

Connecticut Childhood Obesity Report, 2018

Estimates of Obesity and Its Risk Factors among Connecticut Youth



Connecticut Department of Public Health
Nutrition, Physical Activity, & Obesity Program
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Connecticut Childhood Obesity Report, 2018

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Connecticut Childhood Obesity Report, 2018

Executive Summary

- Almost one-third of Connecticut's youth are overweight or obese.
 - Approximately 32% of Connecticut children (2-17 years old) are overweight or obese (2014-2016 BRFSS).
 - An estimated 28.7% of Connecticut high school students are overweight or obese (2017 YRBSS).
 - About 31% of Connecticut's kindergarten and third grade students are overweight or obese (2016-2017 Every Smile Counts).
 - Among children age 2 to 4 years participating in the WIC Program, 15.3% are overweight and 14.8% are obese (2018 WIC).
 - The prevalence of obesity is higher among male children compared with female children (2014-2016 BRFSS and 2017 YRBSS).
 - Non-Hispanic Black and Hispanic youth are more likely to be obese compared with non-Hispanic White youth (2014-2016 BRFSS, 2017 YRBSS, and 2016-2017 Every Smile Counts).
- Risk factors for obesity, such as the consumption of unhealthy foods and beverages and physical inactivity, are prevalent among Connecticut's youth.
 - Approximately 13.1% of Connecticut high school students eat vegetables three or more times per day (2017 YRBSS).
 - Nearly one-third of Connecticut high school students eat fruit or drink 100% fruit juice two or more times per day (2017 YRBSS).
 - Approximately 1 out of 10 Connecticut high school students drank a can, bottle, or glass of soda one or more times a day in the past seven days (not counting diet soda) (2017 YRBSS).
 - An estimated 25.4% of Connecticut children (<18 years old) drink at least one 12 ounce (oz.) soda or sugar sweetened drink per day (2014-2016 BRFSS).
 - Almost one-third of Connecticut children (<18 years old) eat fast food or pizza two or more times per week (2014-2016 BRFSS).
 - An estimated 60.2% of Connecticut high school students attended physical education classes on one or more days during an average school week (2017 YRBSS).
 - Approximately 22.3% of Connecticut high school students were physically active at least sixty minutes on all of the past seven days (2017 YRBSS).
 - One-sixth of Connecticut high school students watch three or more hours of television on an average school day (2017 YRBSS).
 - An estimated 42.2% of Connecticut high school students played video games or used a computer three or more hours per day (for something that was not school work) on an average school day (2017 YRBSS).
 - An estimated 42.3% of all Connecticut children (<18 years) have three or more hours of screen time (TV and computer) per day (2014-2016 BRFSS).

BRFSS = Behavioral Risk Factor Surveillance System; YRBSS = Youth Risk Behavior Factor Surveillance System; WIC = Women, Infants, and Children



Background

The *Connecticut Childhood Obesity Report* is a publication of the Connecticut Department of Public Health. This report provides updated statistics about childhood obesity and its risk factors in the state.

Methods

- The data systems used to determine the prevalence of childhood obesity and its risk factors in Connecticut are the Youth Risk Behavior Surveillance System (YRBSS), the Behavioral Risk Factor Surveillance System (BRFSS), the Every Smile Counts survey, and the CT- Women, Infants, and Children (WIC) Management Information System.
- Throughout this report, all racial groupings exclude persons of Hispanic ethnicity. A Hispanic or Latino/a ethnicity category is included in figures and tables reflecting data separate from race categories. Therefore, the modifier “Non-Hispanic or Latino/a” is assumed. Also, for BRFSS data, Asian, Pacific Islander, American Indian or Alaskan Native, other race, and multiracial adults are grouped into an “Other” category due to the small number of respondents.

Defining childhood obesity¹

- Body Mass Index (BMI) is a common measure used to determine weight status.
- BMI is a person’s weight in kilograms divided by the square of height in meters.
- A child’s weight status is determined using BMI percentiles based on age and sex.
- For children and teens, overweight is a BMI at or above the 85th percentile and below the 95th percentile, while obesity is a BMI at or above the 95th percentile.

The prevalence of childhood obesity^{2,3}

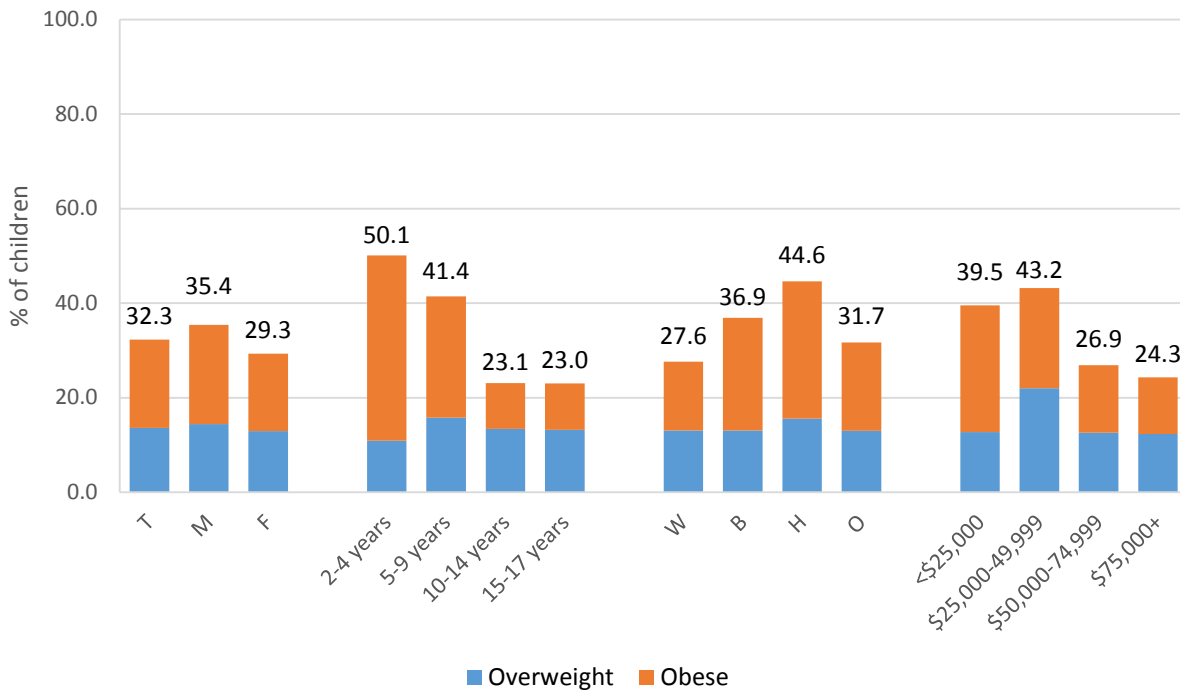
United States

- Nationally, about 18.5% of youth aged 2-19 years are obese. That is about 15.1 million children and adolescents.
- Childhood obesity is more prevalent among certain population groups. For example, 25.8% of Hispanic and 22.0% of non-Hispanic black youth are obese compared with 14.1% of non-Hispanic white and 11.0% of non-Hispanic Asian youth.
- Research suggests that the incremental lifetime medical cost of an obese child relative to a normal weight child who maintains normal weight throughout adulthood is \$19,000. Applying this cost to the number of obese ten-year-olds in the United States estimates the total direct medical cost of obesity to be \$14 billion.

Overweight and obesity prevalence among Connecticut children (BRFSS, 2014-2016 data)

- Approximately 32% of Connecticut children (2-17 years old) are overweight or obese. (Figure 1, Table 1)
- Male children are more likely to be obese compared with female children.
- The prevalence of overweight among children does not vary significantly by gender or race and ethnicity.
- Obesity prevalence is greatest among children two – four years old. Similarly, children five to nine years old are significantly more likely to be obese compared with older children. Also, children five to nine years old are more likely to be overweight than children less than five years old.
- Black and Hispanic children are significantly more likely to be obese compared with white children. Also, Hispanic children are more likely to be obese compared to children in the “other” race category.
- The prevalence of obesity is lowest among children with annual household incomes of at least \$75,000. Additionally, the prevalence of being overweight is greatest among children with annual household incomes of \$25,000 to \$49,999.

