

Obesity and Park Equity in Los Angeles County

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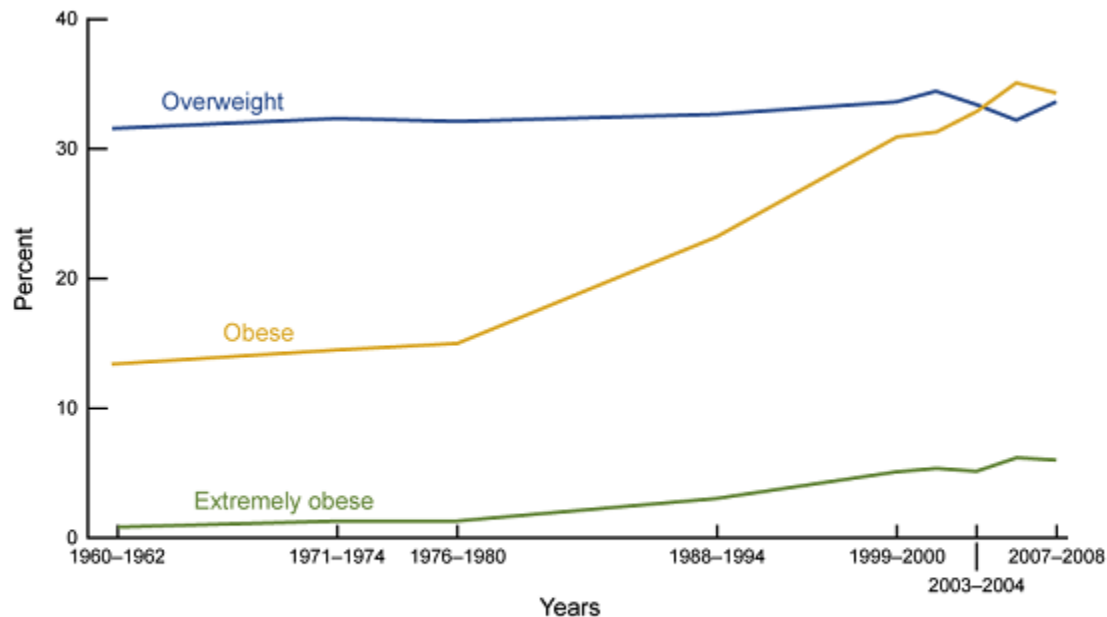
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Trends in overweight, obesity, and extreme obesity among adults aged 20-74 years, United States, 1960-2008.

