

Obesity Among Adolescents: What Do We Know And Where Do We Go?

**Lynne Kotranski, Ph.D. , Diana Levensgood, B.A.
and Francine Axler, MPH Philadelphia Health Management Corporation**

**Presentation to the Annual Meeting of the American Public Health Association.
Washington, D.C. November 8, 2004**



Household Health Survey Methodology

- ◆ Includes more than 10,000 households in Southeastern Pennsylvania (Bucks, Chester, Delaware, Montgomery, and Philadelphia counties)
- ◆ Interviews are conducted by telephone using Random Digit Dial
- ◆ Adult & child respondents selected using last birthday method
- ◆ Interviews about selected child conducted with child proxy
- ◆ The survey includes over 100 questions, which provide more than 450 distinct variables for analysis
- ◆ Oversample of persons 60+ and 75+
- ◆ Oversample of Asian population
- ◆ Interviews conducted in English & Spanish
- ◆ This analysis focuses on children/adolescents 10-17yrs of age.

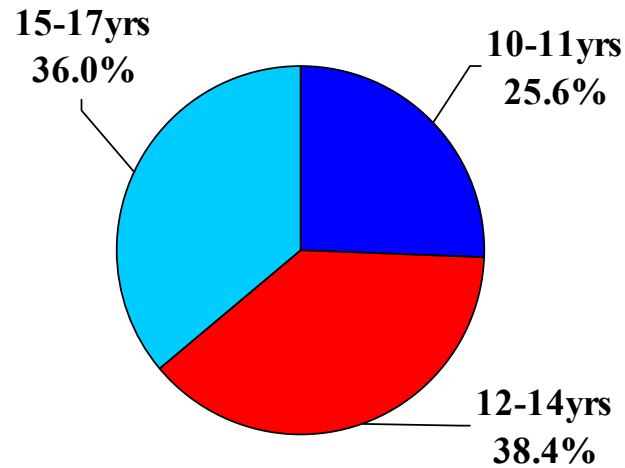
Body Mass Index

This presentation focuses children and adolescents “at risk” of obesity in Southeastern Pennsylvania. Children and adolescents are considered to be “at risk” of obesity if they are above the 85th percentile for their age and height.

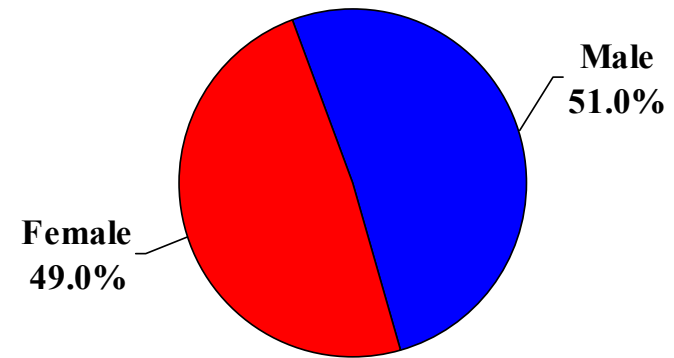
Adults are defined as overweight or obese if they have a Body Mass Index (BMI) of 30 or greater. BMI is calculated using the following formula:

$$\frac{(\text{weight}/2.205)}{(\text{total height in inches})^2}.$$

Figure 1. Demographic Characteristics of Adolescents Ages 10-17yrs in Southeastern Pennsylvania: Age and Gender, 2002.

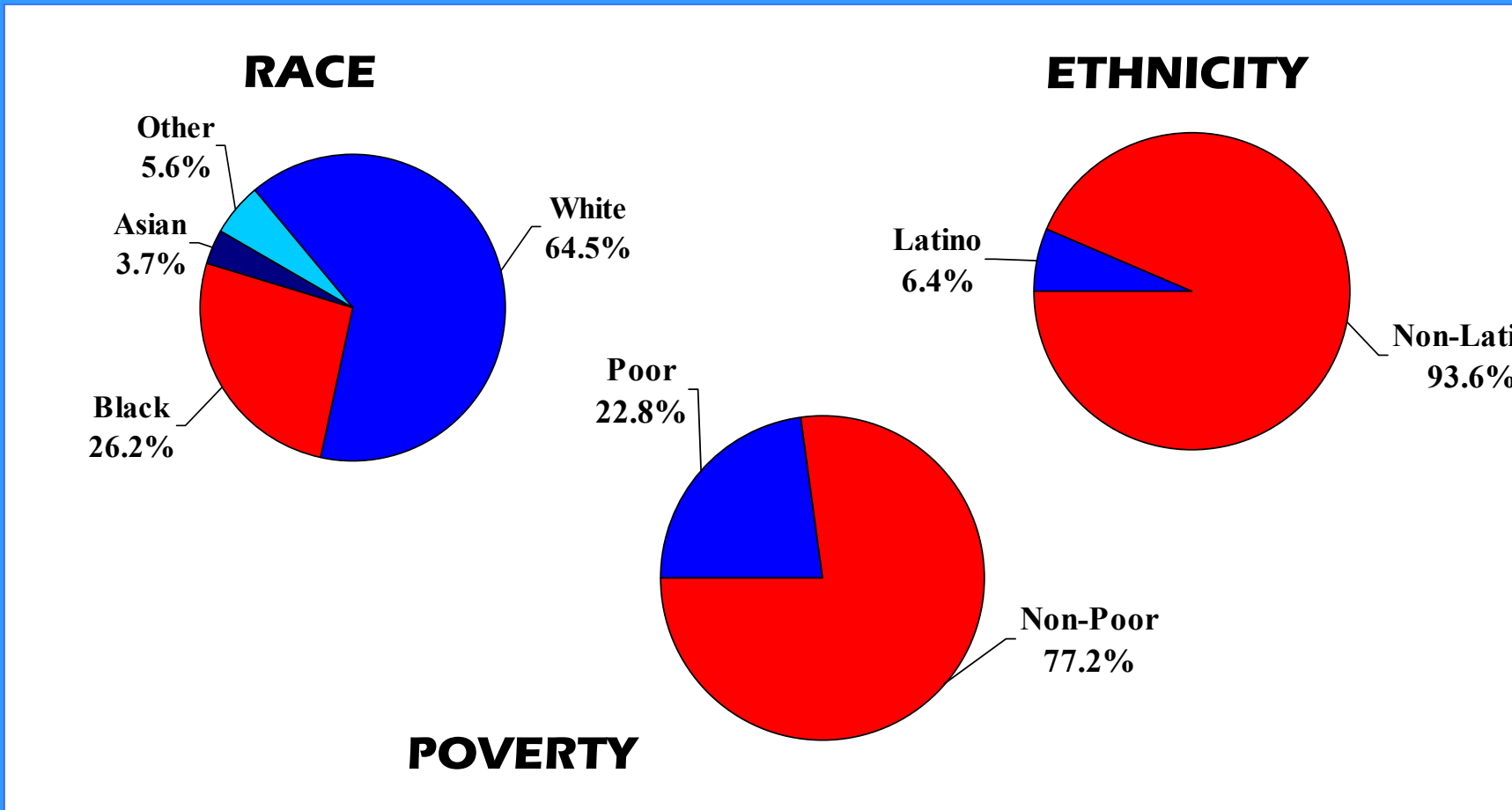


AGE



GENDER

Figure 2. Demographic Characteristics of Adolescents Ages 10-17yrs in Southeastern Pennsylvania: Race, Ethnicity and Poverty, 2002.



