Changes in Overweight and Obesity Among California 5<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup> 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
amador 32.97% 36.95% 12.1%   winador 32.97% 36.95% 12.1%   kutte 34.41% 34.71% 0.9%   Salaveras 31.28% 32.70% 4.5%   Solusa 40.37% 45.74% 13.3%   Solura Costa 32.69% 33.85% 3.5%   Sontra Costa 32.69% 33.85% 3.5%   Joel Norte 38.84% 45.15% 16.2%   Joardo 26.49% 25.67% -3.1%   San Diego 35.33% 32.95%   Jumboldt 38.80% 40.16% 3.5%   San Mateo 36.11% 34.07%   San Mateo 36.11% 34.07%   San Mateo 36.11% 34.07%   Santa Clara 32.83% 32.88%   Santa Clara 32.83% 32.88%   Santa Clara 32.83% 32.84%   Santa Clara 32.83% 32.84%   Santa Clara 32.61% 34.45%   Solano 38.29% 38.44%   Sonoma 34.45% 35.45% </td <td>Alameda</td> <td>33.51%</td> <td>34.48%</td> <td>2.9%</td> <td>Placer</td> <td>27.18%</td> <td>25.82</td>	Alameda	33.51%	34.48%	2.9%	Placer	27.18%	25.82
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



