



## District of Columbia *State Nutrition, Physical Activity, and Obesity Profile*

Obesity has important consequences on our nation's health and economy. It is linked to a number of chronic diseases including coronary heart disease, stroke, diabetes, and some cancers.<sup>1</sup> Among adults, the medical costs associated with obesity are estimated at \$147 billion.<sup>2</sup> Many American communities are lacking healthy options when it comes to diet and physical activity. Public health approaches can make healthy options available, accessible, and affordable for all Americans.

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The Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity and Obesity supports the nation's capacity to establish successful and sustainable interventions to support healthy eating and active living. CDC provides support to states, communities, and national partners to implement policy, system, and environmental strategies. This is done through implementation and evaluation guidance, technical assistance, training, surveillance and applied research, and partnership development. The goal is to improve dietary quality, increase physical activity, and reduce obesity across multiple settings; such as, child care facilities, workplaces, hospitals, medical care facilities, schools, and communities.

Select information on obesity, physical activity, and dietary behaviors as well as specific environmental indicators for District of Columbia is provided below.

### Population Statistics

#### State Population of District of Columbia<sup>3</sup>

- Estimated total population 2013 = 646,449.
- Adults aged 18 years and older = 82.8% of the total population in 2013.
- People younger than 18 years of age = 17.2% of the total population in 2013.

### Adult Statistics

#### Overweight and Obesity<sup>4</sup>

- 30.9% of adults were overweight, with a body mass index (BMI) of 25-29.9.
- 22.9% of adults were obese, with a BMI of 30 or greater.

#### Dietary Behaviors<sup>4</sup>

- 34.8% of adults reported consuming fruit less than one time daily.
- 20.9% of adults reported consuming vegetables less than one time daily.

#### Physical Activity<sup>4</sup>

- 57.7% of adults participated in 150 minutes or more of aerobic physical activity per week.
- 19.5% of adults reported that during the past month, they had not participated in any physical activity.

### Adolescent Statistics

#### Overweight and Obesity<sup>5</sup>

- 17.5% of adolescents were overweight ( $\geq 85^{\text{th}}$  and  $< 95^{\text{th}}$  percentiles for BMI by age and sex, based on reference data).
- 14.8% of adolescents were obese ( $\geq 95^{\text{th}}$  percentile BMI by age and sex, based on reference data).

#### Dietary Behaviors<sup>5</sup>

- 78.9% of adolescents drank a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey).<sup>5</sup>

#### Physical Activity<sup>5</sup>

- 83.6% of adolescents were not physically active at least 60 minutes per day on all 7 days.
- 27.7% of adolescents did not participate in at least 60 minutes of physical activity on at least 1 day during the 7 days before the survey.
- 40.1% of adolescents watched television 3 or more hours per day on an average school day.

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### The 2012 District of Columbia School Health Profiles assessed the school environment, indicating that among high schools<sup>6</sup>

- 82.9% did not sell less nutritious foods and beverages anywhere outside the school food service program.
- 5.0% always offered fruits or non-fried vegetables in vending machines and school stores, canteens, or snack bars, and during celebrations whenever foods and beverages were offered.
- 93.4% do not allow students to purchase soda pop or fruit drinks that are not 100% juice from vending machines or at the school store, canteen, or snack bar.

## Child Statistics

### Breastfeeding<sup>7</sup>

- 77.6% of infants were ever breastfed.
- 53.1% of infants were breastfed for at least 6 months.



## References

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3. US Census Bureau. State and County QuickFacts 2013 website. <http://quickfacts.census.gov/qfd/index.html>. Accessed December 22, 2014.
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6. Centers for Disease Control and Prevention (CDC). 2012 School Health Profiles website. <http://www.cdc.gov/healthyyouth/profiles/index.htm>. Accessed December 23, 2014.
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