



Spokane Regional Health District · www.srhd.org



Spokane Counts 2015

A summary of 59 selected public health indicators

Overweight (Youth)

Health Status



Indicator: Overweight (Youth)

Definition: Percent of youth in grades 8, 10, and 12 who were overweight or obese as defined by body mass index (BMI).

Why this is important: Youth who are overweight are at greater risk for physical, social, and psychological problems and are more likely to become overweight or obese adults.

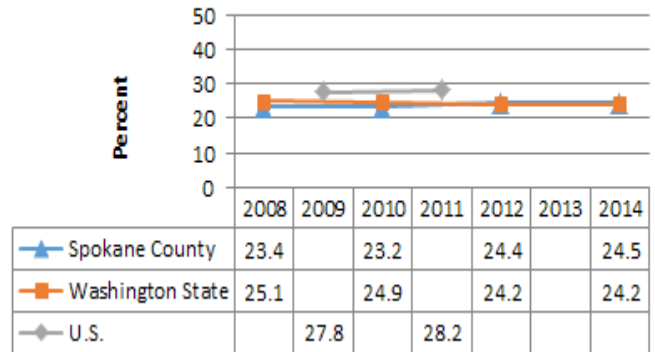
Where we are: In 2014 in Spokane County, 24.5% of adolescents were either overweight or obese. From 2008 to 2014, there was no significant change in the proportion of overweight adolescents. The proportion of overweight youth in Spokane County was similar to that of Washington state in 2014, but lower than that in the United States in 2013.

Health Disparities:

Among youth in Spokane County in 2014:

- Males were more likely to be overweight than females.
- Blacks and Native Americans/Alaska Natives were more likely to be overweight when compared to whites.
- Being overweight decreased as maternal education level increased.

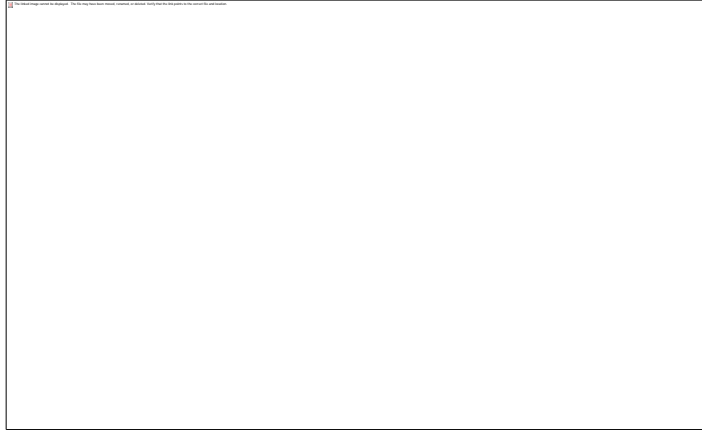
Overweight Youth Over Time



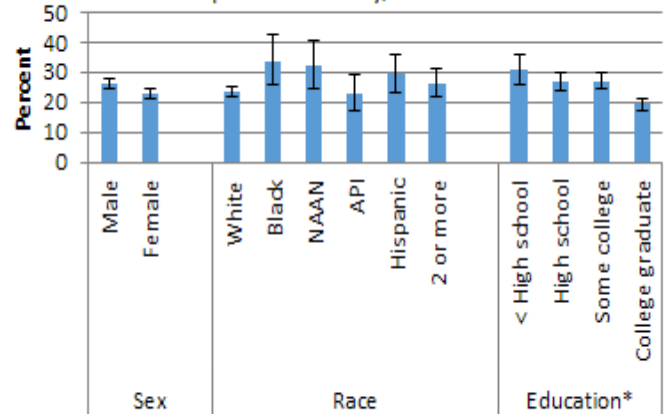
(click to enlarge)

There was no difference in being overweight by age group.

Additional Information: Three in four youth are at a healthy weight, but 14% are overweight and 11% are obese.



Disparities in Overweight Youth
Spokane County, 2014



*Education reflects the mother's highest education level

(click to enlarge)



	Data Source	HYS, 2014 (grade 8,10,12)
Geography	Spokane County	24.5% (23.3-25.8)
	Washington state	24.2% (23.5-24.9)
	United States	30.3%
	Trend	08-14 No Trend
Age	Youth	
	6th grade	
	8th grade	23.1% (21.0-25.2)
	10th grade	25.8% (23.5-28.1)
	12th grade	24.9% (22.7-27.2)
Sex	Male	26.3% (24.5-28.2)
	Female	22.6% (20.9-24.5)
Race	White	23.4% (22.0-24.9)
	Black	33.6% (25.7-42.4)
	NAAN	32.0% (24.5-40.5)
	API	22.7% (17.4-29.1)

	Hispanic	29.3% (23.3-36.1)
	2 or more	26.3% (21.8-31.3)
Education*	< High school	30.8% (25.8-36.2)
	High school	27.0% (24.1-30.1)
	Some college	27.1% (24.3-30.0)
	College graduate	19.3% (17.4-21.4)

* Education reflects the mother's highest education level

Data Source: Health Youth Survey. Washington State Department of Health. Calculations and presentation of data by Spokane Regional Health District, Data Center. Centers for Disease Control and Prevention (CDC). 1991-2013 High School Youth Risk Behavior Survey Data. Available at <http://nccd.cdc.gov/youthonline/>. Accessed on 04/01/15.

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