¹ Poverty level is defined as below or above 150% of the Federal Poverty Level. Poverty level is calculated based on family size and household income. For example, a family of four with an annual income of \$16,700 in 1999 was defined as living in poverty.

Source: PHMC's Community Health Data Base, 2002 Southeastern Pennsylvania Household Health Survey and 2000 US Census.h



Figure 3. Percent of Adolescents Ages 10-17 in Southeastern Pennsylvania At Risk of Obesity by County, 2002.

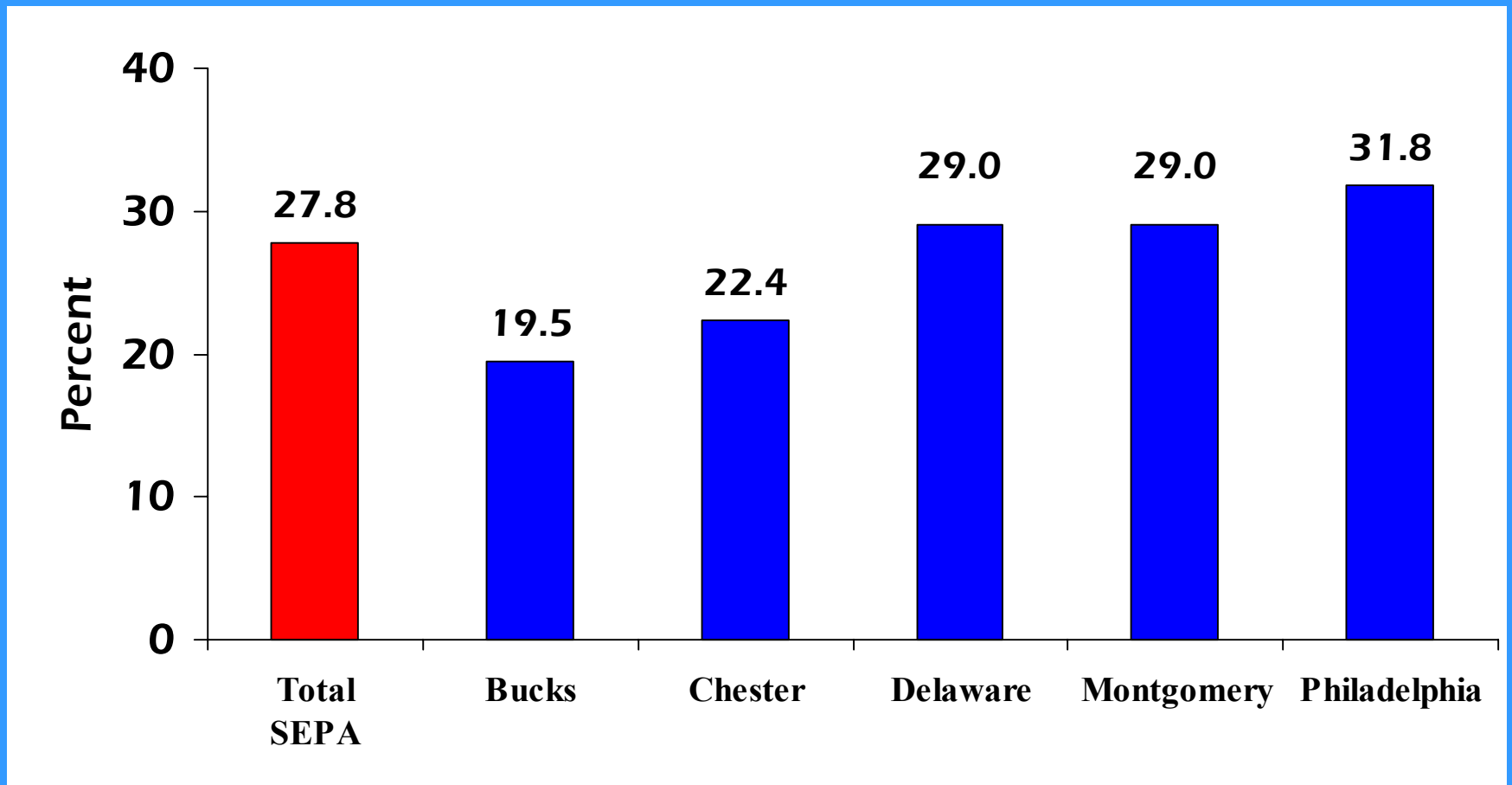


Figure 4. Percent Adolescents in Southeastern Pennsylvania At Risk of Obesity by Age and by Gender, 2002.