Figure 1. Overweight/Obesity Prevalence by Gender, Age, Race & Ethnicity,* Annual Household Income, Connecticut Children (BRFSS, 2014-2016)

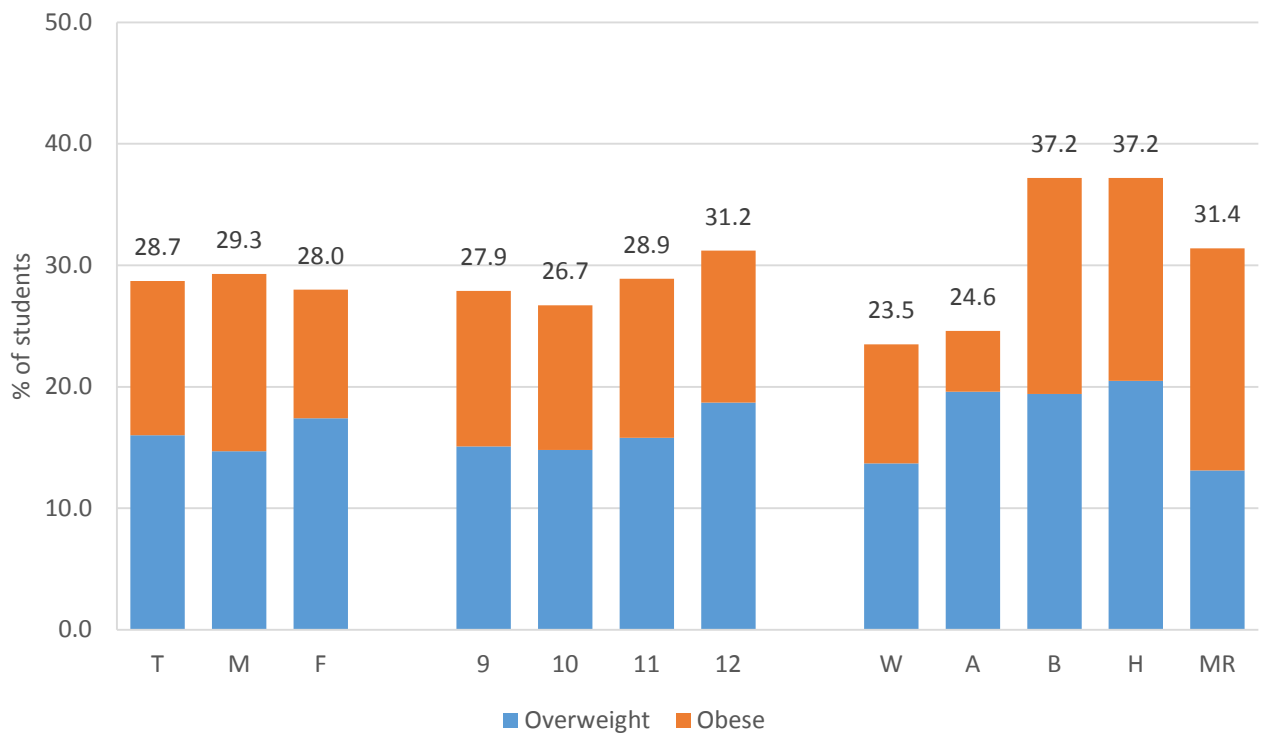


***T**otal, **M**ales & **F**emales; Non-Hispanic (NH) **W**hite, NH **B**lack, **H**ispanic, & NH **O**ther Race

Overweight and obesity prevalence among Connecticut high school students (YRBSS, 2017 data)

- An estimated 28.7% of Connecticut high school students are overweight or obese. (Figure 2, Table 2)
- Connecticut and the nation’s prevalence of both overweight and obese high school students are similar (14.8% obese, 15.6% overweight nationally).
- Male students are significantly more likely to be obese than female students.
- Hispanic and black youth are more likely to be overweight or obese, compared to white youth. Asian youth are least likely to be obese.

Figure 2. Overweight/Obesity Prevalence by Gender, School Grade, Race & Ethnicity,* Connecticut High School Students (YRBSS, 2017)

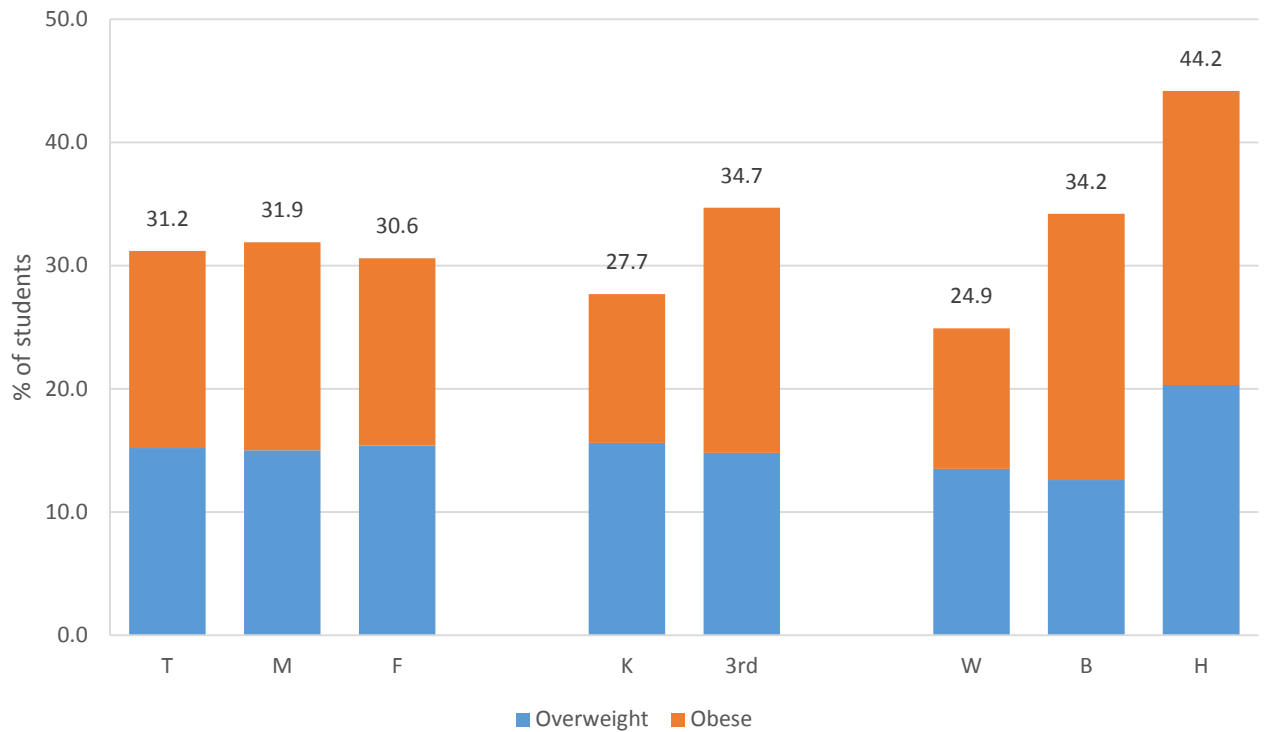


*Total Students, Males & Females; Non-Hispanic (NH) White, NH Asian, NH Black, Hispanic, & NH Multiple Races (MR)

Connecticut kindergarten and grade 3 students (Every Smile Counts, 2016-2017 data)

- The direct measurement of height and weight in an Every Smile Counts Obesity Survey revealed that about one-third of Connecticut’s kindergarten and third grade students are overweight or obese. (Figure 3, Table 3)
- Black and Hispanic students are more likely to be obese than white students. Additionally, Hispanic students are more likely to be overweight than white students.

