

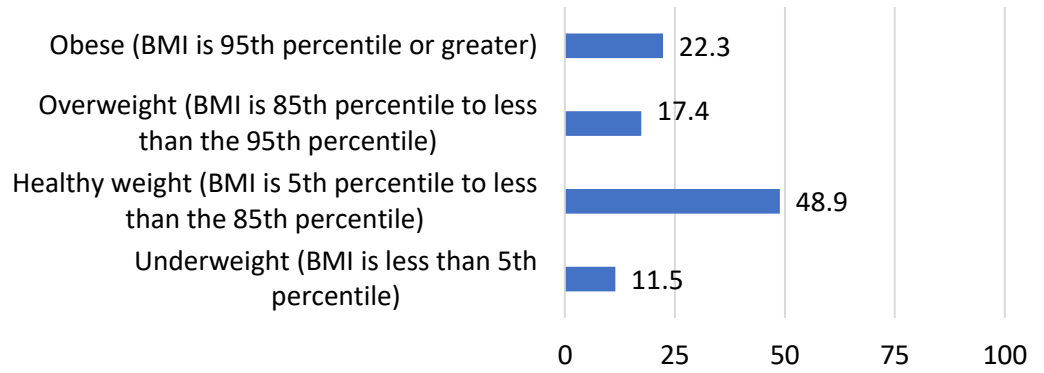
Weight Status among Connecticut Children Ages 5 to 12 years

2019-2021 Behavioral Risk Factor Surveillance System Data

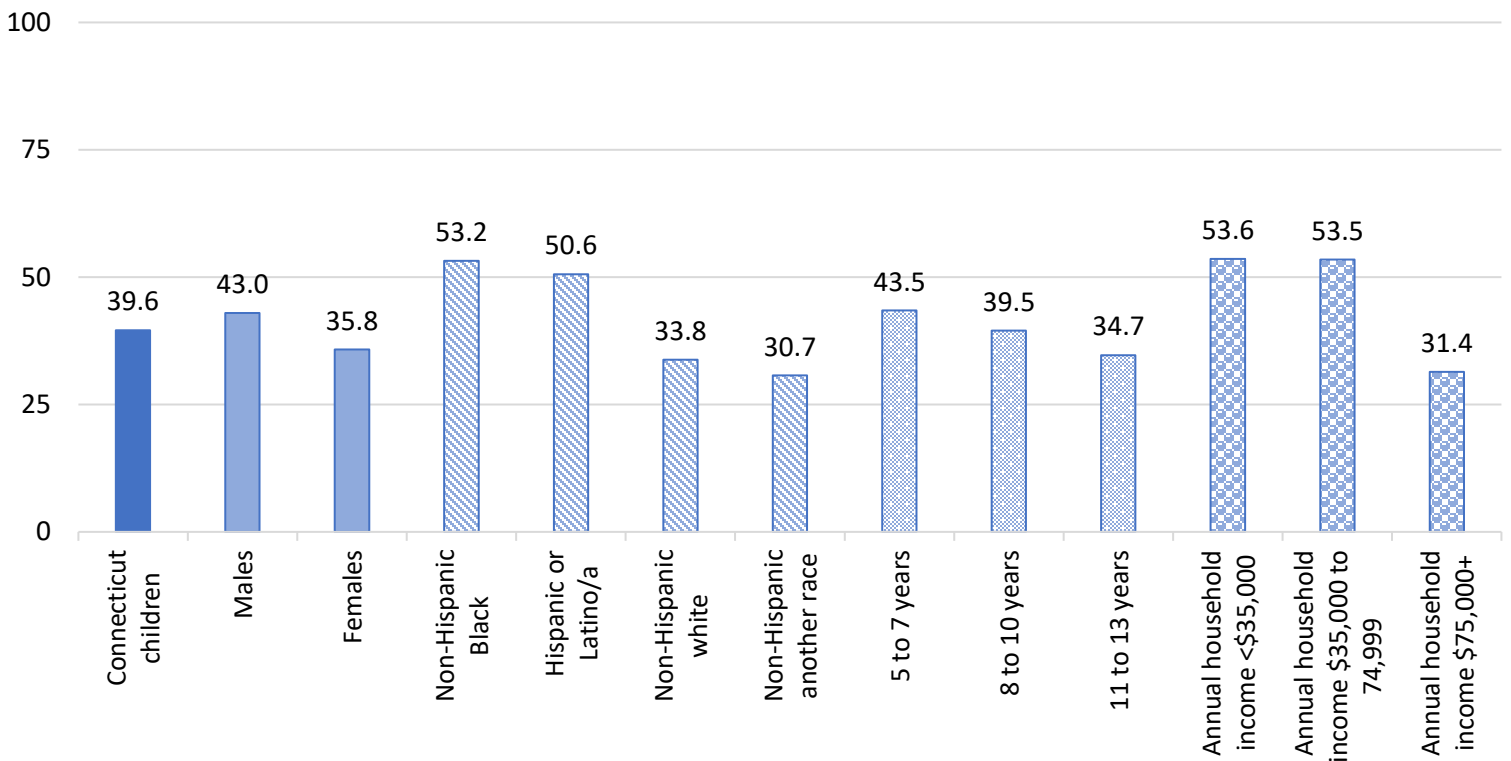
Community, Family Health and Prevention Section • June 2023

Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters. The BMI values of children are categorized relative to other children of the same age and sex. This is because children's body composition varies as they age and between boys and girls.

Percent of Connecticut children (5 to 12 years) in each BMI category*



The prevalence of overweight or obese weight status varies by race and ethnicity and annual household income among Connecticut children (5 to 12 years old).*



Factors contributing to overweight or obese weight status among Connecticut children (5 to 12 years)	Percent*
Spends two or more hours in front of the TV or using a computer, tablet or handheld device (other than for schoolwork)	63.5
Ate fast food or pizza two or more times per week	62.8
Drinks one or more sodas or other sugar-sweetened beverages per day	25.8

*Three years of data were aggregated to produce the statistics presented in this fact sheet.