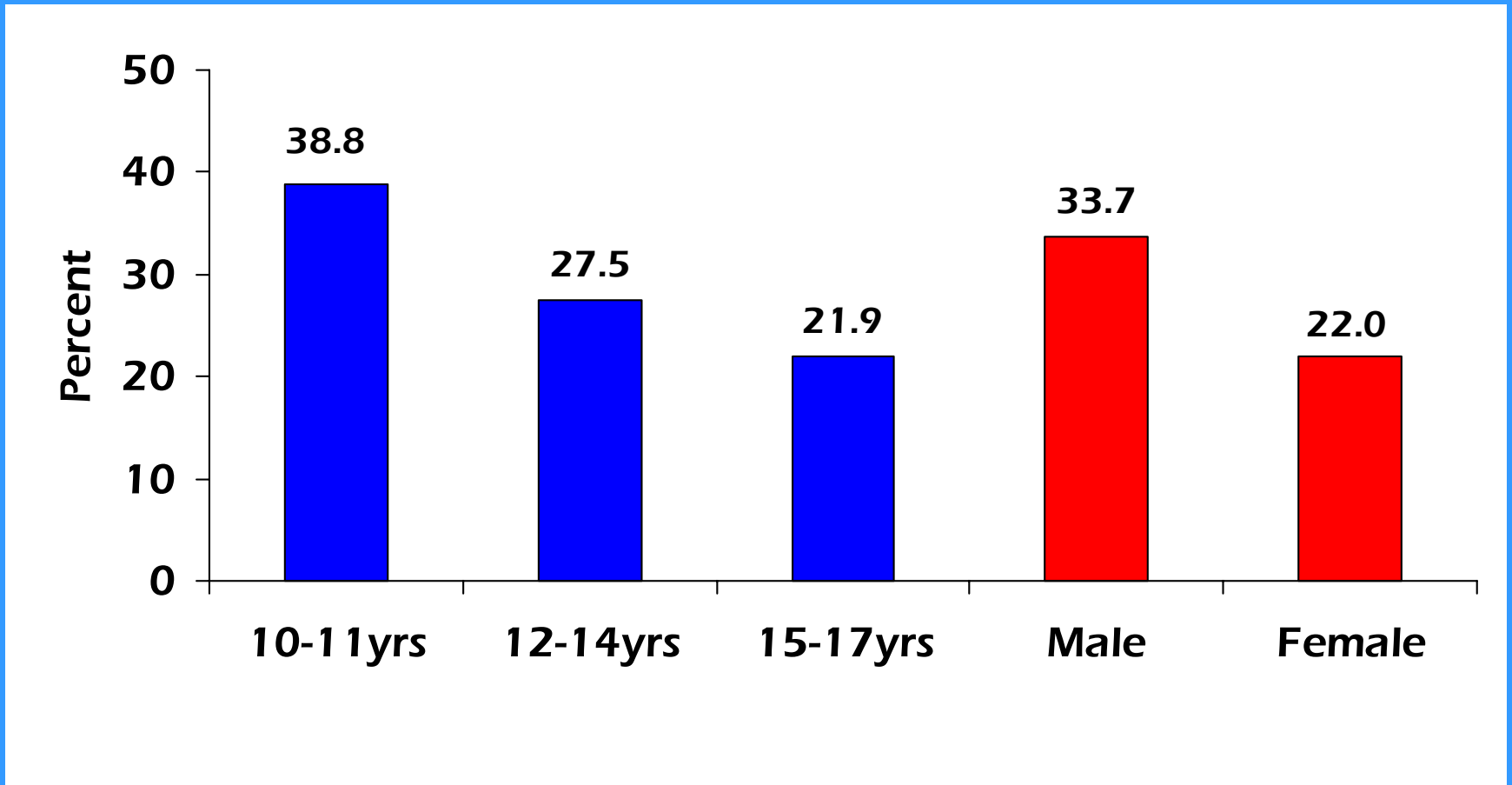


Figure 5. Percent of Adolescents in Southeastern Pennsylvania At Risk of Obesity by Gender and Age, 2002.

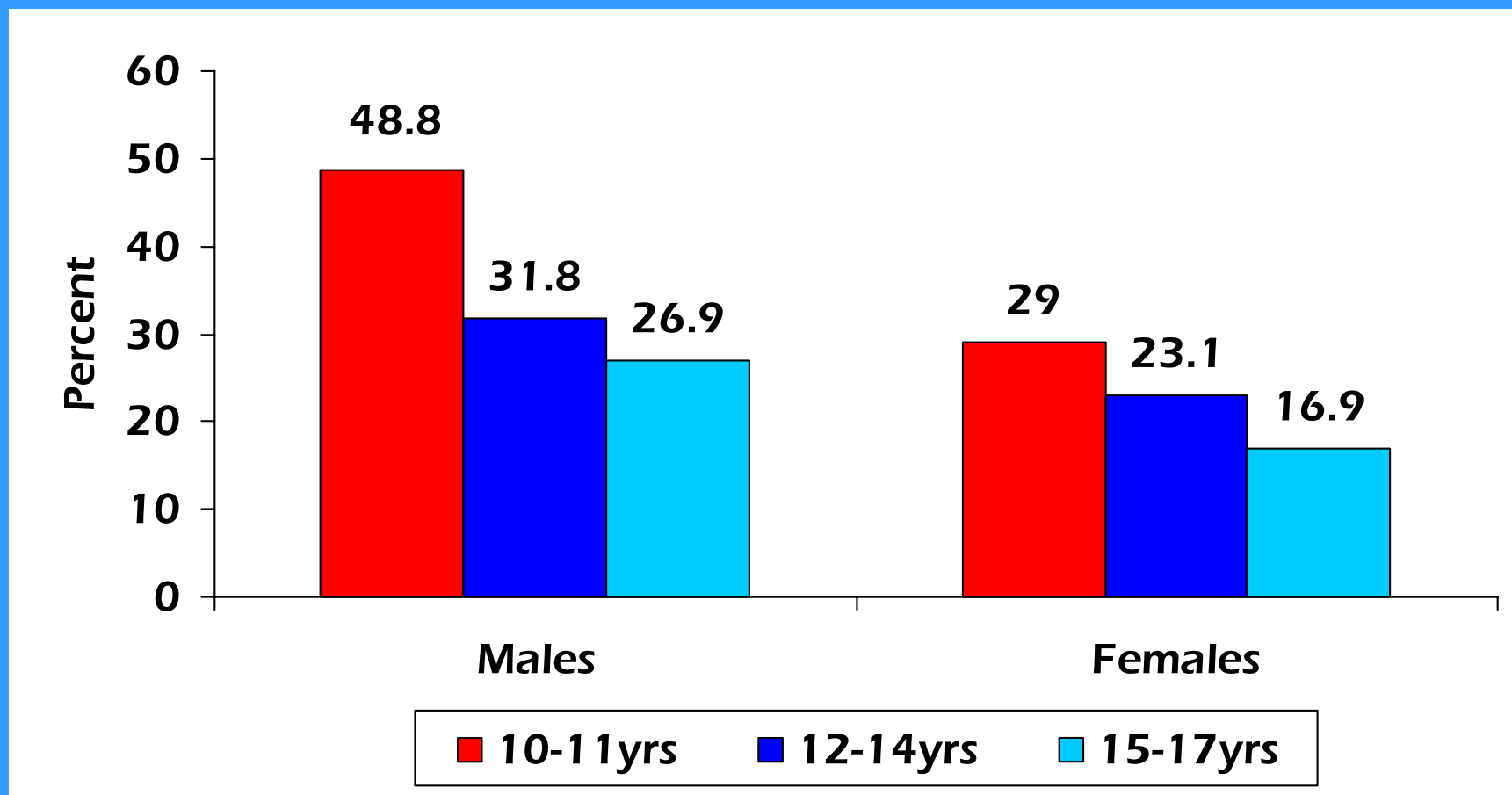


Figure 6. Percent of Adolescents in Southeastern Pennsylvania At Risk of Obesity by Race and by Ethnicity, 2002.

