

Physical Activity, Nutrition, and Obesity

New Jersey Fact Sheet

ADULT OBESITY

- Approximately **one in four (25.6%)** New Jersey adults are obese.¹
- **Cumberland (34.5%), Salem (33.9%), and Gloucester (30.3%)** counties have the highest three-year prevalence of adult obesity in New Jersey, while Morris (21.0%), Bergen (21.5%), and Hunterdon (22.3%) counties have the lowest prevalence.³
- If the prevalence of obesity continues to increase at the current pace, **nearly half (48.6%)** of New Jersey adults will be obese in 2030.⁴

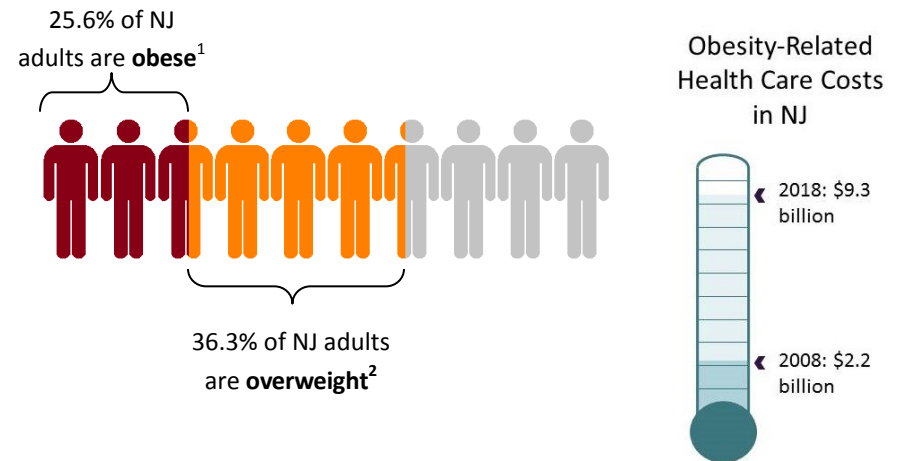
CHILD AND ADOLESCENT OBESITY

- The prevalence of obesity among two to four-year-olds from low-income families participating in New Jersey's Special Supplemental Nutrition Program for Women, Infants, and Children (NJWIC) **decreased from 18.9% in 2010 to 15.3% in 2014.**⁵
- **10%** of New Jersey children aged 10-17 are obese.⁶
- **9%** of New Jersey high school students are obese and **14%** are overweight.⁷

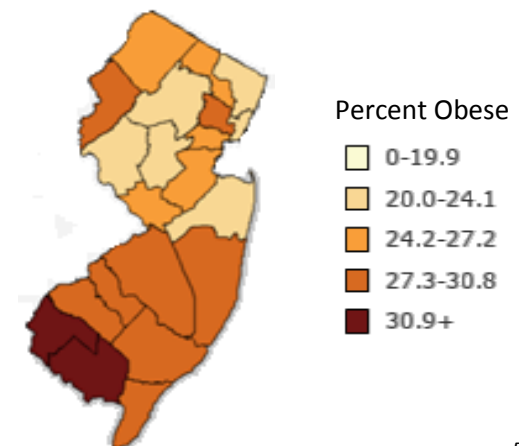
ECONOMIC IMPACT

- New Jersey spent **\$2.2 billion** on obesity-related health care in 2008.⁸
- If the prevalence of obesity continues to rise, New Jersey's obesity-related health care spending could **quadruple to \$9.3 billion** by 2018.⁸

Obesity in New Jersey



Percent of Adults Who Are Obese by County, 2012-2014³





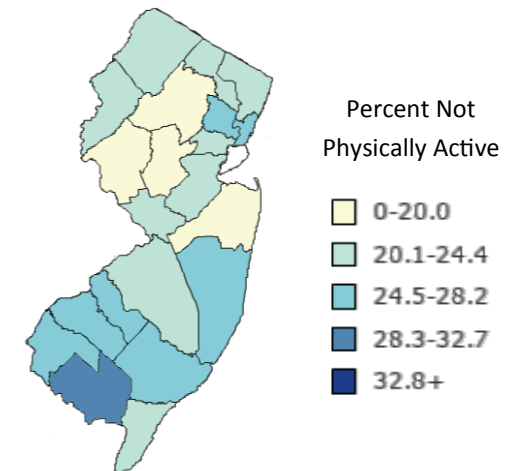
NUTRITION

- **One out of three (35.3%)** New Jersey adults eats fruits less than once a day and **one out of five (21.4%)** eats vegetables less than once a day.²
- **19%** of New Jersey high school students eat five or more servings of fruits and vegetables per day.⁷
- **12%** of New Jersey high school students drink a can, bottle, or glass of soda at least once a day.⁷
- **82%** of New Jersey mothers have ever breastfed their infants, but only **23.1%** of mothers breastfed exclusively for the first six months.⁹

PHYSICAL ACTIVITY

- Just **one out of five (21.6%)** New Jersey adults participates in enough Aerobic and Muscle Strengthening exercises to meet national physical activity guidelines.²
- **Cumberland (28.3%), Salem (27.1%), and Atlantic (26.2%)** counties have the highest three-year percentage of adults who do not participate in any leisure-time physical activity; Hunterdon (16.7%), Somerset (17.5%), and Morris (18.5%) counties have the lowest.³
- **49%** of New Jersey high school students are physically active for at least 60 minutes per day, five times per week.⁷
- **Just under one-third (28.5%)** of New Jersey high school students watch television for 3 or more hours on an average school day.⁷
- More than **one out of three (36.6%)** high school students use a computer for non-school related purposes or play video/computer games for three or more hours on an average school day.⁷

Percent of Adults Who Are Physically Inactive by County, 2012-2014³



REFERENCES

- ¹ Adult Obesity Prevalence Maps: 2015. National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP): Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/obesity/data/prevalence-maps.html>
- ² Behavioral Risk Factor Surveillance System 2014 Prevalence and Trends Data. NCCDPHP: CDC. 1995–2014. <http://www.cdc.gov/brfss/brfssprevalence/>
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- ⁴ Trust for America's Health. Bending the Obesity Cost Curve in New Jersey. 2012. <http://www.rwjf.org/content/dam/farm/reports/reports/2012/rwjf401485>
- ⁵ Pan L, Freedman DS, Sharma AJ, et al. Trends in Obesity Among Participants Aged 2–4 Years in the Special Supplemental Nutrition Program for Women, Infants, and Children — United States, 2000–2014. *MMWR Morb Mortal Wkly Rep* 2016;65:1256–1260. DOI: <http://dx.doi.org/10.15585/mmwr.mm6545a2>
- ⁶ The State of Obesity in New Jersey. Trust for America's Health and Robert Wood Johnson Foundation. <http://stateofobesity.org/states/nj/>
- ⁷ 2013 New Jersey Student Health Survey. New Jersey Department of Education. <http://www.state.nj.us/education/students/yrebs/2013/full.pdf>
- ⁸ Thorpe, K. 2009. The Future Costs of Obesity: National and state estimates of the impacts of obesity on direct health care expenses. Collaborative report from United Health Foundation, the American Public Health Association and Partnership for Prevention. <http://www.nccor.org/downloads/CostofObesityReport-FINAL.pdf>
- ⁹ Breastfeeding Report Card: Progressing Toward National Breastfeeding Goals, United States, 2016. NCCDPHP: CDC. <https://www.cdc.gov/breastfeeding/pdf/2016breastfeedingreportcard.pdf>