Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010

Changes in Overweight and Obesity Prevalence, 2005-2010 _____

Alpine * * * Plumas amador 32.97% 36.95% 12.1% Riverside autte 34.41% 34.71% 0.9% Sacramento Salaveras 31.28% 32.70% 4.5% San Benito Solusa 40.37% 45.74% 13.3% San Benito Sontra Costa 32.69% 33.85% 3.5% San Bernardino Sontra Costa 32.69% 33.85% 3.5% San Bernardino Sontra Costa 32.69% 33.85% 3.5% San Diego I Dorado 26.49% 25.67% -3.1% San Joaquin resno 40.41% 42.68% 5.6% San Mateo Santa Barbara Santa Clara Santa Clara Santa Clara mpoi 36.58% 34.82% -4.8% Santa Clara Siskiyou Sasen 29.78% 28.37% -4.7% os Angeles 42.62% 41.56% -2.5% Mariposa 26.16% 29.07%			-				
2005 2010 2005-2010 Mameda 33.51% 34.48% 2.9% Mameda 33.51% 34.48% 2.9% Mameda 32.97% 36.95% 12.1% Riverside 31.12% 30.99% 2 Mutte 34.41% 34.71% 0.9% Sarramento 35.96% 3 Scolusa 40.37% 45.74% 13.3% Sarramento 35.96% 3 Scontra Costa 32.69% 33.85% 3.5% San Berito 44.76% 4 San Diego 35.83% 3 San Diego 35.83% 3 San Luis Obispo 32.5% San Mateo 36.11% 3 Santa Barbara 36.71% 3 Santa Clara 32.83% 3 Santa Clara 32.83% 3.8% Santa Clara 32.83% 3 Santa Clara 32.61% 3 Siskiyou 30.55% 3 Mateo 4.11% 4.1.3% -2.5% Sonoma 34.45% 3 </th <th>COUNTY</th> <th colspan="2"></th> <th></th> <th></th> <th colspan="2">% Overweight or Obese</th>	COUNTY					% Overweight or Obese	
Alpine * * * Mixedor 32.97% 36.95% 12.1% Nutte 34.41% 34.71% 0.9% Calaveras 31.28% 32.70% 4.5% Colusa 40.37% 45.74% 13.3% Dorado 26.49% 25.67% -3.1% I Dorado 26.49% 25.67% -3.1% San Diego 35.83% 34.50% San Diego 35.83% 32.61% Mumboldt 38.80% 40.16% 3.5% San Mateo 36.11% 34.00% Santa Clara 32.83% 32.86% Santa Clara 32.83% 32.61% Santa Clara 32.61% 34.10% Santa Clara 32.61% 35.5% Santa Clara 32.61% 35.5% Salee 40.16% <t< th=""><th></th><th>2005</th><th>2010</th><th>2005-2010</th><th></th><th>2005</th><th>201</th></t<>		2005	2010	2005-2010		2005	201
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Jack 11 Jack 11% Jack 12% Jack 11% Jack 12%	Alpine	*	*	*	Plumas	30.99%	27.75%
alaveras 31.28% 32.70% 4.5% colusa 40.37% 45.74% 13.3% colusa 40.37% 45.74% 13.3% contra Costa 32.69% 33.85% 3.5% colusa 45.74% 16.2% San Benito 44.76% 42.24% contra Costa 32.69% 33.85% 3.5% San Bernardino 38.44% 39.25% contra Costa 32.69% 33.85% 3.5% San Diego 35.83% 34.50% contra Costa 22.69% 25.67% -3.1% San Joaquin 39.29% 40.22% fresno 40.41% 42.68% 5.6% San Joaquin 39.29% 40.22% san Mateo 36.11% 34.07% San Mateo 36.11% 34.07% san Mateo 36.11% 34.07% Santa Barbara 36.71% 36.76% santa 41.43% 43.83% 5.8% Shasta 32.61% 34.13% sings 45.11% 43.50% -2.5% Shasta 32.61% 37.63% sasen 29.78% 28.37	Amador	32.97%	36.95%	12.1%	Riverside	39.14%	38.20%