Figure 3. Overweight/Obese by Gender, School Grade, Race & Ethnicity,* Connecticut Kindergarten & Grade 3 Students (Every Smile Counts Obesity Report, 2018)

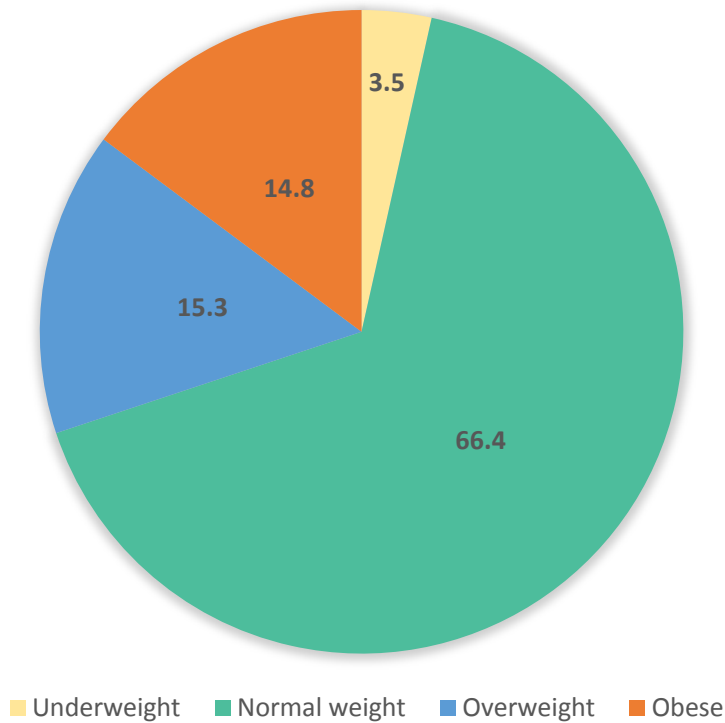


*Total Students, Males & Females; Kindergarten & 3rd Grade, Non-Hispanic (NH) White, NH Black & Hispanic

Children age 2 to 4 years participating in Women, Infants, and Children (WIC) for at least 1 year (CT-WIC Management Information System, Fiscal Year 2018 data)

- Almost one-third of Connecticut’s low-income children 2 to 4 years of age participating in WIC for at least one year are overweight or obese. (Figure 4)
- Additionally, 66.4% of children participating in WIC for at least one year are normal weight (BMI greater than 5th percentile but less than 85th percentile BMI) and 3.5% are underweight (BMI less than or equal to 5th percentile)

Figure 4. Percent of children aged 2 to < 5 years participating in WIC for at least 1 year in each BMI category (CT-WIC Management Information System, Fiscal Year 2018 data)



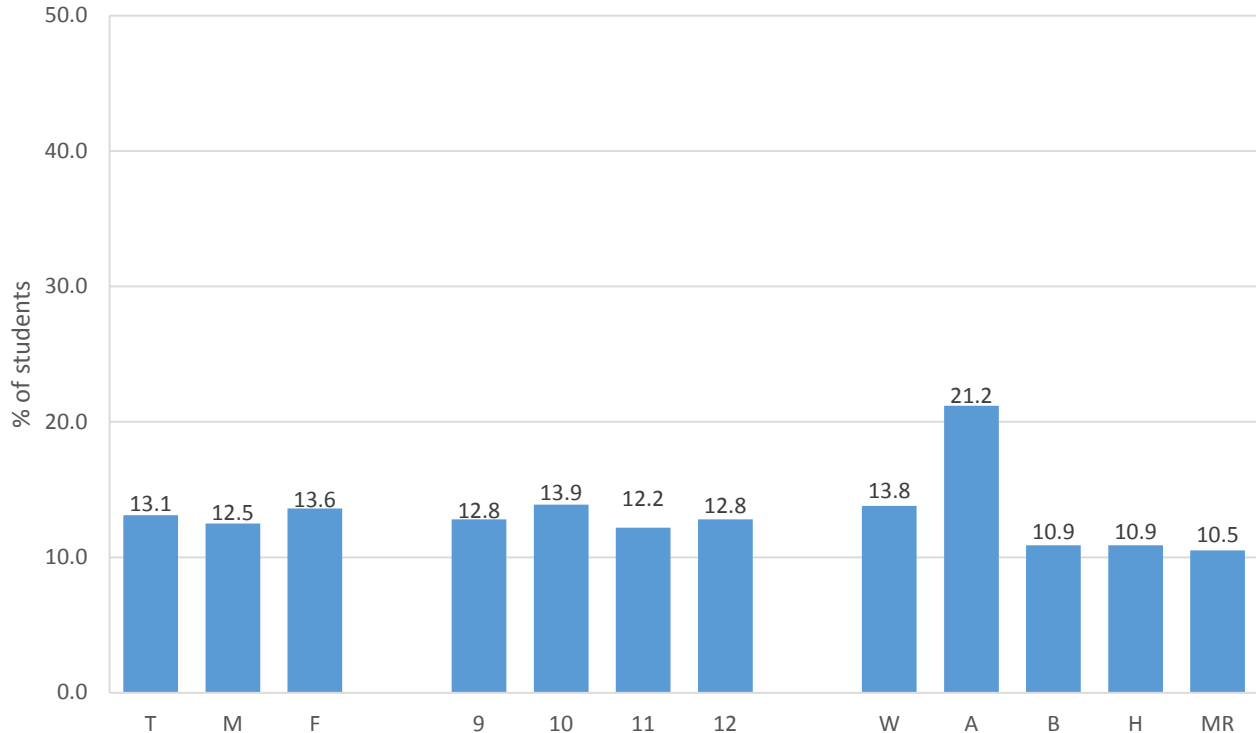
Contributing factors^{4,5}

- The consumption of unhealthy foods and beverages, inadequate physical activity, and sedentary activity, such as watching television or other devices, are risk factors for obesity.
- Social determinants of health have an impact on weight status. For example, access to and availability of nutritious foods and safe places for physical activity are important in maintaining a healthy weight.

Vegetable consumption among Connecticut high school students (YRBSS, 2017 data)

- Approximately 13.1% of Connecticut high school students eat vegetables three or more times per day. (Figure 5, Table 5)
 - The difference in the prevalence of vegetable consumption among male and female students did not reach statistical significance.
 - Similarly, the difference in the prevalence of vegetable consumption among the grade levels did not reach statistical significance.
 - Black and Hispanic students are less likely to eat vegetables three or more times a day compared with Asian students.

Figure 5. Ate Vegetables 3 or More Times per Day by Gender, School Grade, Race & Ethnicity,* Connecticut High School Students (YRBSS, 2017)

