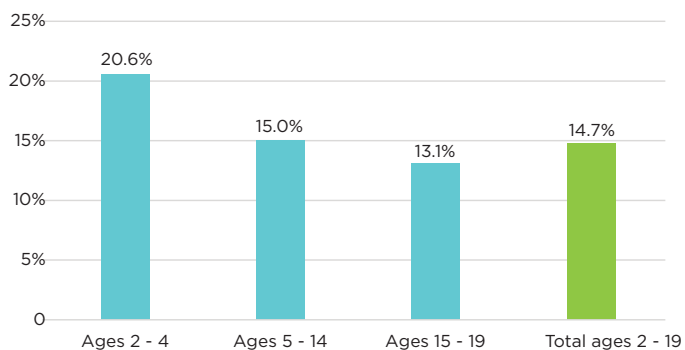
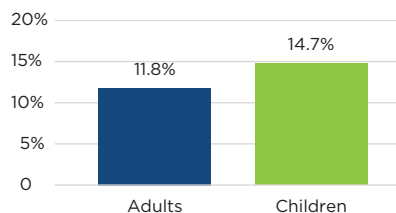


# USING BHI DATA TO UNCOVER IMPROVEMENT OPPORTUNITIES IN CHILDHOOD OBESITY

## AVERAGE ANNUAL TREND IN CHILD OBESITY RATE BY AGE GROUP, 2016-2019



## AVERAGE ANNUAL TREND IN OBESITY RATE, ADULTS VS. CHILDREN, 2016-2019



## TOP 10 STATES WITH THE HIGHEST AVERAGE ANNUAL TREND IN CHILD OBESITY RATE PER 1,000 (2016-2019)

State	Children Ages 2-19
Alabama	35.4%
Nebraska	35.1%
Arkansas	33.6%
Iowa	28.9%
Missouri	28.9%
Washington	27.7%
Rhode Island	27.1%
Texas	23.5%
Kentucky	22.4%
Ohio	21.2%

## WHAT THE DATA SAYS

Research from Blue Health Intelligence® (BHI®) found that trends in obesity increased in both adults and children from 2016-2019. Children ages 2-4 showed the highest annual increase (20.6%).

Childhood obesity puts children at increased risk of cardiac disease, diabetes, breathing difficulties, joint and musculoskeletal discomfort, and gastrointestinal issues. Being overweight can also result in social and psychological problems such as low self-esteem, anxiety, and depression.<sup>1</sup>

These health risks can continue into adulthood, as children who suffer from obesity are more likely to become adults with obesity, with even more severe disease risk factors.<sup>2</sup>

Genetics, environment, and lifestyle choices all influence excess weight gain making childhood obesity a complex health issue. While many healthcare professionals are reluctant to document “obesity” for fear of offending patients, experts believe that patients still need an accurate understanding of their condition and its detrimental effects on their overall health.<sup>3</sup>

Looking at the obesity growth rate by individual state, higher rates cannot necessarily be viewed negatively as an indication of a greater rate of obesity occurrence. These higher rates could be evidence of improvement or intervention initiatives that are resulting from more conscientious efforts by providers at documenting these health risk factors.

**Contact BHI to see how better data can make a difference.**

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**email:** [info@bluehealthintelligence.com](mailto:info@bluehealthintelligence.com)

<sup>1,2</sup> <https://www.cdc.gov/obesity/childhood/causes.html>

<sup>3</sup> [https://www.bcbsm.com/content/dam/microsites/corpcomm/provider/the\\_record/2019/mar/Record\\_0319d.shtml](https://www.bcbsm.com/content/dam/microsites/corpcomm/provider/the_record/2019/mar/Record_0319d.shtml)