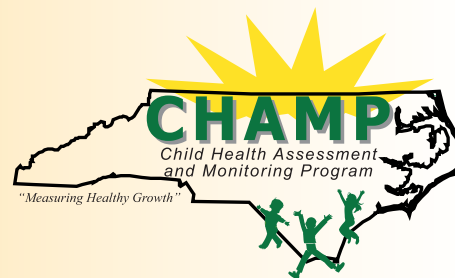


# Child Health Behaviors and Weight Status

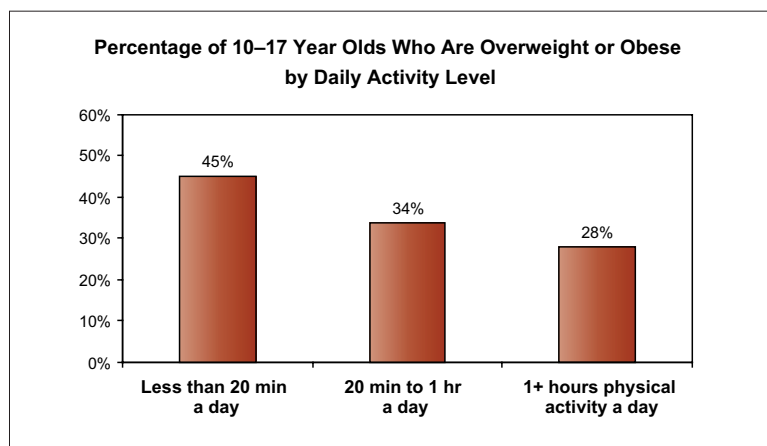
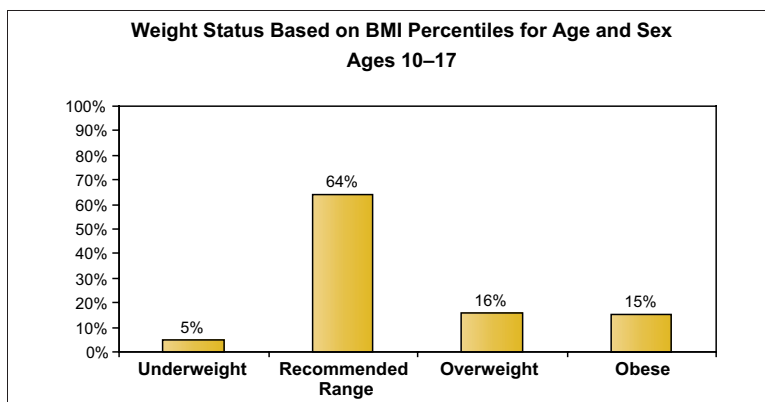
## North Carolina 2005–2006\*



August 2009

### Weight Status

Sixty-four percent of children ages 10–17 in North Carolina are in the recommended range for weight relative to height based on BMI percentiles for age and sex. Only 5 percent are classified as underweight, while 16 percent are overweight, and 15 percent are obese. One-third of children ages 10–17 are overweight or obese. Child weight status varies by physical activity level, TV viewing time, and daily servings of sweetened beverages, chips & fries, and fruits & vegetables.

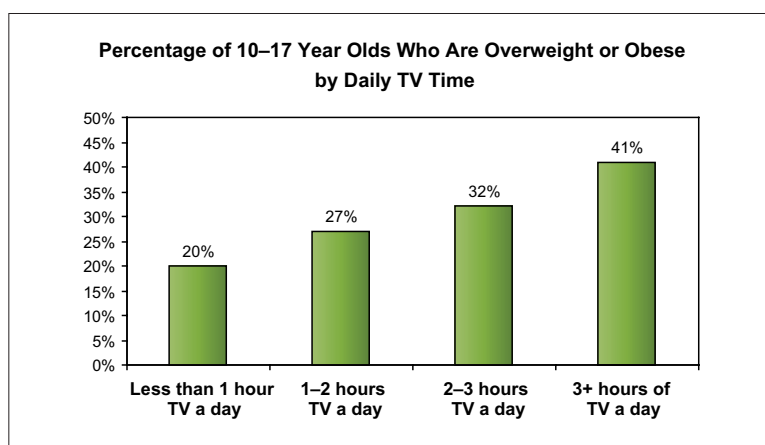


### Physical Activity

The majority of 10–17 year olds are physically active at least an hour a day (64%). Twenty-six percent spend between 20 minutes to an hour in physically active play a day and 9 percent spend less than 20 minutes in physically active play on a daily basis. Weight status varies by daily physical activity level such that less physically active children are more likely to be overweight or obese. Forty-five percent of children who are physically active less than 20 minutes a day are overweight or obese, compared to 34 percent of children who are somewhat physically active, and 28 percent of children who are physically active for one or more hours a day.