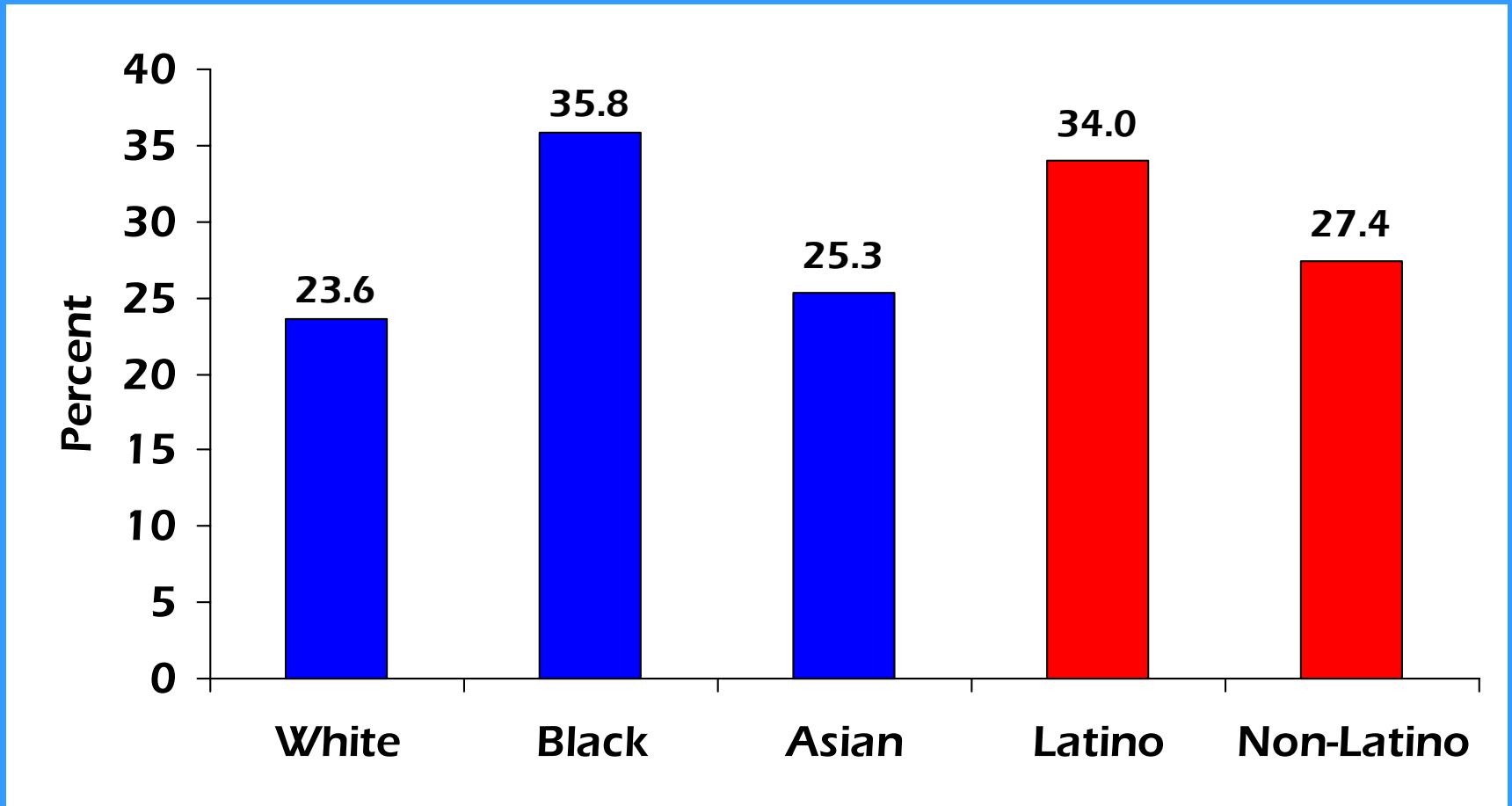


Figure 7. Percent of Adolescents in Southeastern Pennsylvania At Risk of Obesity by Race and Age, 2002.

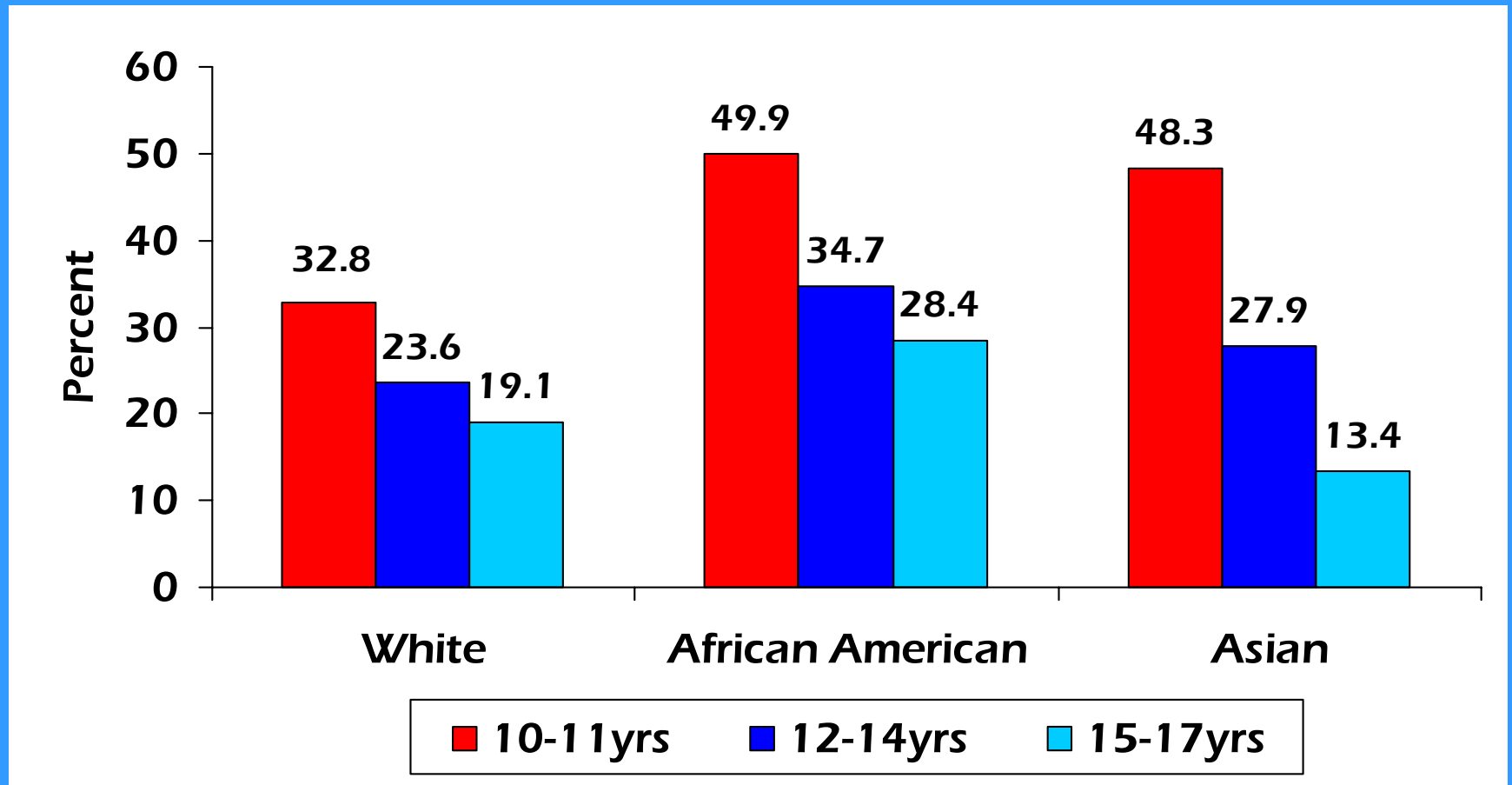


Figure 8. Percent of Adolescents in Southeastern Pennsylvania At Risk of Obesity by Ethnicity and Age, 2002.