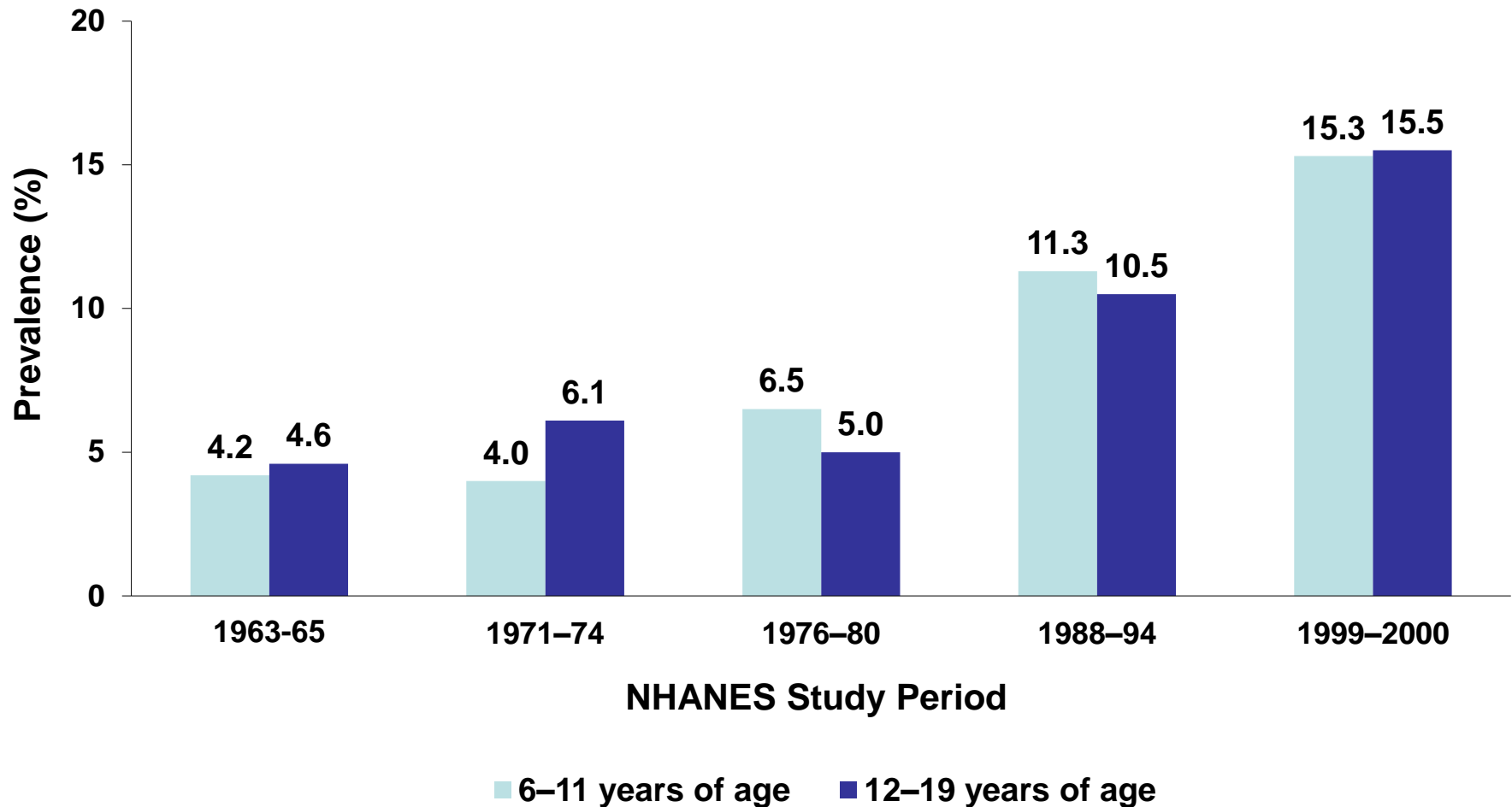


NOTE: Age-adjusted by the direct method to the year 2000 U.S. Census Bureau estimates, using the age groups 20-39, 40-59, and 60-74 years. Pregnant females were excluded. Overweight is defined as a body mass index (BMI) of 25 or greater but less than 30; obesity is a BMI greater than or equal to 30; extreme obesity is a BMI greater than or equal to 40.

SOURCE: CDC/NCHS, National Health Examination Survey cycle I (1960-1962); National Health and Nutrition Examination Survey I (1971-1974), II (1976-1980), and III (1988-1994), 1999-2000, 2001-2002, 2003-2004, 2005-2006, and 2007-2008.



Prevalence of Obesity Among Children in the United States (Source: NHANES)