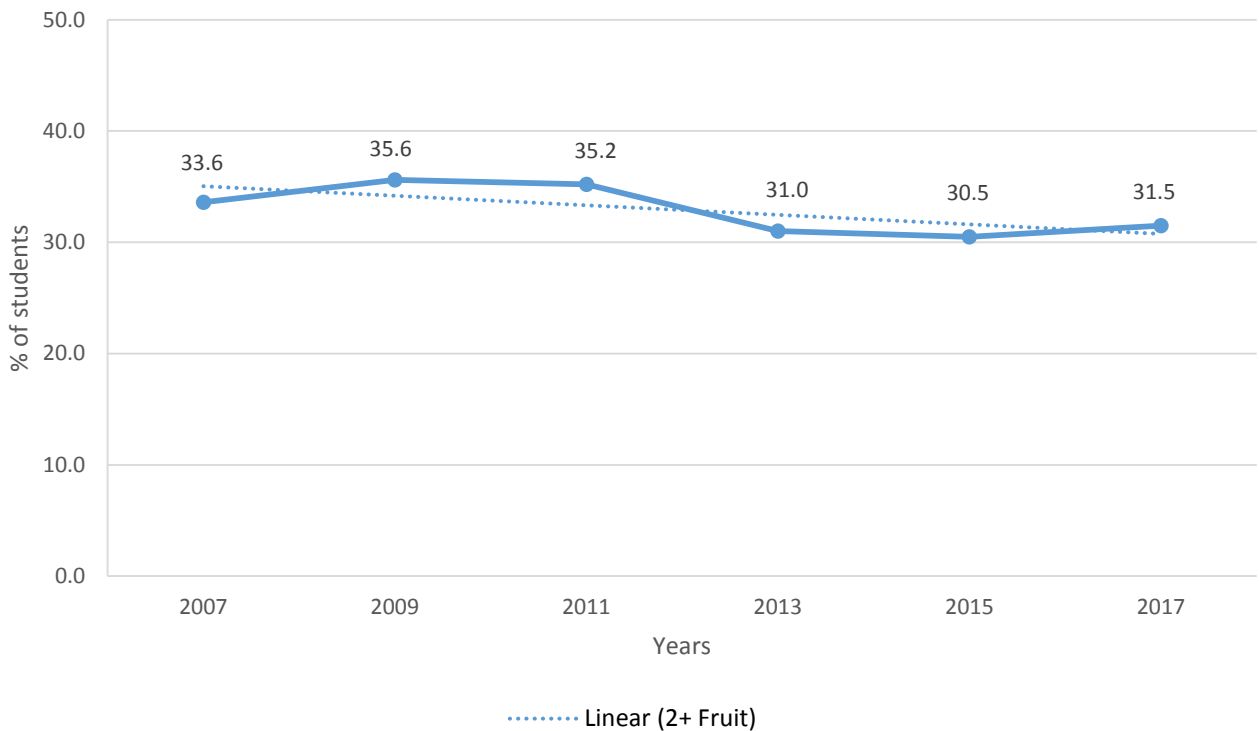


*Total Students, Males & Females; Non-Hispanic (NH) White, NH Asian, NH Black, Hispanic, & NH Multiple Races (MR)

Fruit consumption among Connecticut high school students (YRBSS, 2017 data)

- Nearly one-third of Connecticut high school students eat fruit or drink 100% fruit juice two or more times per day. (Figure 6, Table 5)
 - The differences in fruit consumption prevalence by gender, grade, and race and ethnicity did not reach statistical significance.
 - The prevalence of eating fruit or drinking 100% fruit juice two or more times per day decreased linearly from 33.6% in 2007 to 31.5% in 2017.

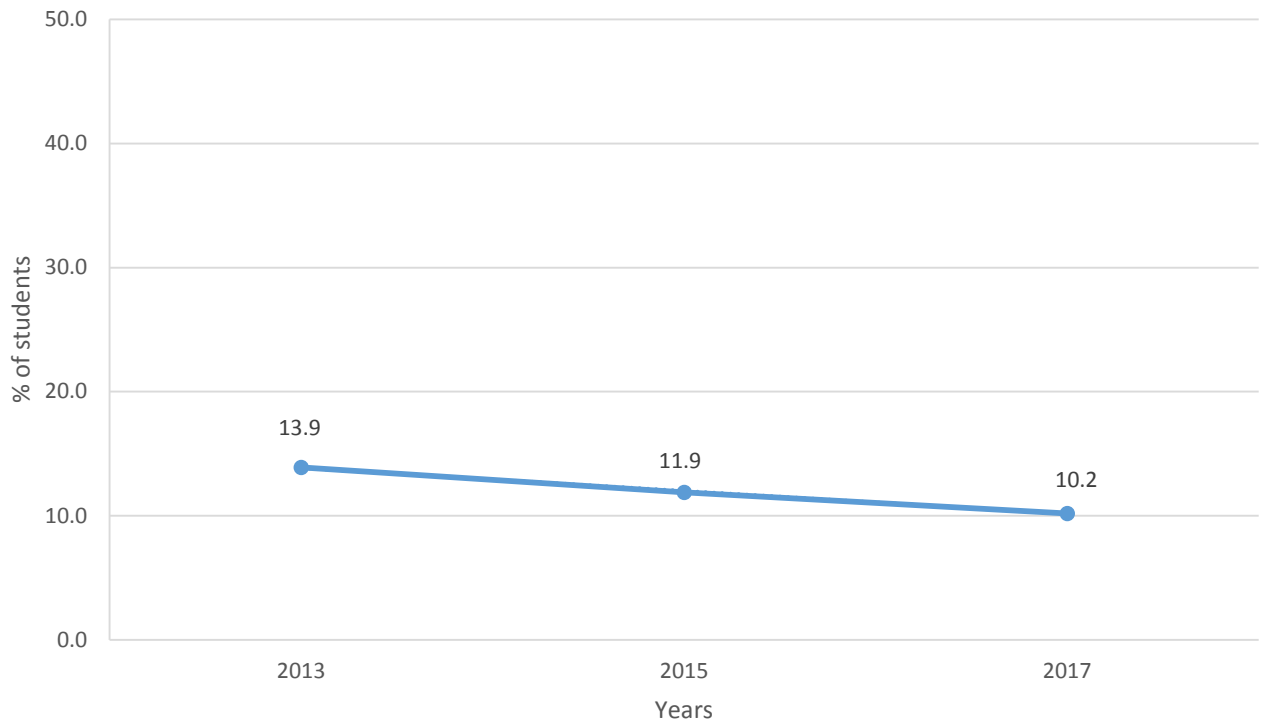
Figure 6. Ate Fruit or Drank 100% Fruit Juice 2 or More Times per Day, Connecticut High School Students (YRBSS, 2007- 2017)



Soda consumption among Connecticut high school students (YRBSS, 2017 data)

- Approximately 1 out of 10 Connecticut high school students drank a can, bottle, or glass of soda one or more times a day in the past seven days (not counting diet soda). (Figure 7, Table 5)
 - Males are 1.5 times as likely to have drunk soda one or more times a day compared with females (males: 12.4%; females: 7.9%).
 - Students in eleventh grade have a higher prevalence of drinking soda one or more times a day compared with ninth and tenth grade students. Also, twelfth grade students are more likely to have drunk soda at least once a day compared with tenth grade students (9th: 8.5%; 10th: 7.6%; 11th: 12.9%; 12th: 11.9%).
 - Hispanic students are 1.6 times as likely to have drunk soda at least once a day compared with white students (Hispanic: 13.9%; white: 8.5%).
 - The prevalence of consuming at least one soda a day among Connecticut high school students decreased significantly from 13.9% in 2013 to 10.2% in 2017.