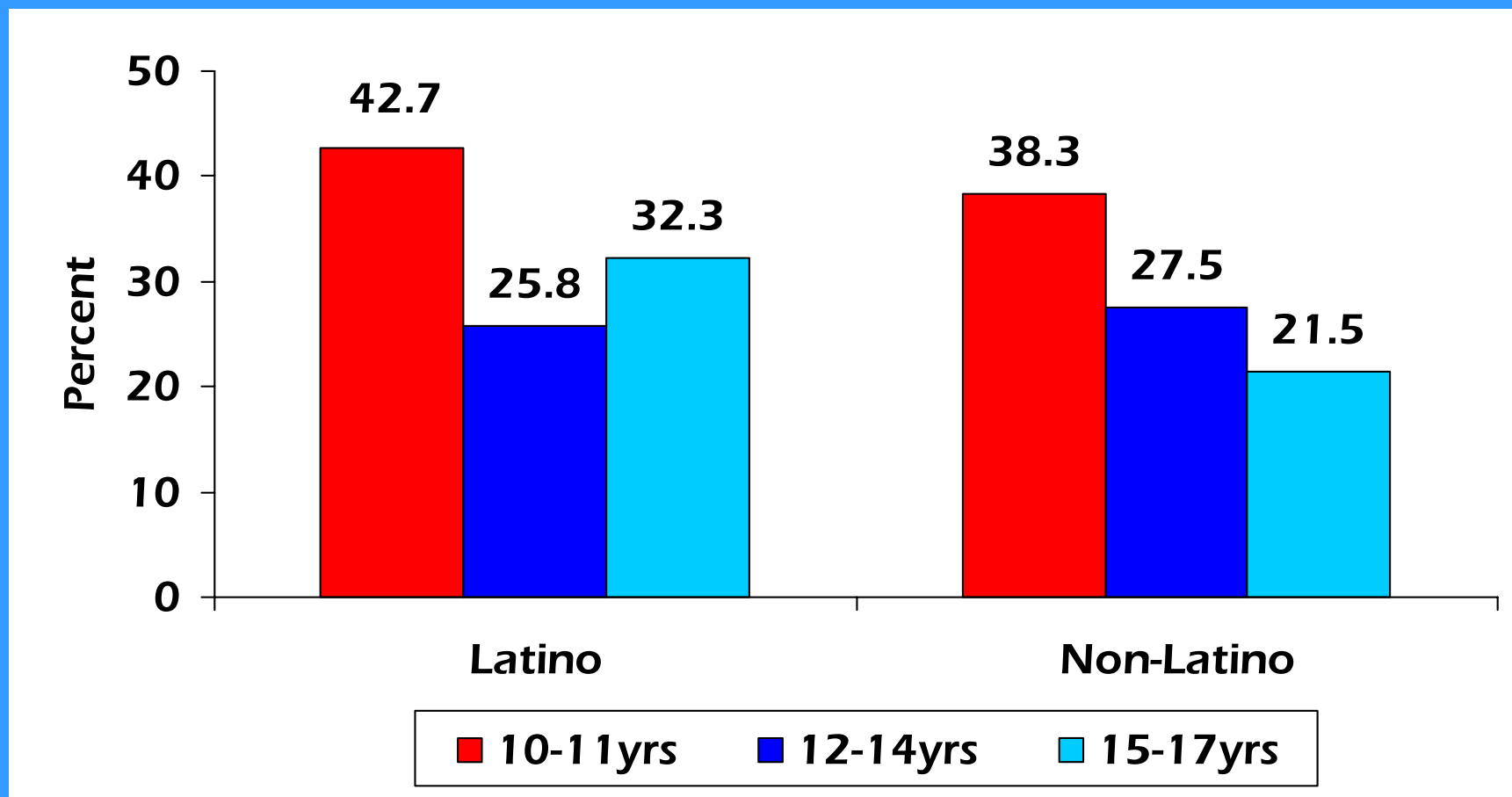
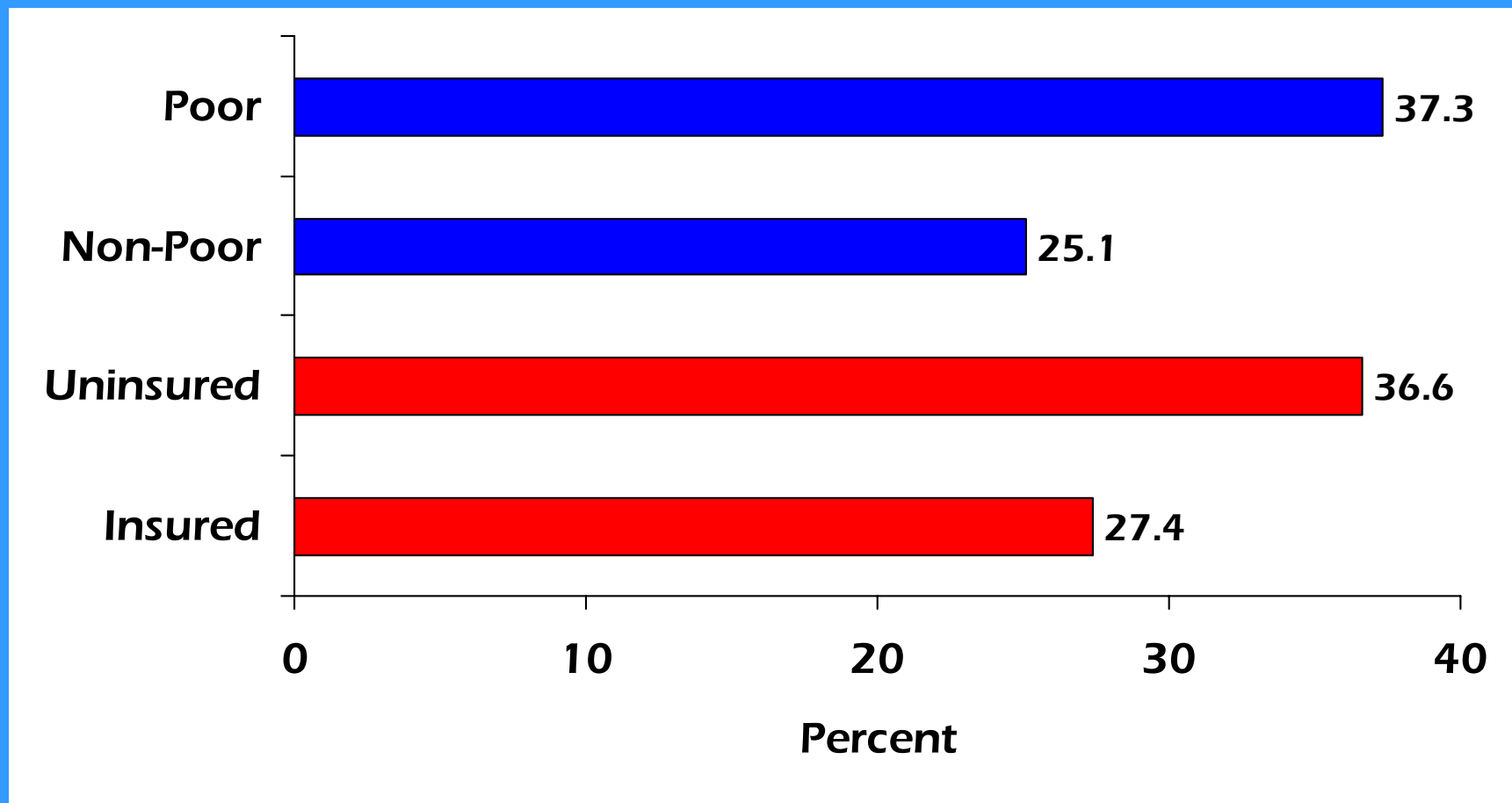


Figure 9. Percent of Adolescents in Southeastern Pennsylvania At Risk of Obesity by Poverty¹ and Insurance Status, 2002.