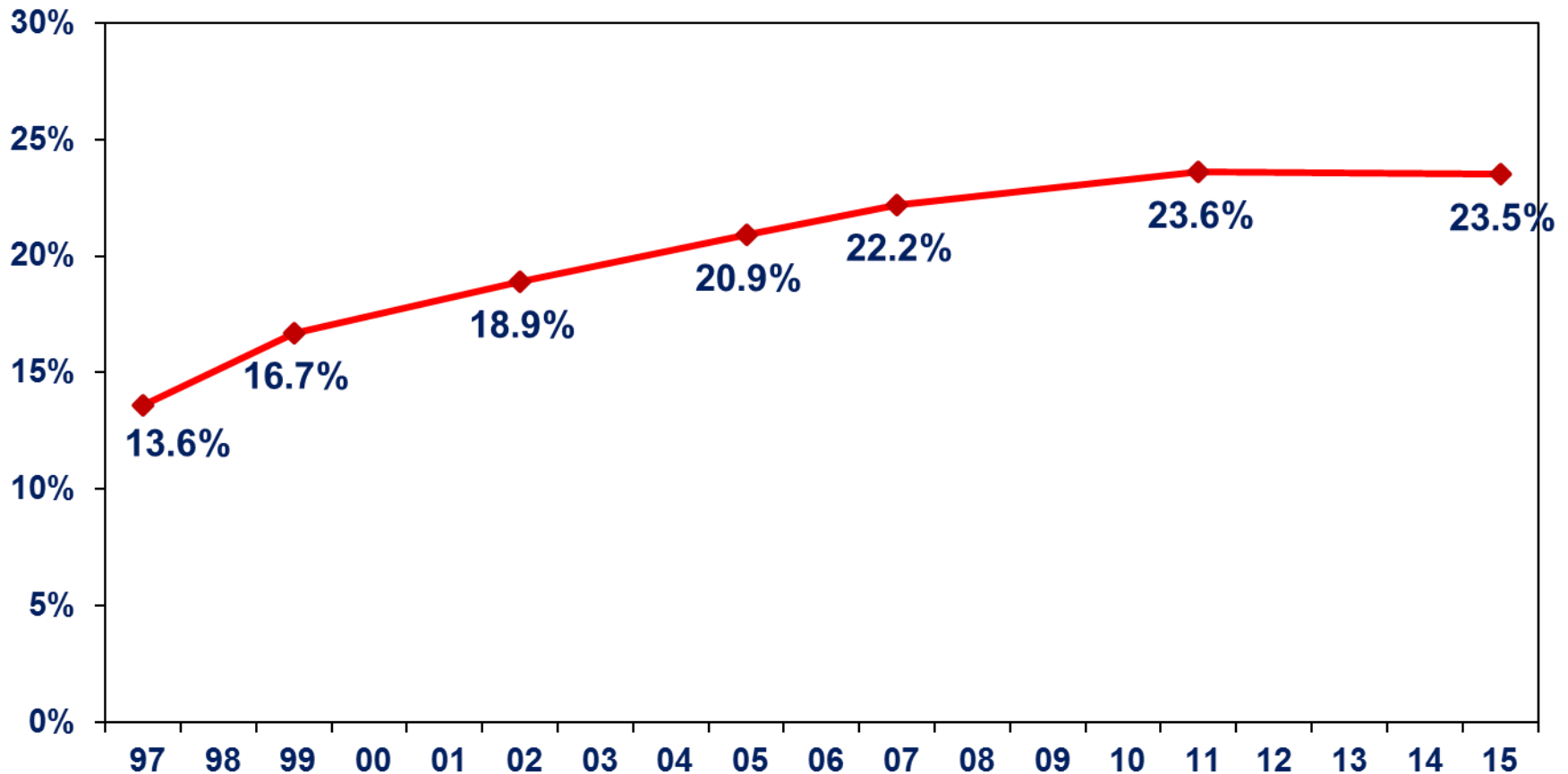


Trends in Total Energy (TE) Intake Among Adults in the U.S.

Sample Characteristic	Subcategory	Exam Periods			
		1977-78	1989-91	1994-98	2003-06
Components of TE ^d	PS (g/EO)	523 ± 3.2	573 ± 4.3	590 ± 6.7	588 ± 7.6
	ED (kcal/g/EO)	0.97 ± 0.004	0.97 ± 0.005	0.95 ± 0.006	0.95 ± 0.007
	EOs (number)	3.8 ± 0.03	3.9 ± 0.04	4.3 ± 0.04	4.9 ± 0.04
	Total daily energy (kcal) ^d	1803 ± 12.6	1949 ± 13.4	2145 ± 25.1	2374 ± 17.8