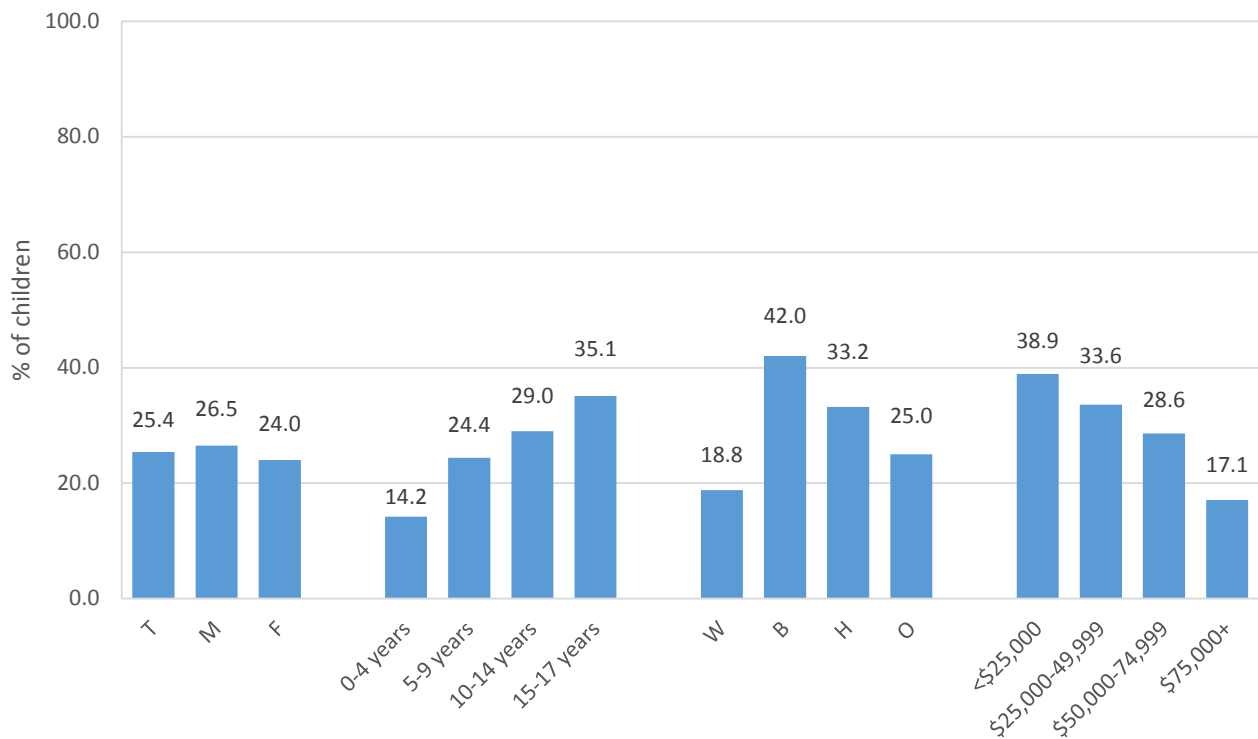
Figure 7. Drank a Can, Bottle, or Glass of Soda One or More Times a Day in the Past Seven Days (not counting diet soda), Connecticut High School Students (YRBSS, 2013 - 2017)



Soda consumption among Connecticut children (BRFSS, 2014-2016 data)

- Approximately one-fourth of Connecticut children (<18 years old) drink at least one 12 ounce (oz.) soda or sugar sweetened drink per day. (Figure 8, Table 6)
 - The prevalence of consuming one sugar sweetened beverage a day among males did not vary significantly compared with females.
 - Older children are more likely to drink at least one sugar sweetened beverage per day.
 - White children and children of “other” races are less likely to drink at least one sugar sweetened beverage per day compared with black and Hispanic children.
 - The prevalence of drinking at least one sugar sweetened beverage per day is significantly lower among children from households with an annual income of \$75,000 or more compared to all other annual household income categories.

Figure 8. Drinks at Least One 12 ounce (oz.) Soda or Sugar Sweetened Drink per Day by Gender, Age, Race & Ethnicity, and Annual Household Income,* Connecticut Children (<18 years) (BRFSS, 2014-2016)

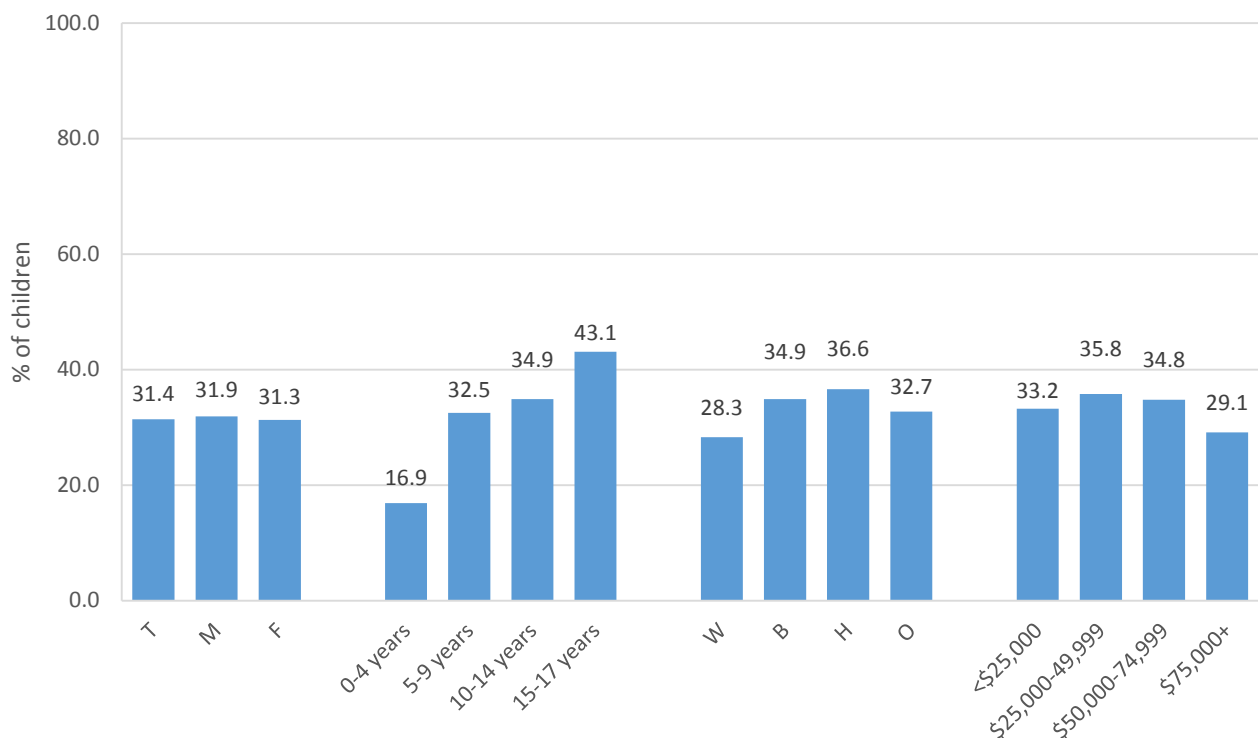


***T**otal, **M**ales & **F**emales; Non-Hispanic (NH) **W**hite, NH **B**lack, **H**ispanic, & NH **O**ther Race

Fast food consumption among Connecticut children (BRFSS, 2014-2016 data)

- Almost one-third of Connecticut children (<18 years old) eat fast food or pizza two or more times per week. (Figure 9, Table 6)
 - The prevalence of eating fast food or pizza two or more times per week did not differ significantly by gender.
 - Children under the age of five years are least likely to eat fast food or pizza two or more times per week while youth 15 to 17 years old have the highest prevalence.
 - Black and Hispanic children are more likely to eat fast food or pizza two or more times per week compared with white children.
 - Children from households with annual incomes of \$75,000 or more have a lower prevalence of eating fast food or pizza two more times per week compared to children from households with annual incomes of \$25,000-\$49,999 and \$50,000-\$74,999.

Figure 9. Eats Fast Food or Pizza 2 or More Times per Week by Gender, Age, Race & Ethnicity, and Annual Household Income, * Connecticut Children (<18 years) (BRFSS, 2014-2016)