¹ Poverty level is defined as below or above 150% of the Federal Poverty Level. Poverty level is calculated based on family size and household income. For example, a family of four with an annual income of \$16,700 in 1999 was defined as living in poverty.

Source: PHMC's Community Health Data Base, 2002 Southeastern Pennsylvania Household Health Survey



Figure 10. Health Status and Chronic Conditions of Adolescents in Southeastern Pennsylvania by Risk of Obesity, 2002.

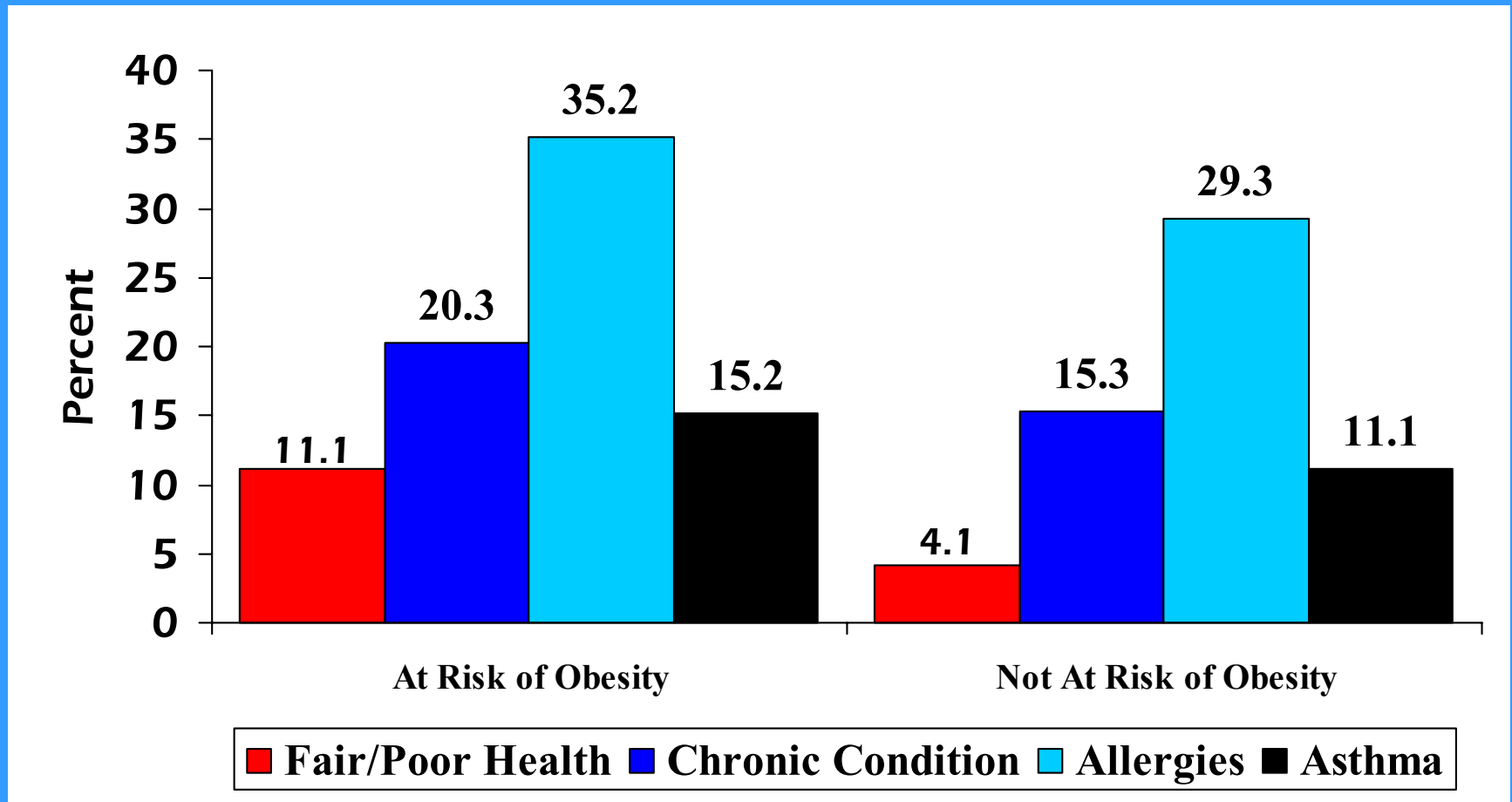


Figure 10a. Percent of Overweight/Obese Adolescents in SEPA Advised by a Doctor or Health Professional to Lose Weight Within the Past Year by Age, 2002.