Obesity Prevalence (%) Among Adults Los Angeles County, 1997-2015



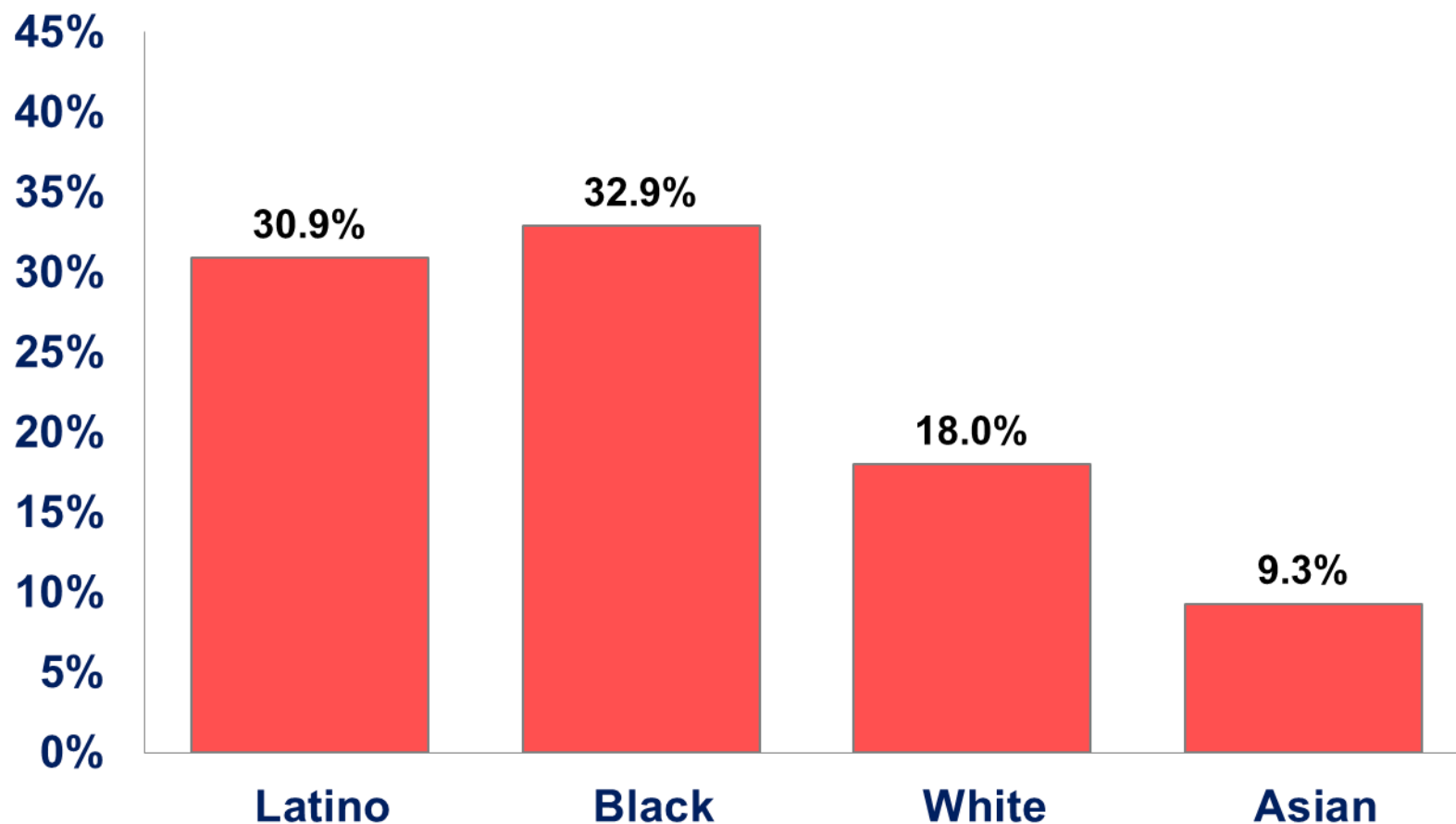
*Body Mass Index (BMI) calculated from self-reported weight and height.
Obesity is defined as a BMI ≥ 30 .