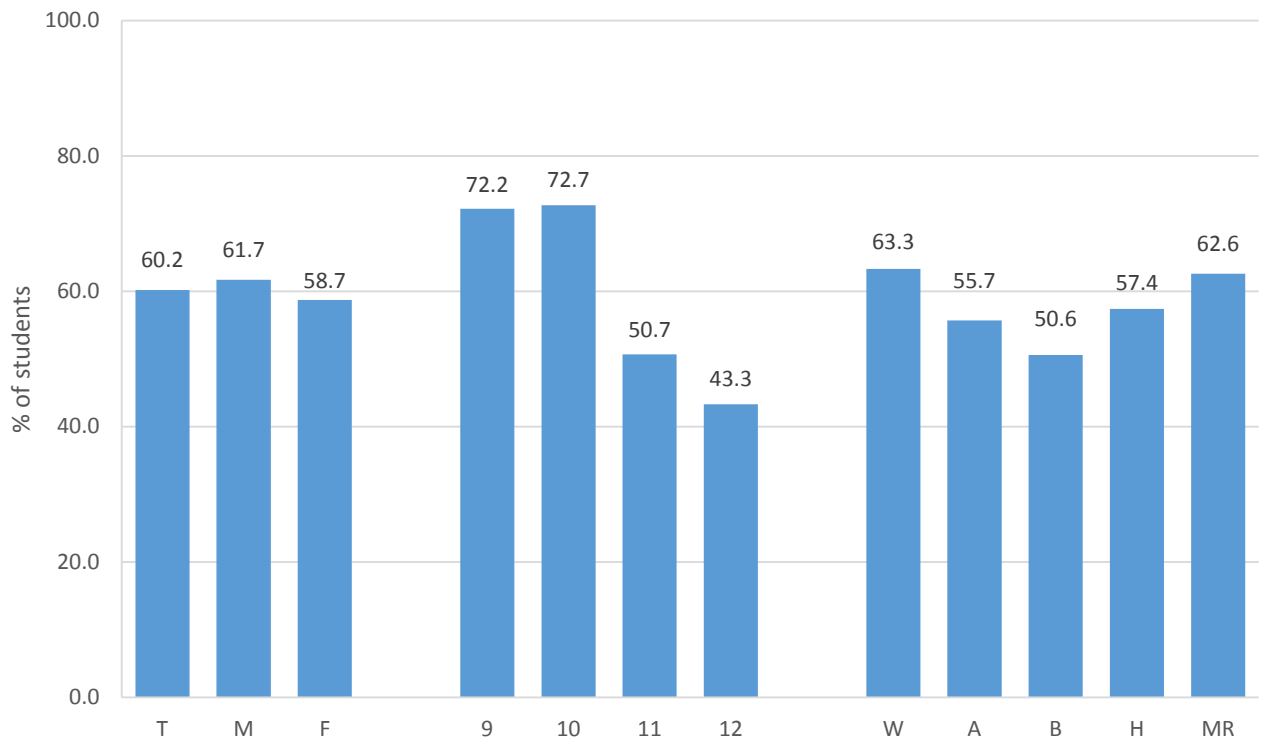


***T**otal, **M**ales & **F**emales; Non-Hispanic (NH) **W**hite, NH **B**lack, **H**ispanic, & NH **O**ther Race

Physical education class among Connecticut high school students (YRBSS, 2017 data)

- An estimated 60.2% of Connecticut high school students attended physical education classes on one or more days during an average school week. (Figure 10, Table 7)
 - The prevalence of attending physical education classes on one or more during an average school week did not vary significantly by gender or race and ethnicity.
 - Ninth and tenth grade students are significantly more likely to have attended physical education classes on one or more days during an average school week compared with eleventh and twelfth grade students.

Figure 10. Attended Physical Education Classes on One or More Days during an Average School Week by Gender, School Grade, Race & Ethnicity,* Connecticut High School Students (YRBSS, 2017)

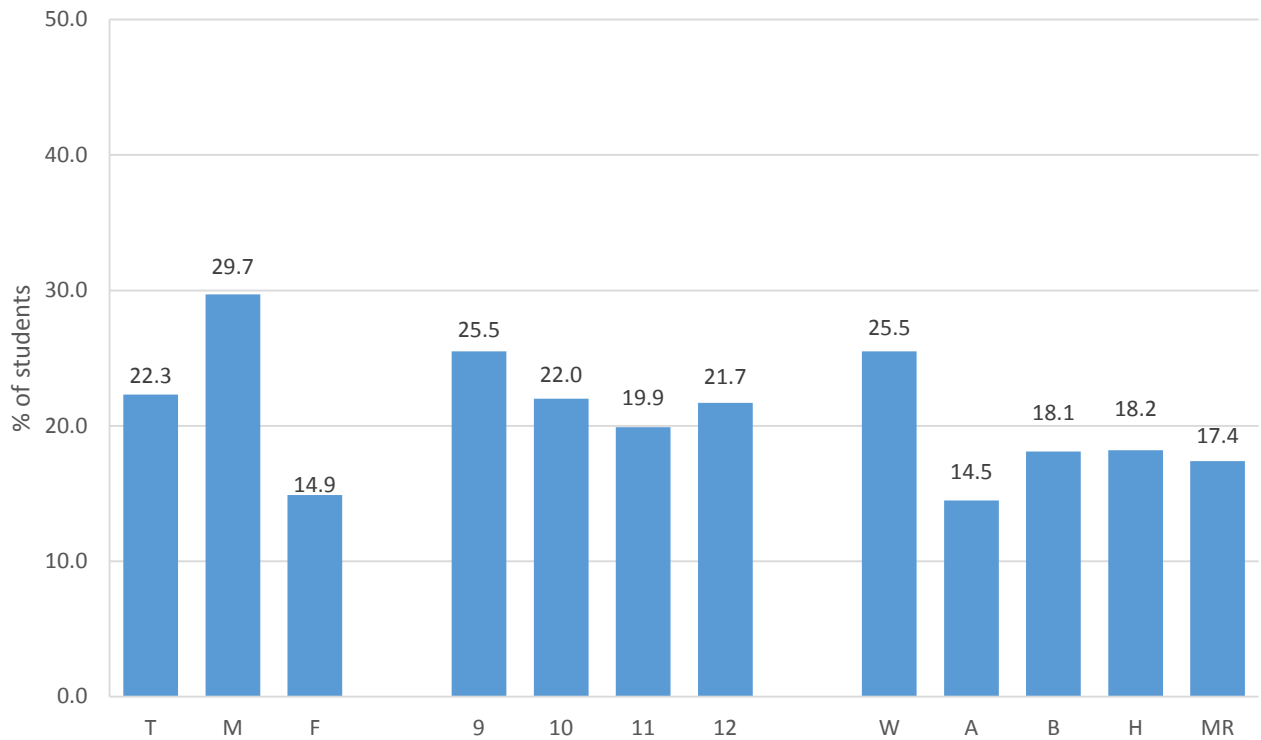


***T**otal Students, **M**ales & **F**emales; Non-Hispanic (NH) **W**hite, NH **A**sian, NH **B**lack, **H**ispanic, & NH **M**ultiple Races (**MR**)

Physical activity among Connecticut high school students (YRBSS, 2017 data)

- Nearly one-quarter of Connecticut high school students were physically active at least sixty minutes a day on all of the past seven days. (Figure 11, Table 7)
 - Male high school students are twice as likely to be physically active daily compared with female high school students.
 - The prevalence of being physically active at least 60 minutes a day did not vary significantly by grade.
 - White high school students are more likely to participate in daily physical activity compared with other students.

Figure 11. Physically Active at Least Sixty Minutes a Day on All of the Past Seven Days by Gender, School Grade, Race & Ethnicity,* Connecticut High School Students (YRBSS, 2017)