Salaveras 31.28% 32.70% 4.5% Solusa 40.37% 45.74% 13.3% Sontra Costa 32.69% 33.85% 3.5% San Bernardino 38.44% 39.25% San Diego 35.83% 34.50% San Joaquin 39.29% 40.22% San Mateo 36.11% 34.07% Santa Clara 32.83% 32.88% Santa Clara 32.83% 32.88% Santa Clara 32.81% 32.81% Sake 40.16% 40.79% 1.6% Aarin 23.61% 24.5% 7.2%	Butte	34.41%	34.71%	0.9%	Sacramento	35.96%	36.09%
Solusa 40.37% 45.74% 13.3% San Bernardino 38.44% 39.25% Son Trancisco 32.69% 33.85% 3.5% San Diego 35.83% 34.50% Son Dado 26.49% 25.67% -3.1% San Diego 32.04% 32.16% I Dorado 26.49% 25.67% -3.1% San Joaquin 39.29% 40.22% Silenn 40.41% 42.68% 5.6% San Mateo 36.11% 34.07% Jumboldt 38.80% 40.16% 3.5% San Mateo 36.11% 34.07% San Mateo 36.58% 34.82% -4.8% Santa Clara 32.83% 32.88% Santa Clara 32.81% 37.85% Santa Clara 32.61% 34.13% ake 40.16% 40.79% 1.6% Siskiyou 30.55% 33.50% Adatera 44.71% 44.13% -1.3% Solano 38.29% 38.44% Mariposa 26.16% 29.07% 11.1% Tehama 40.34% 38.57% Mariposa 26.16% 29.07% 11.1% T	Calaveras				San Benito	44.76%	42.24%
Sontra Costa 32.69% 33.85% 3.5% San Diego 35.83% 34.50% Del Norte 38.84% 45.15% 16.2% San Francisco 32.04% 32.16% I Dorado 26.49% 25.67% -3.1% San Joaquin 39.29% 40.22% I porado 26.49% 25.67% -3.1% San Joaquin 39.29% 40.22% I porado 26.49% 42.68% 5.6% San Luis Obispo 33.53% 32.15% San Mateo 36.58% 34.82% -4.8% Santa Clara 32.83% 32.88% Santa Clara 32.61% 34.35% -3.6% Santa Clara 32.61% 34.33% assen 29.78% 28.37% -4.7% Solano 38.29% 38.44% Adera 44.71% 44.13% -1.3% Solano 34.5% 35.5% Mariposa 26.16% 29.07% 11.1% Tehama 40.34% 38.5% Mendocino 39.77% 42.65% 7.2% Tinity <td>Colusa</td> <td></td> <td></td> <td></td> <td>San Bernardino</td> <td>38.44%</td> <td>39.25%</td>	Colusa				San Bernardino	38.44%	39.25%
bel Norte 38.84% 45.15% 16.2% San Francisco 32.04% 32.16% I Dorado 26.49% 25.67% -3.1% San Joaquin 39.29% 40.22% resno 40.41% 42.68% 5.6% San Joaquin 39.29% 40.22% San Luis Obispo 33.53% 32.15% San Luis Obispo 33.53% 32.15% San Mateo 36.11% 34.07% San Mateo 36.11% 34.07% Nyo 36.58% 34.82% -4.8% Santa Barbara 36.71% 36.76% Santa Clara 32.83% 32.88% 32.61% 34.13% 32.61% 34.13% 32.61% 34.13% 32.61% 34.45% 35.45% 36.86% 36.8	Contra Costa				San Diego	35.83%	34.50%