Source: Los Angeles County Health Survey, Department of Public Health



Adult Obesity Prevalence (%), by Race/Ethnicity*

Los Angeles County, 2015

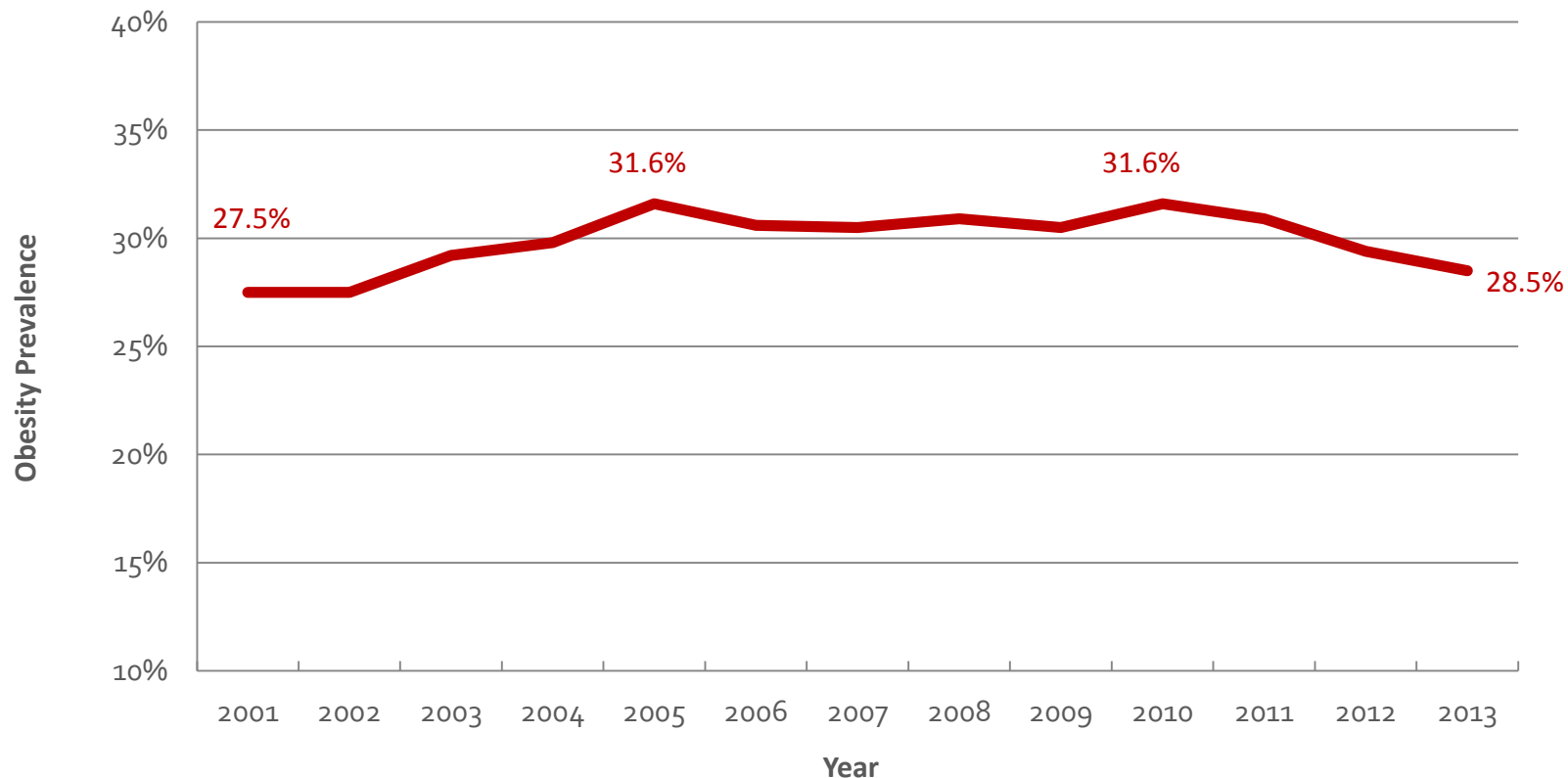


*Results for NHOPI and American Indian/Alaska Native suppressed due to small numbers.

Sources: Los Angeles County Health Survey; Los Angeles County Department of Public Health.

