

# Key Data

## Obesity

### Status of obesity data collection, sharing, and access:

- Children and teens
  - In 2016, about 12 percent of children (ages 2-4 years old and receiving WIC services) were obese.
  - In 2016, about 12 percent of 10th graders in Washington's public schools were obese.
  - Rates for 10th grade obesity rose significantly from 10 percent in 2014 to 12 percent in 2016 after several years of remaining the same. This recent uptick changes the trend from level to rising slowly since 2006.
- Adults
  - In 2016, about 29 percent of Washington adults were obese (2016 BRFSS)
  - Adult obesity trends have started to level off over the past few years, however between 2014 and 2016 there was a significant increase from 26 percent to 29 percent.
- Obesity and weight gain during pregnancy
  - In 2015, about 25% of women were obese prior to pregnancy in 2015. Approximately 48% of all women gained more weight than recommended during pregnancy. Pre-pregnancy obesity and weight gain above the recommended range during pregnancy can increase health risks for mother and child.
- Prevalence varies by age, ethnicity, income and education (see Health Equity Concerns).

### Data sources:

- 2018 [Washington State Health Assessment – Obesity](#), includes data on prevalence, age distribution, geographic variation and disparities.
- [Healthy Youth Survey](#)
- [Nutrition, Physical Activity and Obesity: Data, Trends and Maps](#)
- [Perinatal Indicators Report for Washington State](#)
- [Washington State Department of Health - Obesity](#)