I Dorado 26.49% 25.67% -3.1% San Joaquin 39.29% 40.22% resno 40.41% 42.68% 5.6% San Luis Obispo 33.53% 32.15% San Mateo 36.11% 34.07% San Mateo 36.11% 34.07% Numboldt 38.80% 40.16% 3.5% Santa Barbara 36.71% 36.76% Santa Clara 32.83% 32.83% 32.88% 32.88% 32.88% 32.88% Ayo 36.58% 34.82% -4.8% Santa Clara 32.83% 32.88% Sings 45.11% 43.50% -3.6% Santa Cruz 36.93% 37.85% Sings 45.11% 43.50% -3.6% Sierra 43.66% 37.63% Sassen 29.78% 28.37% -4.7% Solano 38.29% 38.44% Mariposa 26.16% 29.07% 11.1% Stanislaus 41.60% 40.71% Mariposa 26.16% 29.07% 11.1% Tehama 40.34% 38.57% Modoc 36.12% 38.58% 6.8% Yula	Del Norte				San Francisco	32.04%	32.16%
resno40.41%42.68%5.6%San Luis Obispo33.53%32.15%Glenn40.50%40.74%0.6%San Mateo36.11%34.07%Iumboldt38.80%40.16%3.5%Santa Barbara36.71%36.76%mperial47.18%46.91%-0.6%Santa Clara32.83%32.88%hyo36.58%34.82%-4.8%Santa Clara32.83%32.88%ings45.11%43.50%-3.6%Santa Clara32.61%34.13%ings45.11%43.50%-3.6%Sierra43.66%37.63%ake40.16%40.79%1.6%Sierra43.66%37.63%assen29.78%28.37%-4.7%Solano38.29%38.44%So Angeles42.62%41.56%-2.5%Solano38.29%38.44%Marin23.61%29.07%11.1%Stanislaus41.60%40.71%Mariposa26.16%29.07%11.1%Tehama40.34%38.57%Mendocino39.77%42.65%7.2%Tulare43.03%43.78%Mono31.48%32.43%3.0%Ventura35.91%35.85%Marpa36.85%39.10%6.1%Yuba37.05%41.15%Uevada27.90%27.20%-2.5%CALIFORNIA38.44%38.00%	El Dorado				San Joaquin	39.29%	40.22%
Numboldt 38.80% 40.16% 3.5% Santa Barbara 36.71% 36.76% nyo 36.58% 34.82% -4.8% Santa Clara 32.83% 32.88% Santa Clara 32.81% 34.13% Santa Clara 32.61% 34.13% Santa Santa Clara 32.61% 34.13% Santa Clara 32.61% 34.13% Santa Clara 32.61% 34.13% Santa Clara 32.61% 36.55% Mariposa 26.16% 29.07% 1.1% Merced 44.50% 43.75% </td <td>Fresno</td> <td></td> <td></td> <td>5.6%</td> <td>San Luis Obispo</td> <td>33.53%</td> <td>32.15%</td>	Fresno			5.6%	San Luis Obispo	33.53%	32.15%
Numboldt38.80%40.16%3.5%Santa Barbara36.71%36.76%nyo36.58%34.82%-0.6%Santa Clara32.83%32.88%nyo36.58%34.82%-4.8%Santa Cruz36.93%37.85%Gern41.43%43.83%5.8%Shasta32.61%34.13%Gings45.11%43.50%-3.6%Shasta32.61%34.13%ake40.16%40.79%1.6%Siskiyou30.55%33.50%ake40.16%40.79%1.6%Siskiyou30.55%33.50%os Angeles42.62%41.56%-2.5%Sonoma34.45%35.45%Marin23.61%24.90%5.5%Sutter39.01%35.72%Mariposa26.16%29.07%11.1%Tehama40.34%38.57%Modoc36.12%38.58%6.8%Tuolumne29.69%29.52%Mono31.48%32.43%3.0%Yolo36.92%36.85%Mapa36.85%39.10%6.1%Yuba37.05%41.15%Nevada27.90%27.20%-2.5%CALIFORNIA38.44%38.00%	Glenn	40.50%	40.74%	0.6%	San Mateo	36.11%	34.07%