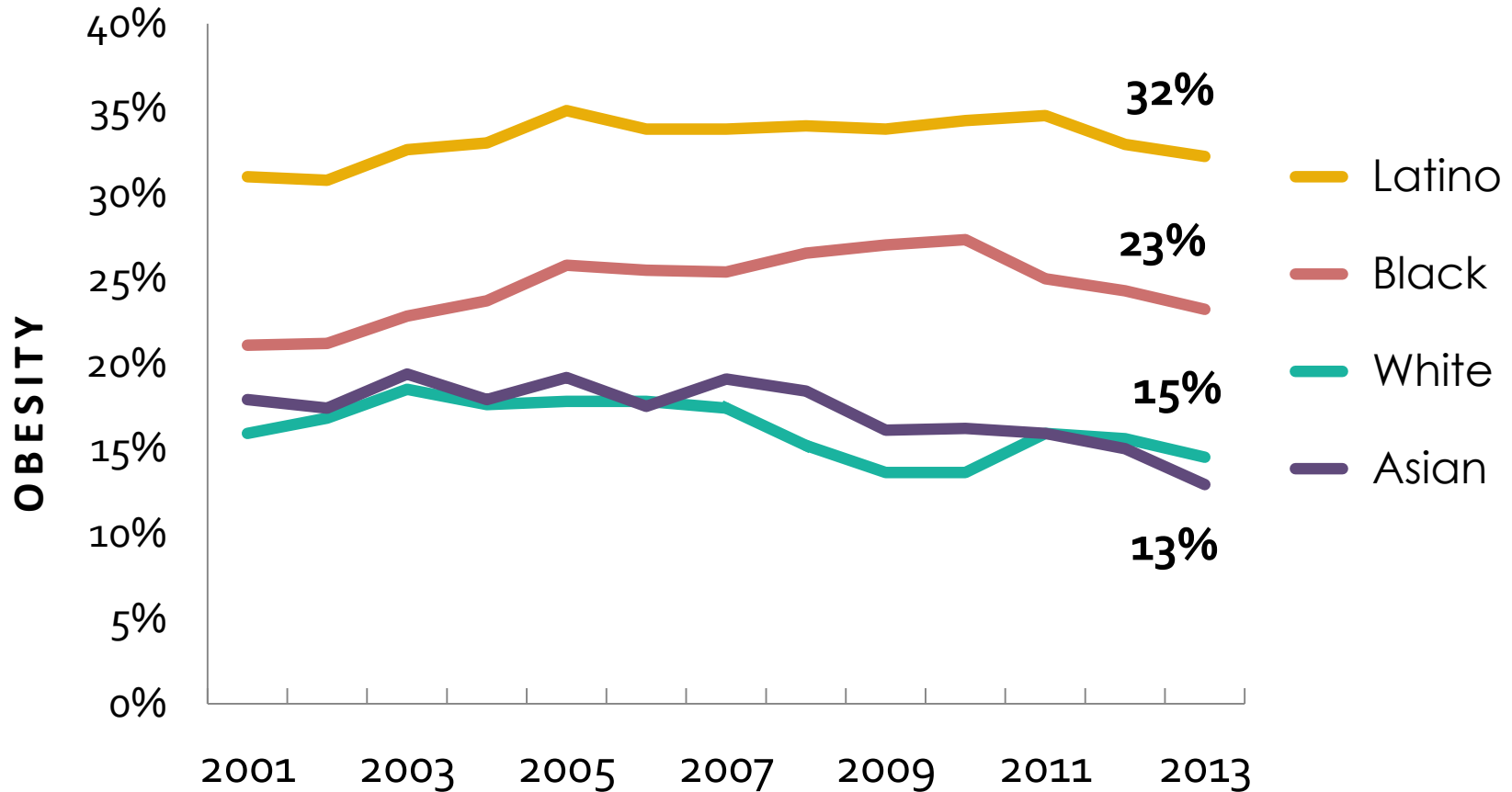


Obesity Prevalence Among Fifth Grade Students, Los Angeles Unified School District, California, 2001-2013



Data Source: LAUSD and California Department of Education Physical Fitness Testing Program