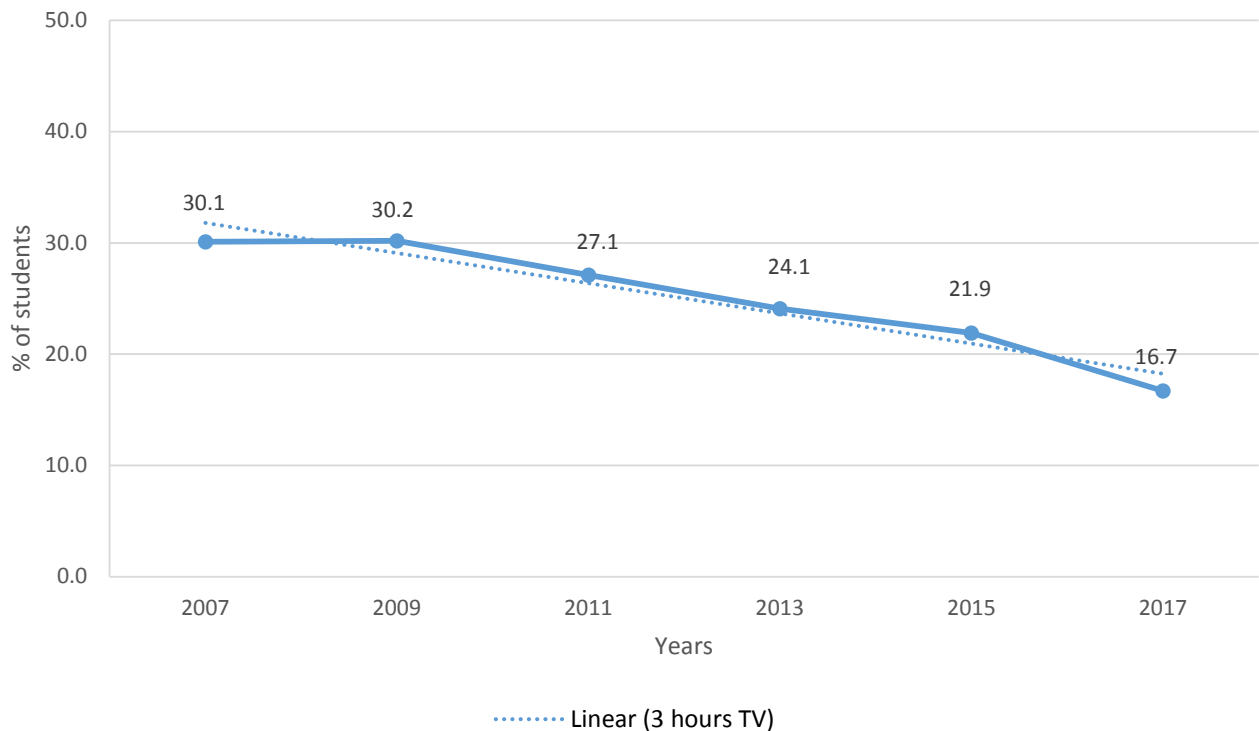


***T**Total Students, **M**ales & **F**emales; Non-Hispanic (NH) **W**hite, NH **A**sian, NH **B**lack, **H**ispanic, & NH Multiple Races (**MR**)

Screen time among Connecticut high school students: watching television (YRBSS, 2017 data)

- Approximately one-sixth of Connecticut high school students watch three or more hours of television on an average school day. (Figure 12, Table 8)
 - Females are more likely to watch three or more hours of television on an average school day compared with males (females: 18.0%; males: 15.6%).
 - The prevalence of watching television for three or more hours a day did not vary significantly by grade.
 - Black high school students are more likely to watch three or more hours of television on an average school day compared with white, Asian, and Hispanic students (black: 24.6%; white: 14.3%; Asian: 8.0%; Hispanic: 18.6%).
 - Hispanic students are more likely to watch three or more hours of television on an average school day compared with white and Asian students.
 - Furthermore, Asian students are less likely to watch three or more hours of television compared with white students.
 - The prevalence of watching three or more hours of television on an average school day declined linearly from 2007 to 2017.

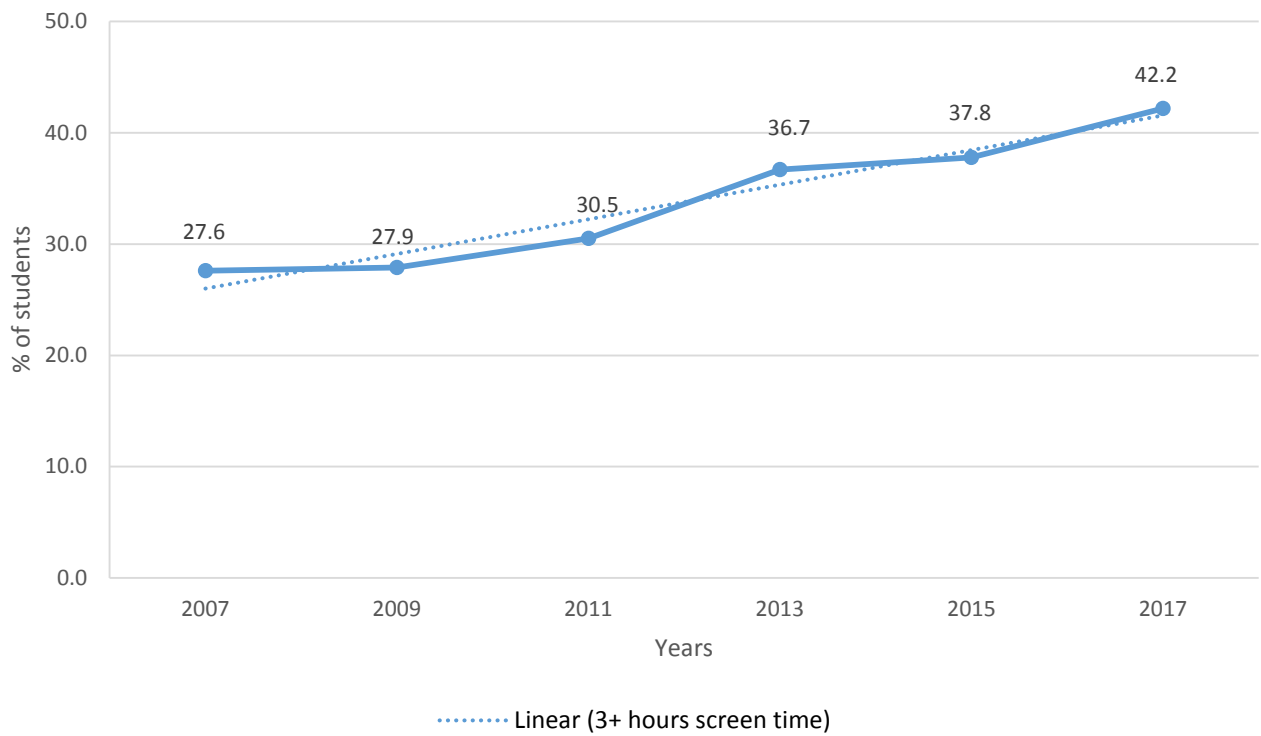
Figure 12. Watched Three or More Hours of Television on an Average School Day, Connecticut High School Students (YRBSS, 2007- 2017)



Screen time among Connecticut high school students: video games and computer use (YRBSS, 2017 data)

- An estimated 42.2% of Connecticut high school students played video games or used a computer three or more hours per day (for something that was not school work) on an average school day. (Figure 13, Table 8)
 - Female students are more likely to play video games or use a computer three or more hours per day compared with male students (females: 44.7%; males: 39.9%).
 - The prevalence of playing video games or using a computer three or more hours per day did not vary significantly by grade or race and ethnicity.
 - The prevalence of playing video games or using a computer three or more hours per day increased linearly from 2007 to 2017.

