

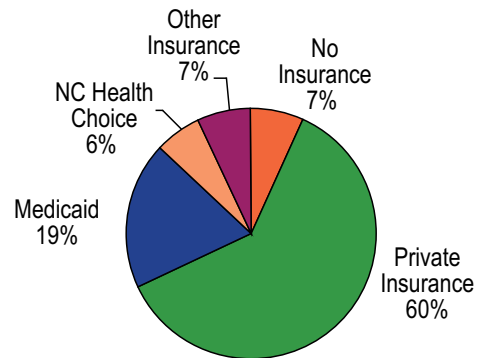
# Adolescents' Weight Status: Ages 10 to 17 Years — North Carolina 2007–2009

November 2010

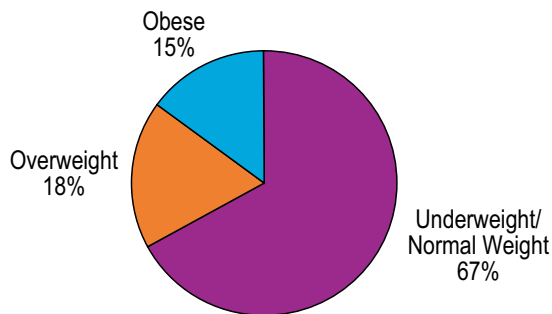
## Health Insurance

Ninety-three percent of parents surveyed in North Carolina reported that their adolescent (ages 10 to 17 years) is currently covered under some type of health insurance plan. Sixty percent of adolescents ages 10 to 17 years are covered by private insurance; 19 percent are covered under Medicaid (including Health Check and Carolina ACCESS); 6 percent are enrolled in NC Health Choice (a free or reduced price government funded health care program for children); and 7 percent have coverage through the military (e.g., CHAMPUS, TRICARE) or some other type of health insurance, unspecified. This report presents data on adolescent weight status by type of health insurance coverage.

### Percent of Adolescents with Health Care Coverage Ages 10 to 17 Years



### Adolescents' Weight Status Ages 10 to 17 Years



## Weight Status (Based on Parental Report)

Body Mass Index (BMI; weight (kg)/ [height (m)]<sup>2</sup>) is estimated from parental report of adolescents' current height and weight (ages 10 to 17 years).<sup>†</sup> Adolescents' weight status is based on BMI percentiles calculated from the 2000 CDC growth charts by age and sex and defines overweight if between the 85<sup>th</sup> and 94<sup>th</sup> percentiles, and obese as greater than or equal to the 95<sup>th</sup> percentile. In general, 62 percent of adolescents are normal weight, 5 percent are underweight, 18 percent are overweight, and 15 percent are obese.

This report includes data collected from 2007 to 2009 on 3,748 parental surveys on children ages 10 to 17 years from the North Carolina Child Health Assessment and Monitoring Program (NC CHAMP). NC CHAMP is a surveillance system that collects information about the health characteristics of children ages 0 to 17 years through a follow-up survey of the Behavioral Risk Factor Surveillance System (BRFSS), a telephone survey of adults (18 years and older). All adult respondents with children living in their household are invited to participate in NC CHAMP. One child is randomly selected from the household and the adult most knowledgeable about the health of the selected child is interviewed. Percentages are weighted to population characteristics. For further information about NC CHAMP, please visit [www.schs.state.nc.us/SCHS/champ](http://www.schs.state.nc.us/SCHS/champ) or contact [CHAMPstaff@dhhs.nc.gov](mailto:CHAMPstaff@dhhs.nc.gov).

\* For a detailed report, see: Miles DR, Sexton CM, Margolis LH, Sanderson M. Children's health care coverage and children's health 2007–2009: A report from the North Carolina Child Health Assessment and Monitoring Program. Raleigh, NC: North Carolina Department of Health and Human Services, October 2010. Available at: [www.schs.state.nc.us/SCHS/pdf/CHAMP\\_Health\\_Care\\_Report\\_2007-09.pdf](http://www.schs.state.nc.us/SCHS/pdf/CHAMP_Health_Care_Report_2007-09.pdf).

<sup>†</sup> Several procedures are used to increase accuracy of parental report of child's height and weight including a height/weight follow-up. Please see full report for further details.