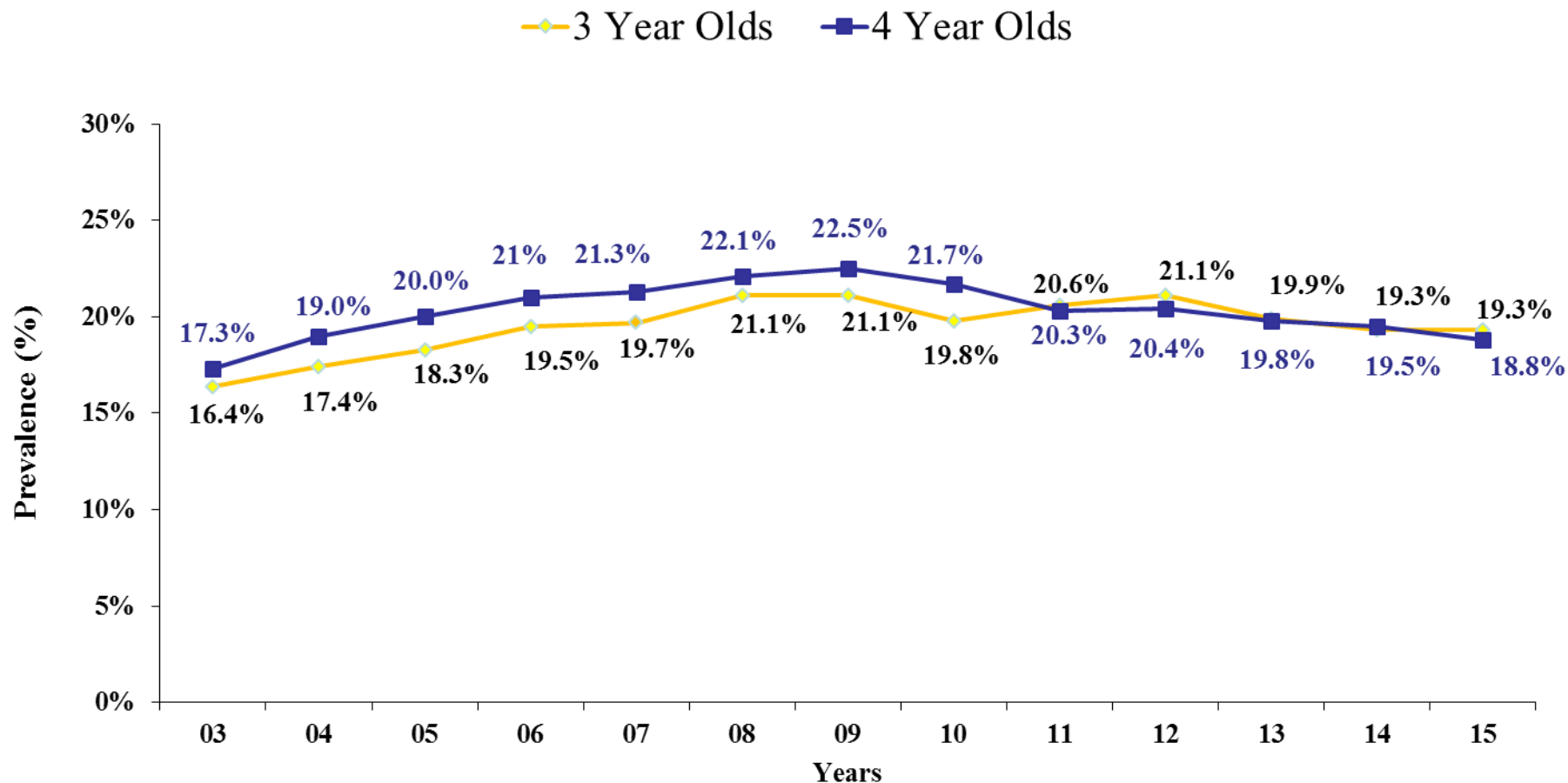
Obesity Prevalence Among 5th Graders, by Race/Ethnicity Los Angeles Unified School District, 2001-2013



* 2008-2013 obesity prevalence for Asian students should be interpreted cautiously because of incomplete reporting

Sources: California Department of Education, California Physical Fitness Test (2001-2010); Los Angeles Unified School District, California Physical Fitness Test (2011-2013)

Obesity Prevalence Among 3 and 4 Year Olds in the WIC Program, LA County, 2003-2015



Source: PHFE WIC Program, LA County



Cities/Communities with Lowest and Highest Childhood Obesity Prevalence, 2010

Top 10*

City/Community Name	Obesity Prevalence (%)	Rank of Economic Hardship (1 - 117)
Manhattan Beach	2.8	5
Agoura Hills	4.0	10
Palos Verdes Estates	5.6	2
Calabasas	6.4	15
Beverly Hills	7.5	18
South Pasadena	7.5	16
Arcadia	8.8	25
El Segundo	8.9	7
Santa Monica	10.2	9
La Crescenta-Montrose	10.6	23
Average 10 lowest	7.2%	
Ave Median Household Income		\$100,184

Bottom 10*

City/Community Name	Obesity Prevalence (%)	Rank of Economic Hardship (1 - 117)
LA City Council District 8	29.3	98
El Monte	29.3	99
LA City Council District 9	29.4	117
Pomona	29.8	91
South Gate	30.7	101
Huntington Park	30.7	105
Florence-Graham	31.1	116
East Los Angeles	31.1	109
West Whittier-Los Nietos	31.3	73
South El Monte	34.1	97
Average 10 highest	30.7%	
Ave Median Household Income		\$39,846



* Excludes cities/communities where number of students with BMI data < 500.

