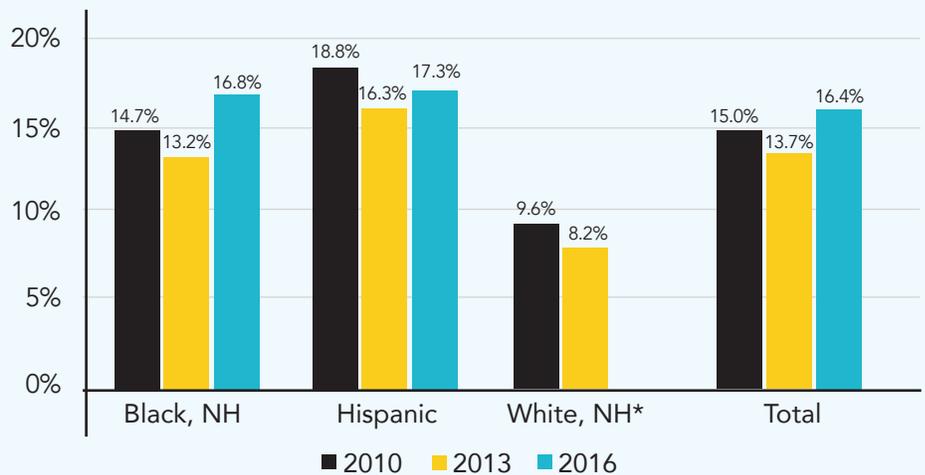


1 in 4

high school students did not participate in at least 60 minutes of physical activity on at least one day per week.

Obesity varies by race and ethnicity, and affects more Hispanic and Black, NH students.

High School Obesity by Race and Ethnicity



Many students do not eat a recommended diet such as a variety of fruits and vegetables.

Elevated screen time is associated with obesity.



LESS THAN HALF

of high school students reported eating vegetables at least one time per day.

41%

of high school students played video or computer games or used a computer for 3 or more hours per day (for something other than school work on an average school day).

Data Sources: Childhood Nutrition Facts, Poor Nutrition, Childhood Obesity Causes and Consequences, Screen Time vs. Lean Time, Health and Academic Achievement, Centers for Disease Control and Prevention; 2016 Maryland Youth Behavior Risk Survey, Maryland Department of Health; 2016-2017 Maryland Public School Enrollment, Maryland Department of Education. *Data not presented for <100 students
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