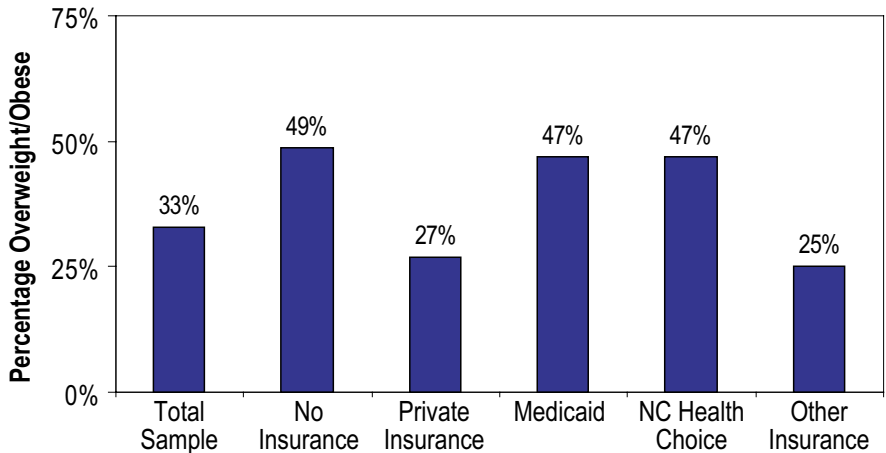
## Adolescents' Weight Status by Type of Health Care Coverage

- ▶ Based on parental report, one-third of adolescents ages 10 to 17 years are overweight or obese.

Rates of adolescent overweight/obesity vary by type of health care coverage.

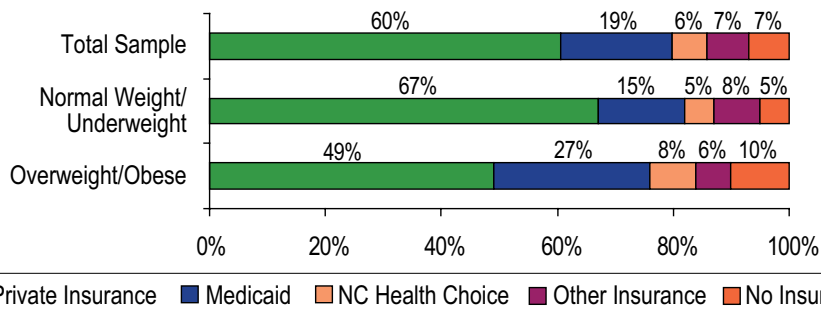
- ▶ Half of adolescents without health insurance are overweight or obese.
- ▶ Half of adolescents with health care coverage through Medicaid/NC Health Choice are overweight or obese.
- ▶ One-quarter of adolescents with private insurance or other health care coverage are overweight or obese.

## Percentage of Adolescents Who Are Overweight or Obese by Type of Health Care Coverage Ages 10 to 17 Years



**Note:** Overweight/obese defined as body mass index (BMI) greater than or equal to sex- and age-specific 85th percentile from the 2000 CDC Growth Charts. BMI estimated from parental report of adolescents' current height and weight.

## Prevalence of Different Types of Health Care Coverage by Adolescents' Weight Status (Ages 10 to 17 Years)



## Type of Health Care Coverage by Children's Weight Status

- ▶ Based on parental report, half of overweight/obese adolescents have private health insurance, 27 percent have Medicaid, 8 percent have NC Health Choice, and 10 percent are uninsured.
- ▶ Based on parental report, 67 percent of normal weight/underweight adolescents have private insurance, 15 percent have Medicaid, 5 percent have NC Health Choice, and 5 percent are uninsured.

## Key Findings (Based on Parental Report)

- ▶ One-third (33%) of all adolescents (ages 10 to 17 years) are either overweight or obese.
- ▶ Adolescents with government funded health care coverage are more likely to be overweight or obese: half of adolescents enrolled in Medicaid are overweight/obese compared to one-quarter of adolescents with private health insurance who are overweight/obese.
- ▶ Regardless of weight status, the majority of adolescents have private health insurance: 49 percent of overweight/obese adolescents have private insurance, and 67 percent of normal weight/underweight adolescents have private insurance.
- ▶ Twice as many overweight/obese adolescents lack health care coverage (10%) compared to normal weight/underweight adolescents (5%).