hyo 36.58% 34.82% -4.8% Santa Cruz 36.93% 37.85% Siern 41.43% 43.83% 5.8% Sings 45.11% 43.50% -3.6% ake 40.16% 40.79% 1.6% assen 29.78% 28.37% -4.7% os Angeles 42.62% 41.56% -2.5% Madera 44.71% 44.13% -1.3% Marin 23.61% 24.90% 5.5% Mariposa 26.16% 29.07% 11.1% Merced 44.50% 43.75% -1.7% Modoc 36.12% 38.58% 6.8% Mono 31.48% 32.43% 3.0% Monterey 44.94% 44.59% -0.8% Iapa 36.85% 39.10% 6.1% Yuba 37.05% 41.15% Yuba 37.05% 41.15%	Humboldt		40.16%	3.5%	Santa Barbara	36.71%	36.76%
hyo36.58%34.82%-4.8%Santa Cruz36.93%37.85%kern41.43%43.83%5.8%Shasta32.61%34.13%kings45.11%43.50%-3.6%Sierra43.66%37.63%ake40.16%40.79%1.6%Siskiyou30.55%33.50%assen29.78%28.37%-4.7%Solano38.29%38.44%os Angeles42.62%41.56%-2.5%Solano38.29%38.44%Madera44.71%44.13%-1.3%Stanislaus41.60%40.71%Mariposa26.16%29.07%11.1%Tehama40.34%38.57%Mendocino39.77%42.65%7.2%Trinity37.54%26.67%Mono31.48%32.43%3.0%Yolo36.92%36.85%Japa36.85%39.10%6.1%Yuba37.05%41.15%Levada27.90%27.20%-2.5%CALIFORNIA38.44%38.00%	Imperial	47.18%	46.91%	-0.6%	Santa Clara	32.83%	32.88%
Arrin41.43%43.83%5.8%Shasta32.61%34.13%Sings45.11%43.50%-3.6%Sierra43.66%37.63%ake40.16%40.79%1.6%Siskiyou30.55%33.50%assen29.78%28.37%-4.7%Solano38.29%38.44%sos Angeles42.62%41.56%-2.5%Solano38.29%38.44%Madera44.71%44.13%-1.3%Stanislaus41.60%40.71%Marino23.61%29.07%11.1%Sutter39.01%35.72%Mariposa26.16%29.07%11.1%Tehama40.34%38.57%Mendocino39.77%42.65%7.2%Tinity37.54%26.67%Modoc36.12%38.58%6.8%Ventura35.91%35.85%Mono31.48%32.43%3.0%Ventura35.91%35.85%Marpa36.85%39.10%6.1%Yuba37.05%41.15%Levada27.90%27.20%-2.5%CALIFORNIA38.44%38.00%	Inyo	36.58%	34.82%	-4.8%	Santa Cruz	36.93%	37.85%
AngoHeiringHeiringHeiringHeiringHeiringHeiringake40.16%40.79%1.6%Siskiyou30.55%33.50%assen29.78%28.37%-4.7%Solano38.29%38.44%sos Angeles42.62%41.56%-2.5%Solano38.29%38.44%Madera44.71%44.13%-1.3%Stanislaus41.60%40.71%Marin23.61%24.90%5.5%Sutter39.01%35.72%Mariposa26.16%29.07%11.1%Tehama40.34%38.57%Merced44.50%43.75%-1.7%Tulare43.03%43.78%Modoc36.12%38.58%6.8%Tuolumne29.69%29.52%Mono31.48%32.43%3.0%Yolo36.92%36.89%Mapa36.85%39.10%6.1%Yuba37.05%41.15%Levada27.90%27.20%-2.5%CALIFORNIA38.44%38.00%	Kern	41.43%	43.83%	5.8%	Shasta	32.61%	34.13%
Antional and any of the first of the fi	Kings	45.11%	43.50%	-3.6%	Sierra	43.66%	37.63%
assert 27.70% 20.37% -4.7% os Angeles 42.62% 41.56% -2.5% Madera 44.71% 44.13% -1.3% Marin 23.61% 24.90% 5.5% Mariposa 26.16% 29.07% 11.1% Mendocino 39.77% 42.65% 7.2% Merced 44.50% 43.75% -1.7% Modoc 36.12% 38.58% 6.8% Mono 31.48% 32.43% 3.0% Ventura 35.91% 35.85% Vapa 37.05% 41.15% Ventura 35.91% 35.85% Maray 36.85% 39.10% 6.1% Yuba 37.05% 41.15% CALIFORNIA 38.44% 38.00%	Lake	40.16%	40.79%	1.6%	Siskiyou	30.55%	33.50%
