

# SOUTH CAROLINA YOUTH OVERWEIGHT AND OBESITY

## State-level Statistics

### THE PROBLEM

- Almost 1 in every 3 (31.7 percent) S.C. high school students are overweight or obese.
- Obesity is more prevalent among:
  - African-American high school students (39.8 percent) than among their white counterparts (25.3 percent).<sup>1</sup>
  - boys (32.9 percent) than among girls (30.5 percent)<sup>1</sup>.
- More than 1 in every 4 (28.9 percent) low-income children ages 2-5 are overweight or obese in S.C.<sup>2</sup>.
- Studies have shown that obese adolescents have a 70 percent chance of becoming overweight or obese adults<sup>3</sup>.
- 85.3 percent of S.C. high school students had not eaten fruits and vegetables five or more times per day within the 7 days prior to the survey<sup>1</sup>.
- If current trends continue, one out of three children born in 2000 will develop Type 2 diabetes, primarily due to a poor diet and lack of physical activity<sup>4</sup>.

### THE COMPLICATIONS

High Blood Pressure  
Asthma  
Depression

Sleep Apnea  
Poor Self-Esteem  
Type 2 Diabetes

<sup>1</sup>Data from the 2009 South Carolina Youth Risk Behavior Survey (YRBS), accessible at <http://apps.nccd.cdc.gov/youthonline/App/Results.aspx?LID=SC>

<sup>2</sup>Contributor data from the Pediatric Nutrition Surveillance System (PedNSS), 2009.

<sup>3</sup>US Department of Health and Human Services. (2001). The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity. (Rockville, MD): US Department of Health and Human Services, Public Health Services Office, Office of the Surgeon General.

<sup>4</sup>Venkat Narayan, K. (2003). The Journal of the American Medical Association. 290: 1884-1890.

#### Prepared by:

South Carolina Department of Health and Environmental Control  
Bureau of Community Health and Chronic Disease Prevention  
Division of Nutrition, Physical Activity & Obesity  
1800 St Julian Place, Suite 306  
Columbia, SC 29204

Visit <http://www.scdhec.gov/health/chcdp/obesity/>

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