

(A Technical Summary of Selected Public Health Indicators)

Health | Status

2009 Update

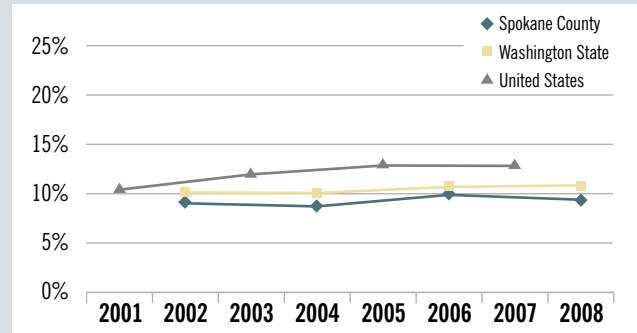
This indicator is 1 of 44 Spokane Counts indicators found at www.srhd.org/SpokaneCounts

Obese (youth)

Obese youth include individuals in grades 8, 10, or 12 who are in the top 5th percentile of the body mass index (BMI) for age range. Youth who are overweight are at greater risk for physical, social, and psychological problems and are more likely to become overweight or obese adults¹.

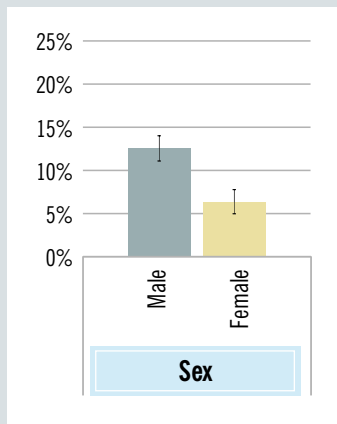
In Spokane County, 1 out of 10 youth were obese in 2008. There was no significant change in the proportion of obese youth from 2002 to 2008. Spokane County had a lower proportion of adolescents who were obese in 2008 than did Washington State in 2008 or the U.S. in 2007.

Obese Youth



Source: Washington State Healthy Youth Survey; Youth Risk Behavior Surveillance System

Demographic Disparities in Obese Youth Spokane County, 2008



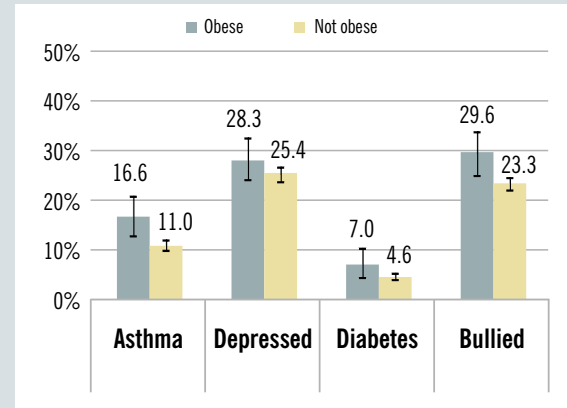
Source: Washington State Healthy Youth Survey

Among Spokane County youth in 2008:

- Males were more likely to be obese than were females.

There was no significant difference in obese youth by grade level or race.

Health Conditions Among Youth by Weight Status, Spokane County, 2008



Source: Washington State Healthy Youth Survey

In Spokane County, obese youth were significantly more likely to have ever been told they had asthma and to have been bullied in the last 30 days. A higher proportion of obese youth had also ever been told they had diabetes and had been depressed for 2 weeks or more in the last 12 months, although the differences were not statistically significant.

Indicator: Obese (youth)

Percent by BMI
(95% Confidence Interval)

	2002	2004	2006	2008	
Total	Spokane County	9.1% (7.3, 11.4)	8.8% (7.7, 10.1)	10.0% (9.1, 11.0)	9.3% (8.5, 10.2)
	Washington State	10.1% (9.4, 10.8)	10.0% (9.5, 10.6)	10.7% (10.1, 11.3)	10.8% (10.1, 11.4)
	National	10.5% (2001)	12.1% (2003)	13.1% (2005)	13.0% (2007)
Grade Level	8th grade	9.7% (6.1, 15.0)	10.5% (8.5, 12.8)	9.9% (8.5, 11.5)	9.4% (8.1, 10.8)
	10th grade	9.7% (7.0, 13.4)	6.8% (5.3, 8.8)	9.4% (8.0, 11.0)	9.5% (8.1, 11.1)
	12th grade	7.6% (5.8, 9.9)	9.2% (7.2, 11.7)	11.1% (9.3, 13.2)	9.1% (7.6, 11.0)
Sex	Male	13.2% (10.5, 16.3)	12.2% (10.4, 14.4)	12.5% (11.1, 14.0)	12.5% (11.2, 14.0)
	Female	5.1% (3.4, 7.6)	5.8% (4.6, 7.2)	7.7% (6.6, 8.9)	6.3% (5.3, 7.4)
Race	White		8.6% (7.4, 10.0)	9.8% (8.7, 10.9)	8.8% (7.8, 9.8)
	Black		6.7% (2.5, 16.8)	11.6% (6.5, 20.0)	11.1% (6.8, 17.7)
	Native American/Alaska Native		12.8% (7.6, 20.9)	14.3% (8.9, 22.1)	12.9% (8.1, 19.9)
	Asian/Pacific Islander		3.5% (1.1, 10.3)	6.2% (3.2, 11.6)	6.2% (3.5, 11.0)

Source: Washington State Healthy Youth Survey; Youth Risk Behavior Surveillance System