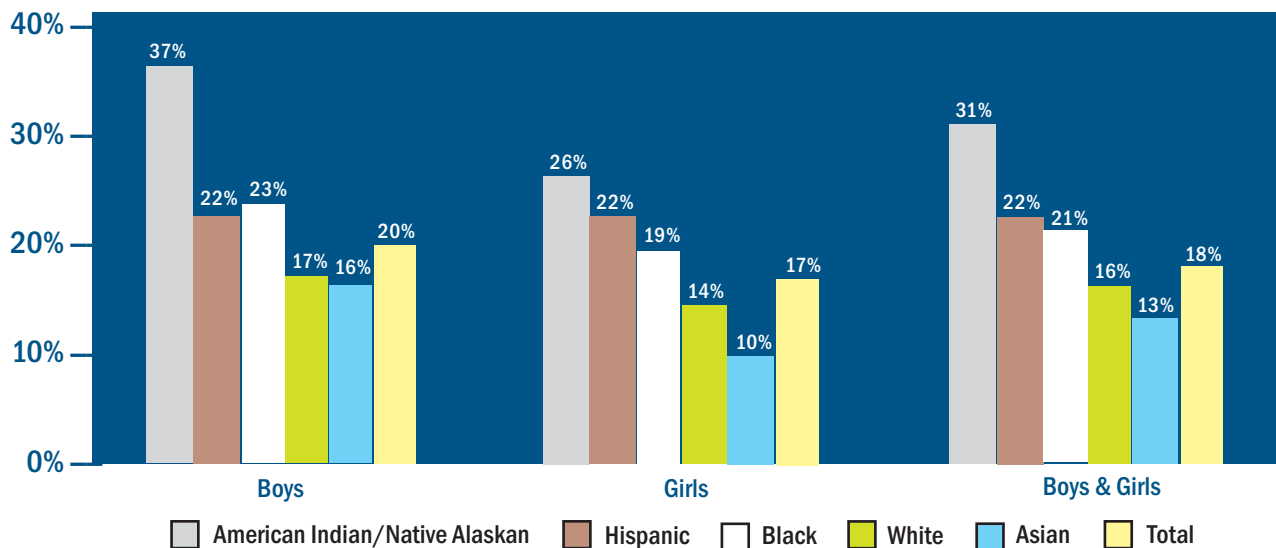




## Nearly One in Five Four-Year-Olds Is Obese: Racial/Ethnic Minorities Most At Risk

According to a new report published in the *Archives of Pediatric and Adolescent Medicine*, almost one fifth (18%) of American four-year-olds meet the criteria<sup>1</sup> for obesity. Childhood obesity is linked with a variety of risk factors for illness, such as high blood pressure, high cholesterol, and Type 2 diabetes, and it is also associated with increased risk for adulthood obesity. The study found that obesity rates are highest among Native American/ Native Alaskan children (31%) and higher than average among Hispanic and Black children (22% and 21%). Rates among White and Asian children are lower than average (16% and 13%). The authors support U.S. Surgeon General and Institute of Medicine recommendations that obesity-prevention efforts begin early in life, and they stress the importance of interventions that are effective in the context of the communities in which high rates of childhood obesity exist.

Prevalence of Obesity Among 4-Year-Old Children in the U.S., by Sex & Racial/Ethnic Group, 2005



**Source:** Anderson, S. E. and Whitaker, R. C. (2009). Prevalence of obesity among U.S. preschool children in different racial and ethnic groups. *Archives of Pediatric and Adolescent Medicine*, 163(4):344-348.

**Notes:**

<sup>1</sup> Having a body mass index at or above the 95th percentile for age- and sex-specific growth charts published by the Centers for Disease Control and Prevention (CDC).

Prepared by the Center for Health and Justice (CHJ) at TASC. CHJ works to build, enhance, and sustain strong and vibrant communities by promoting policies and practices that stop the cycle of drugs and crime. We conduct research and evaluations, and offer policy analysis, trainings, and technical assistance in the fields of health and justice. For more information, visit us online at [www.centerforhealthandjustice.org](http://www.centerforhealthandjustice.org).

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