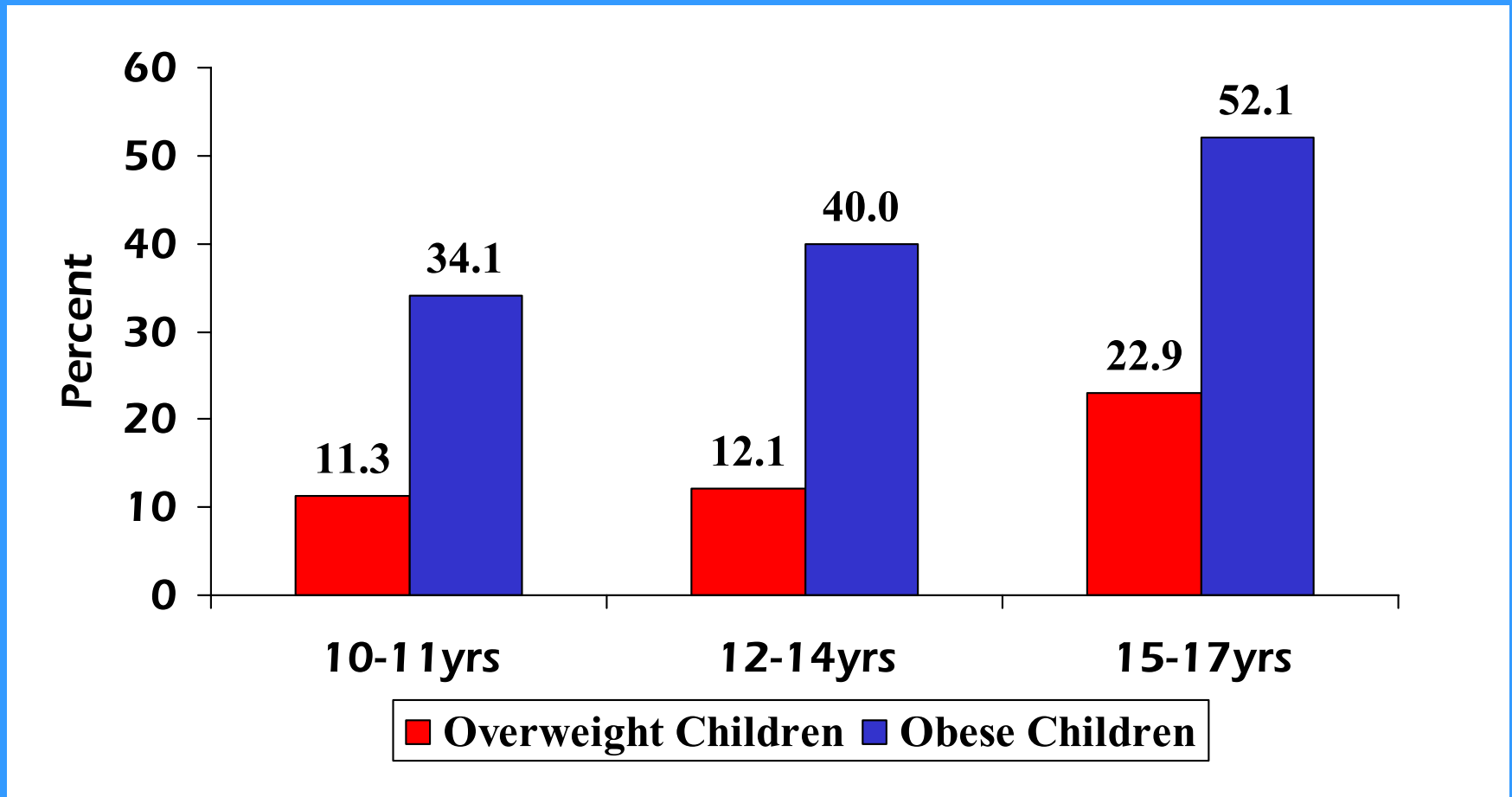


Figure 11. Percent of Overweight/Obese Adolescents and Adults in SEPA by Frequency of Exercise, 2002.

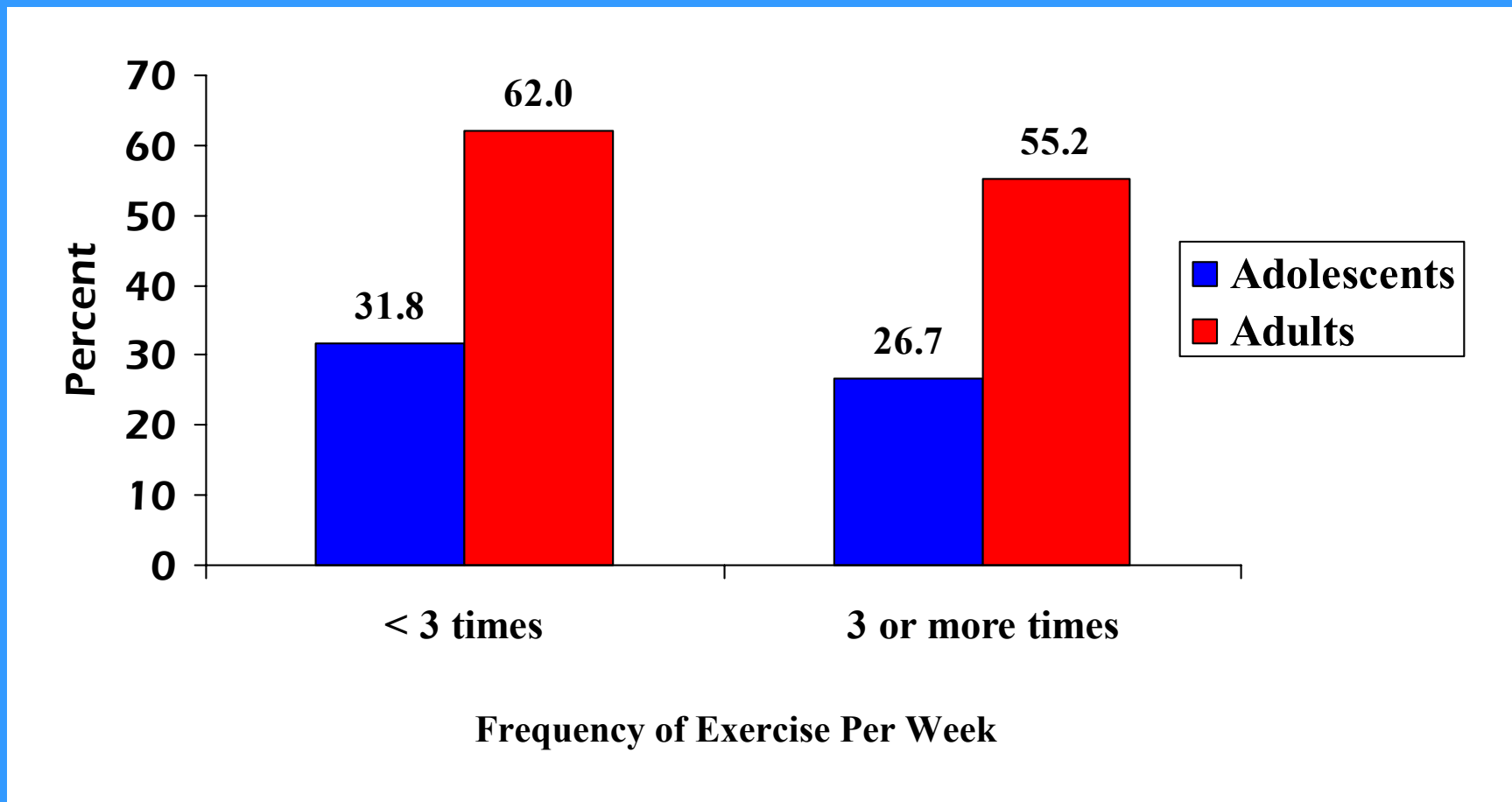


Figure 12. Percent of Adolescents in SEPA At Risk of Obesity by Frequency of Exercise and Age, 2002.