Sources: California Department of Education Physical Fitness Testing Program (5th, 7th, and 9th graders enrolled in LAC public schools); U.S. Census Bureau, 2005-2009 5-Year American Community Survey (MHI in 2009 inflation-adjusted dollars)

Rates of premature mortality from cardiovascular disease and diabetes and prevalence of childhood obesity, by park area per capita, Los Angeles County, 2009-2011

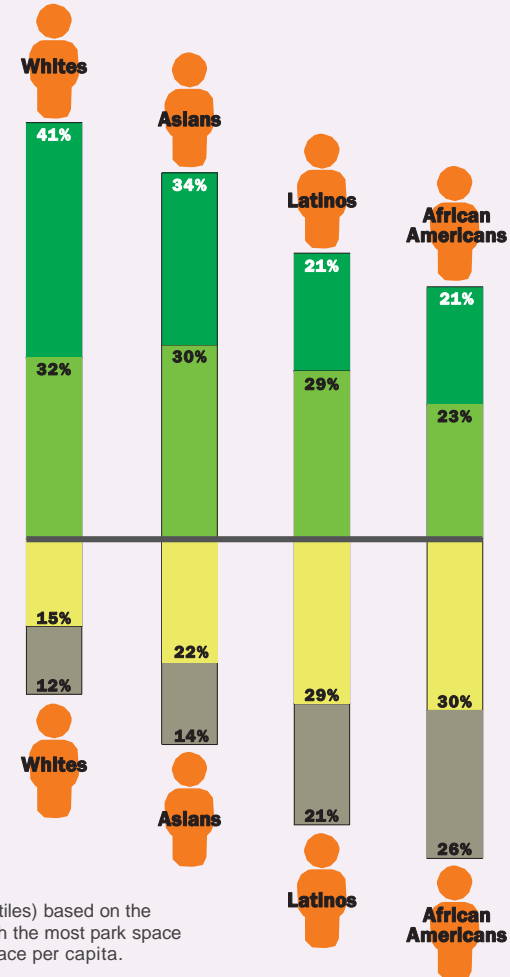
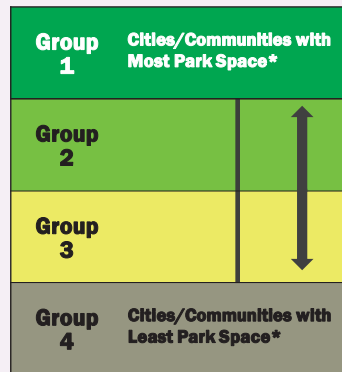
PARK AREA PER CAPITA (QUARTILES)	CARDIOVASCULAR DISEASE PREMATURE MORTALITY (YPLLs* PER 100,000)	DIABETES PREMATURE MORTALITY (YPLLs* PER 100,000)	CHILDHOOD OBESITY PREVALENCE
(Most Park Space per Capita) Quartile 1	588	96	24%
Quartile 2	667	144	26%
Quartile 3	735	174	30%
Quartile 4 (Least Park Space per Capita)	752	189	31%

*YPLLs - Years of Potential Life Lost



FIGURE 2: Race/ethnicity and park space per capita

56% of African Americans and 50% of Latinos reside in cities/communities with less park space per capita (in groups 3 and 4) compared to 27% of Whites and 30% of Asians (in groups 3 and 4).



* Cities/communities were divided into four groups (also referred to as quartiles) based on the amount of park space per capita. Group 1 included cities/communities with the most park space per capita, and group 4 included cities/communities with the least park space per capita.

Benefits of Physical Activity*



- Increased life span and improved function
- Reduced hypertension, heart disease, and stroke
- Prevention of diabetes and related complications
- Decreased risk of colon cancer
- Improved mental health
- Body weight maintenance and obesity control
- Increased bone mass
- Improved immune function
- Reduced health care costs

* Surgeon General's Report, 1996

