



### THE PROBLEM

The California Center for Public Health Advocacy analyzed the 2004 California Physical Fitness Test of 5<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> graders. Results show that among all students in the 1<sup>st</sup> Assembly District,

- **27.7% of children were overweight in 2004, up from 24.9% in 2001.**

### THE EFFECT

- **Overweight children face a greater risk of developing many health problems during childhood**, including type 2 diabetes, high blood pressure, asthma, orthopedic problems and gallstones, as well as low self-esteem, poor body image, and depression.
- **Obese children are twice as likely to be obese as adults**, putting them at a much higher risk for heart disease, cancer, stroke and diabetes later in life.
- **Overweight, obesity and physical inactivity are estimated to cost California \$28 billion during 2005** for medical care, worker's compensation, and lost productivity.

### WHAT CAN BE DONE

To address the childhood obesity epidemic, state and local leaders must address the conditions in schools and communities that contribute to this crisis and undermine parents' efforts to protect their children's health. The California Center for Public Health Advocacy recommends the following actions:

- Institute healthy food and beverage standards in places children spend time.
- Ensure quality physical education for all children.
- Eliminate advertising of unhealthy products to children.
- Require health insurance to cover nutrition counseling and physical activity.
- Make school recreation facilities available for after-hours use.
- Provide safe roadway access for walking and biking.
- Provide financial incentives that bring grocery stores and recreation facilities to low-income communities.

NOTE: The term overweight as used in CCPHA's analysis of the California Physical Fitness Test data is based on the assessment standards therein. For additional information and resources, see CCPHA's full report, available at [www.publichealthadvocacy.org](http://www.publichealthadvocacy.org).

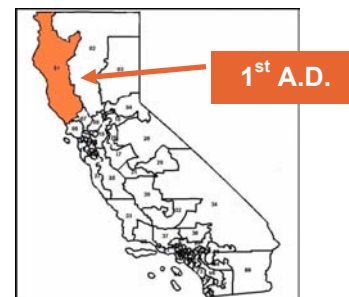
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## **1<sup>st</sup> ASSEMBLY DISTRICT**

<http://democrats.assembly.ca.gov/members/a01/>  
(916) 319-2001

The 1<sup>st</sup> A.D. includes all of Del Norte, Humboldt, Lake, Mendocino and Trinity Counties, as well as part of Sonoma County.

Patty Berg (D) represents the 1<sup>st</sup> District; she was re-elected for a two-year term in November 2004. Term limit: 2008.



### **Overweight Students: 1<sup>st</sup> A.D. and California - 2004** **By Gender, Grade and Ethnicity**

	<b>1<sup>st</sup> ASSEMBLY DISTRICT</b>	<b>CALIFORNIA</b>
All Students Tested	27.7%	28.1%
<b>GENDER</b>		
Girls	22.9%	22.0%
Boys	32.3%	33.9%
<b>GRADE</b>		
5 <sup>th</sup> Graders	29.6%	29.3%
7 <sup>th</sup> Graders	28.9%	29.1%
9 <sup>th</sup> Graders	24.6%	25.4%
<b>ETHNICITY</b>		
African-American	28.6%	28.7%
American Indian / Alaskan Native	38.2%	31.7%
Asian	23.4%	17.9%
Filipino	25.1%	24.7%
Latino	35.4%	35.4%
Pacific Islander	25.8%	35.9%
White	24.3%	20.6%
Other	28.7%	24.4%

N/A: 30 or fewer students tested.

NOTE: The term overweight as used in the California Center for Public Health Advocacy analysis of the California Physical Fitness Test data is based on the assessment standards therein. For additional information see the Center's full report on the analysis, available at <http://www.publichealthadvocacy.org>.

### **Demographics of Students Tested: 1<sup>st</sup> A.D. and California - 2004**

	<b>1<sup>st</sup> Assembly District</b>	<b>California</b>
Total of All Students Tested	14,654	1,375,214
<b>Percentage of Students Tested</b>		
African-American	2%	8%
American Indian / Alaskan Native	6%	1%
Asian	2%	8%
Filipino	<1%	3%
Latino	17%	45%
Pacific Islander	<1%	1%
White	59%	33%
Other	13%	1%