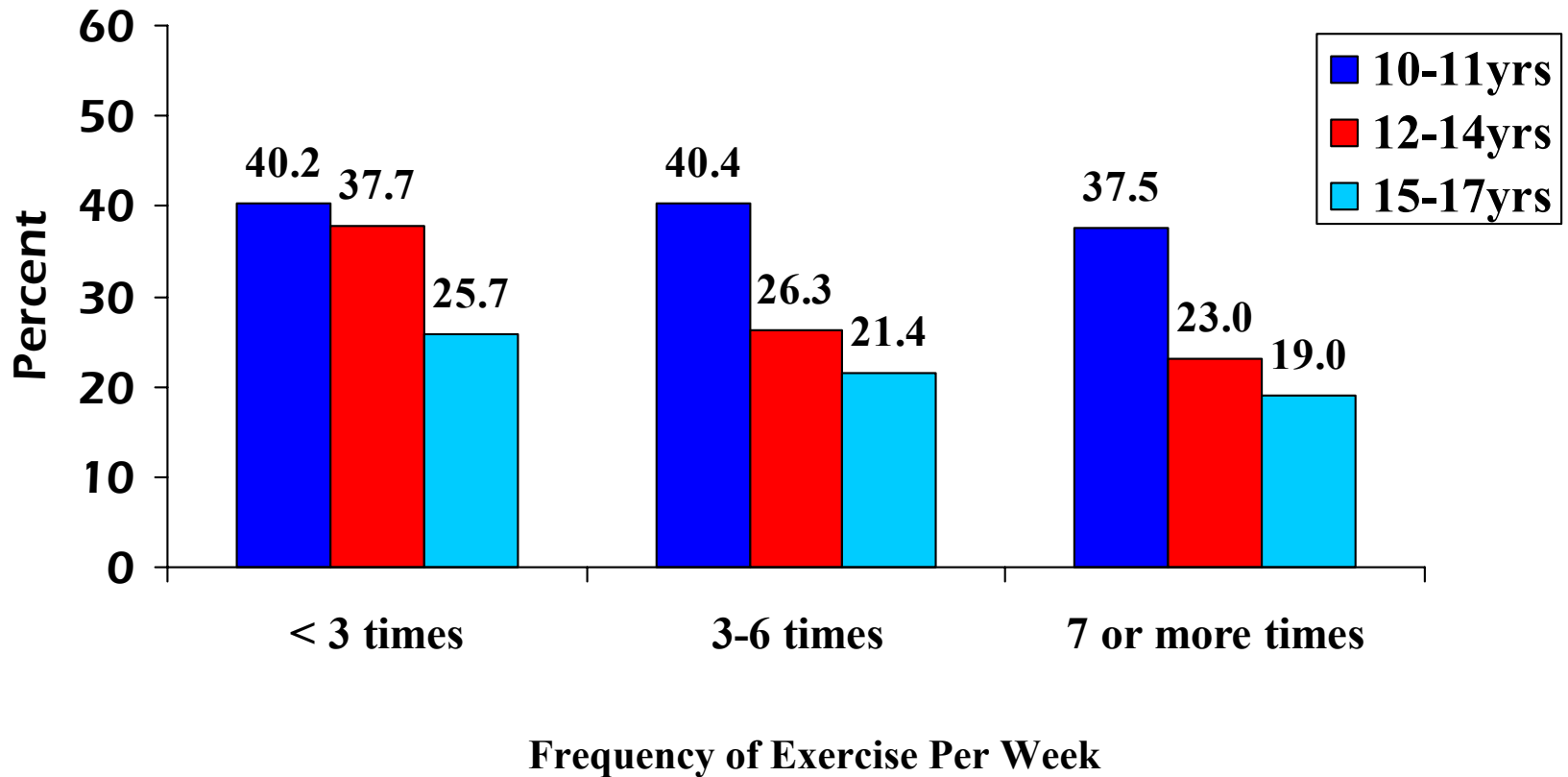
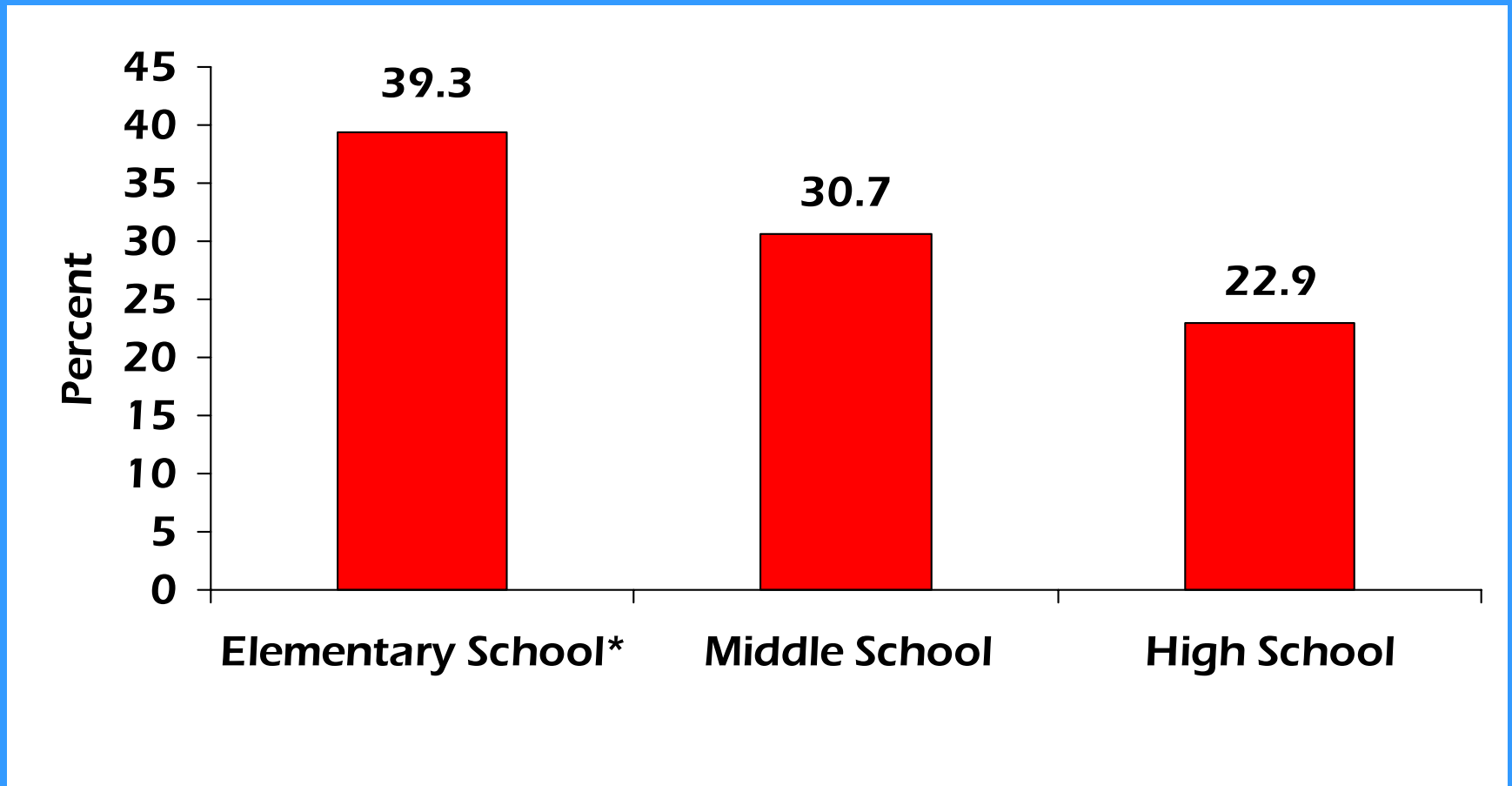


Figure 13. Percent of Adolescents in Southeastern Pennsylvania At Risk of Obesity by Grade in School, 2002.



* This includes children ages 10 and older reported to be in elementary school.

Figure 14. Percent of Households With at Least One Adolescent At Risk of Obesity by Weight Status of Adult Respondent, 2002.