Madera 44.71% 44.13% -1.3% Marin 23.61% 24.90% 5.5% Mariposa 26.16% 29.07% 11.1% Mendocino 39.77% 42.65% 7.2% Merced 44.50% 43.75% -1.7% Modoc 36.12% 38.58% 6.8% Mono 31.48% 32.43% 3.0% Monterey 44.94% 44.59% -0.8% Japa 36.85% 39.10% 6.1% Yuba 37.05% 41.15% CALIFORNIA 38.44% 38.00%	Lassen	29.78%	28.37%	-4.7%	Solano	38.29%	38.44%
Marin 23.61% 24.90% 5.5% Mariposa 26.16% 29.07% 11.1% Mendocino 39.77% 42.65% 7.2% Merced 44.90% 43.75% -1.7% Modoc 36.12% 38.58% 6.8% Mono 31.48% 32.43% 3.0% Ventura 35.91% 35.85% Japa 36.85% 39.10% 6.1% Vadada 27.90% 27.20% -2.5%	Los Angeles	42.62%	41.56%	-2.5%	Sonoma	34.45%	35.45%
Marino 25.01% 24.70% 5.5% Mariposa 26.16% 29.07% 11.1% Mendocino 39.77% 42.65% 7.2% Merced 44.50% 43.75% -1.7% Modoc 36.12% 38.58% 6.8% Mono 31.48% 32.43% 3.0% Monterey 44.94% 44.59% -0.8% Japa 36.85% 39.10% 6.1% Yuba 37.05% 41.15% CALIFORNIA 38.44% 38.00%	Madera	44.71%	44.13%	-1.3%	Stanislaus	41.60%	40.71%
Mendocino 39.77% 42.65% 7.2% Merced 44.50% 43.75% -1.7% Modoc 36.12% 38.58% 6.8% Mono 31.48% 32.43% 3.0% Monterey 44.94% 44.59% -0.8% Japa 36.85% 39.10% 6.1% Yuba 37.05% 41.15% CALIFORNIA 38.44% 38.00%	Marin	23.61%	24.90%	5.5%	Sutter	39.01%	35.72%
Merced 44.50% 43.75% -1.7% Modoc 36.12% 38.58% 6.8% Mono 31.48% 32.43% 3.0% Monterey 44.94% 44.59% -0.8% Japa 36.85% 39.10% 6.1% Yuba 37.05% 41.15% CALIFORNIA 38.44% 38.00%	Mariposa	26.16%	29.07%	11.1%	Tehama	40.34%	38.57%
Modoc 36.12% 38.58% 6.8% Tuolumne 29.69% 29.52% Mono 31.48% 32.43% 3.0% Ventura 35.91% 35.85% Monterey 44.94% 44.59% -0.8% Yolo 36.92% 36.85% Japa 36.85% 39.10% 6.1% Yuba 37.05% 41.15% Levada 27.90% 27.20% -2.5% CALIFORNIA 38.44% 38.00%	Mendocino	39.77%	42.65%	7.2%		37.54%	
Nonco 31.48% 32.43% 3.0% Ventura 35.91% 35.85% Monterey 44.94% 44.59% -0.8% Yolo 36.92% 36.89% Japa 36.85% 39.10% 6.1% Yuba 37.05% 41.15% Jevada 27.90% 27.20% -2.5% CALIFORNIA 38.44% 38.00%	Merced	44.50%	43.75%	-1.7%	Tulare		
Monterey 44.94% 44.59% -0.8% Yolo 36.92% 36.89% Japa 36.85% 39.10% 6.1% Yuba 37.05% 41.15% Jevada 27.90% 27.20% -2.5% CALIFORNIA 38.44% 38.00%	Modoc	36.12%	38.58%	6.8%	Tuolumne	29.69%	
Japa 36.85% 39.10% 6.1% Yuba 37.05% 41.15% Jevada 27.90% 27.20% -2.5% CALIFORNIA 38.44% 38.00%	Mono	31.48%	32.43%	3.0%			
levada 27.90% 27.20% -2.5% CALIFORNIA 38.44% 38.00%	Monterey	44.94%	44.59%	-0.8%			
	Napa	36.85%	39.10%	6.1%	Yuba	37.05%	41.15%
Drange 34.32% 33.29% -3.0%	Nevada	27.90%	27.20%	-2.5%	CALIFORNIA	38.44%	38.00%
	Orange	34.32%	33.29%	-3.0%			

*Data omitted due to small sample size.

Source: Data calculated from the 2005 and 2010 California Physical Fitness Test, California Department of Education