### Television Viewing Time

Twenty-five percent of 10–17 year olds watch three or more hours of TV a day, while one-third (32%) watch two to three hours of TV, one-third (31%) watch one to two hours, and 12 percent watch less than one hour of TV a day. Weight status varies by daily TV time such that children who spend more time watching TV are more likely to be overweight or obese. Forty-one percent of children who watch three or more hours of TV a day are overweight or obese, compared to 32 percent of children who watch two hours of TV a day, 27 percent of children who watch one to two hours, and only 20 percent of children who watch less than one hour of TV a day.

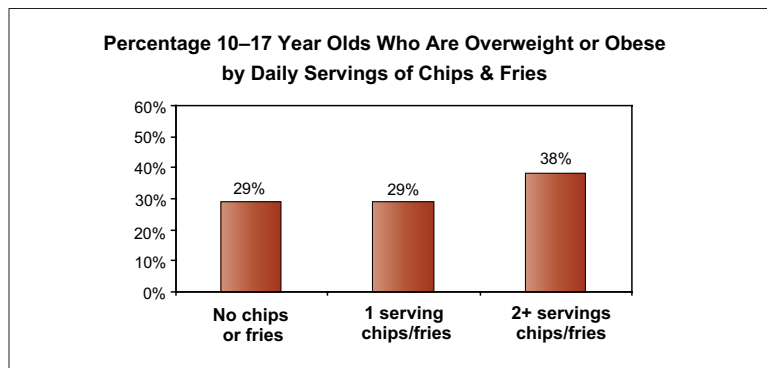
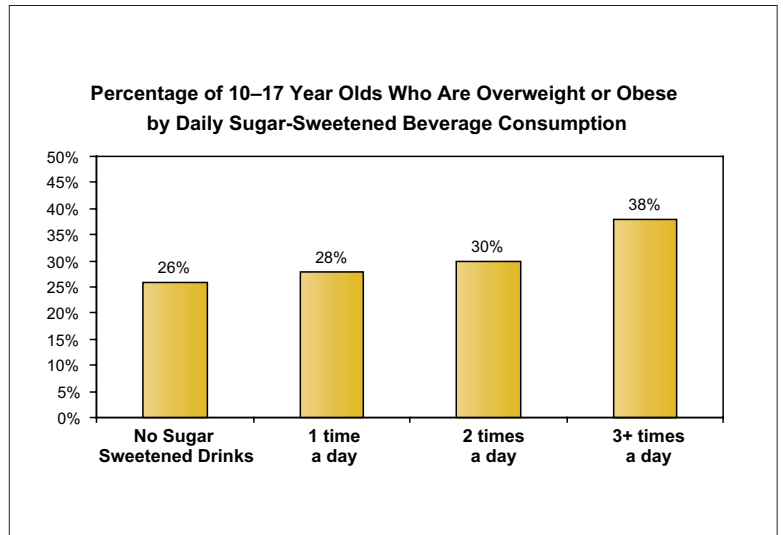


\* This fact sheet includes data collected in 2005 and 2006 on 3,194 parental surveys of children ages 10 to 17. Weight status categories are based on BMI percentiles for age and sex: <5 percent = Underweight, 5–84 percent = Recommended Range, 85–94 percent = Overweight, ≥95 percent = Obese.

The North Carolina Child Health Assessment and Monitoring Program (NC CHAMP) is a surveillance system that collects information about the health characteristics of children from birth to age 17. For further information about NC CHAMP, please visit [www.schs.state.nc.us/SCHS/champ](http://www.schs.state.nc.us/SCHS/champ).

## Sugar-Sweetened Beverage Consumption

Thirty percent of 10–17 year olds drink sugar-sweetened drinks three or more times a day, such as fruit-flavored drinks, sports drinks, sweet tea, or soda. Twenty-two percent drink two times a day, 30 percent drink one time a day, and 18 percent do not drink sugar-sweetened drinks on a daily basis. Weight status varies by daily sugar-sweetened drink consumption such that children who drink more sugar-sweetened drinks are more likely to be overweight or obese. Thirty-eight percent of children who drink sugar sweetened beverages three or more times a day are overweight or obese, compared to 30 percent of children who drink two times a day, 28 percent of children who drink one time a day, and 26 percent of children who do not drink sugar sweetened beverages on a daily basis.



## Daily Servings of Chips & Fries

Twenty-two percent of 10–17 year olds have two or more servings of chips or fries a day, while about half (49%) have one serving, and 29 percent do not eat chips and/or fries on a daily basis. Weight status varies by daily servings of chips & fries such that children who eat more chips and/or fries are more likely to be overweight or obese. Thirty-eight percent of children who eat two or more servings of chips and/or fries a day are overweight or obese compared to 29 percent of children who eat one serving or less.

## Daily Servings of Fruits & Vegetables

Twenty-eight percent of 10–17 year olds have five or more servings of fruits and/or vegetables a day, while 58 percent have one to four servings, and a few do not eat fruits (8%) or vegetables (6%) on a daily basis. Weight status varies by daily servings of fruits & vegetables such that children who eat more vegetables are less likely to be overweight or obese. Forty-six percent of children who do not eat any vegetables on a daily basis are overweight or obese, compared to about one-third of children who do not eat any fruit on a daily basis, or have one or more servings of fruits and/or vegetables on a daily basis.