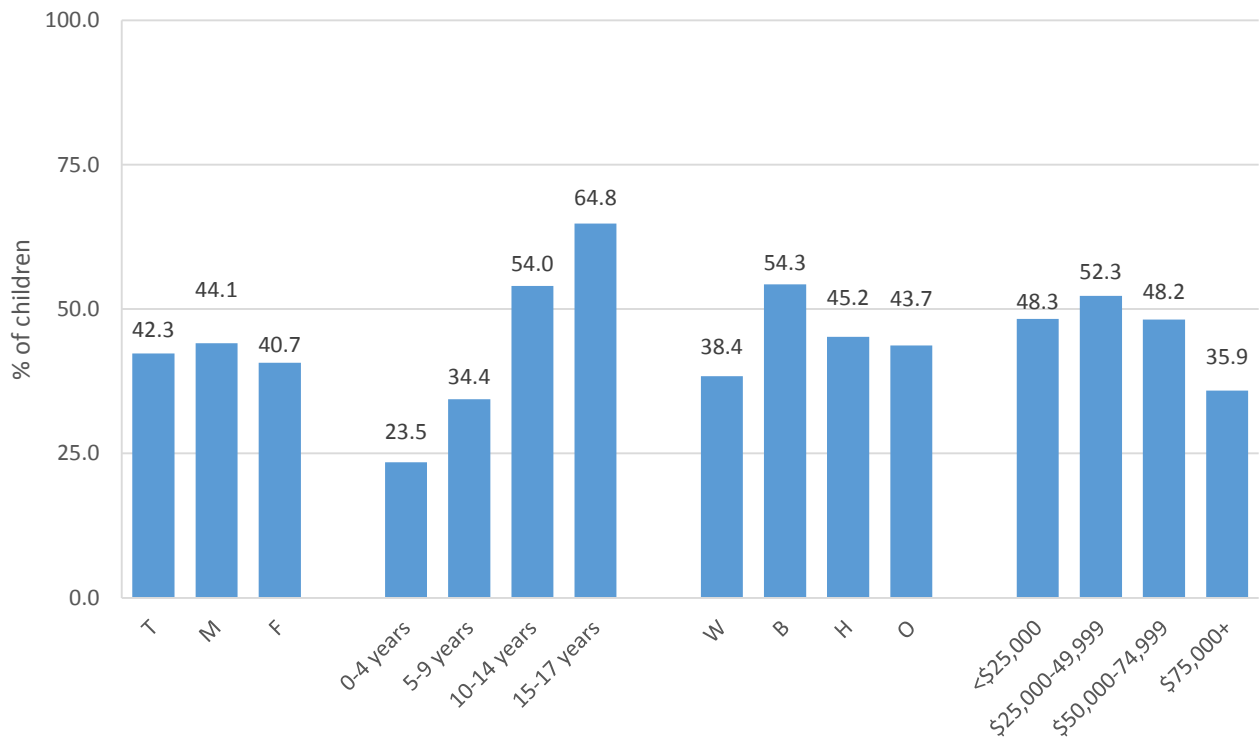
Figure 13. Played Video or Computer Games or Used a Computer 3 or More Hours per Day on an Average School Day, Connecticut High School Students (YRBSS, 2007- 2017)



Screen time among Connecticut children (BRFSS, 2014-2016 data)

- An estimated 42.3% of all Connecticut children (<18 years) have three or more hours of screen time (TV and computer) per day. (Figure 14, Table 9)
 - Males are more likely than females to have three or more hours of daily screen time.
 - Older children are more likely than younger children to have three or more hours of daily screen time.
 - Black children are most likely to have three or more hours of daily screen time. Hispanic children have a higher prevalence of three or more hours of daily screen time compared with white children.
 - Children from households with annual incomes of \$75,000 or more have the lowest prevalence of three or more hours of screen time per day.

Figure 14. 3+ Hours of Screen Time by Gender, Age, Race & Ethnicity, Annual Household Income,* Connecticut Children (<18 years) (BRFSS, 2014-2016)



***T**Total Students, **M**ales & **F**emales; Non-Hispanic (NH) **W**hite, NH **B**lack, **H**ispanic, & NH **O**ther Race

Consequences of childhood obesity⁴

- Children who are overweight or obese are at risk for a number of poor health outcomes. For example, children who are overweight or obese are more likely to have high blood pressure and high cholesterol, putting them at risk for cardiovascular disease (CVD).
- Obesity increases the likelihood of developing type 2 diabetes, asthma, sleep apnea, musculoskeletal disorders such as osteoarthritis and degenerative disease of the joints, and some cancers like endometrial, breast, ovarian, prostate, liver, gallbladder, kidney and colon cancer.
- Childhood obesity may also cause psychological stress leading to low self-esteem and social stigma.
- Additionally, children who are obese are more likely to become adults who are obese and at an even greater risk of experiencing the negative health outcomes associated with obesity.

Recommendations to prevent obesity⁶

- The Community Preventive Services Task Force (CPSTF) recommends that schools implement school meal policies that ensure school breakfasts or lunches meet specific nutrition requirements (e.g., School Breakfast Program, National School Lunch Program) and/or provide fresh fruits and vegetables to students during lunch or snack.
- The CPSTF also recommends behavioral interventions to reduce sedentary screen time. These behavioral interventions teach self-management skills through classroom-based education, tracking and monitoring, coaching or counseling sessions, and/or family-based or peer social support.
- Addressing the social determinants of health, that is the conditions in which people are born, grow, live, work, age and die, is also necessary to eliminate disparities in overweight and obesity prevalence.

What is being done

- The Special Supplemental Nutrition Program for Women, Infants and Children, better known as the WIC Program, provides supplemental foods, health care referrals, nutrition education, and breastfeeding promotion and support to low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.⁷
- DPH provides nutrition education to preschool children and their families who receive Supplemental Nutrition Assistance Program (SNAP) or reside in communities with a significant low-income population.
- DPH provides training and technical assistance on healthy eating and physical activity to staff in early care and education centers that serve SNAP eligible families.

- DPH partners with the Connecticut Breastfeeding Coalition, UConn Health, and others to create and provide tools and trainings that increase access to breastfeeding friendly environments such as hospitals and worksites.
- Towns and local health departments are promoting physical activity by developing or improving existing walking or bike trails.
- DPH partnered with local health departments, community partners and corner store owners to increase the amount of healthier food options available in the corner stores.
- The Connecticut State Department of Education provides training and technical assistance to schools on developing and implementing school nutrition programs and policies, administering quality physical education and promoting physical activity before, during and after school, and creating an environment that supports the development of healthy behaviors among the students.

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Appendix: Detailed Data Tables

Table 1. Overweight/Obese by Gender, Age, Race & Ethnicity, Annual Household Income, Connecticut Children BRFSS, 2014-2016)

Demographic Characteristics	Overweight	Obese
	% (95% Confidence Interval)	% (95% Confidence Interval)
All Children 2-17 years old	13.6 (12.2-15.1)	18.7 (16.9-20.4)
Gender		
Male	14.4 (12.4-16.4)	21.0 (18.4-23.5)
Female	12.9 (10.8-15.0)	16.4 (14.0-18.8)
Age (years)		
2-4	10.9 (7.4-14.3)*	39.2 (32.9-45.6)
5-9	15.8 (12.8-18.8)	25.6 (21.8-29.4)
10-14	13.4 (11.0-15.7)	9.7 (7.6-11.8)
15-17	13.2 (10.1-16.3)	9.8 (7.5-12.1)
Race and Ethnicity		
Non-Hispanic White	13.1 (11.5-14.7)	14.5 (12.7-16.3)
Non-Hispanic Black	13.1 (8.2-17.9)*	23.8 (17.1-30.5)
Hispanic or Latino/a	15.6 (11.1-20.0)	29.0 (23.8-34.2)
Non-Hispanic Other	13.0 (8.2-17.7)*	18.7 (12.8-24.7)*
Annual Household Income		
<\$25,000	12.7 (9.1-16.4)	32.9 (26.8-38.9)
\$25,000-\$49,999	22.0 (15.2-28.8)	27.1 (21.2-33.1)
\$50,000-\$74,999	12.6 (8.7-16.4)	19.5 (14.3-24.6)
\$75,000+	12.3 (10.6-13.9)	14.0 (12.0-16.0)

* The estimate may be of limited validity due to a high coefficient of variation (between 15% and 20%).

Table 2. Overweight/Obese by Gender, School Grade, Race & Ethnicity, Connecticut High School Students (YRBSS, 2017)

Demographic Characteristics	Overweight	Obese
	% (95% Confidence Interval)	% (95% Confidence Interval)
All High School Students	16.0 (13.1-19.3)	12.7 (10.7-14.9)
Gender		
Male	14.7 (11.9-17.9)	14.6 (11.9-17.7)
Female	17.4 (13.9-21.6)	10.6 (8.6-13.2)
School Grade		
9	15.1 (11.3-20.0)	12.8 (10.0-16.3)
10	14.8 (10.0-21.2)	11.9 (9.5-14.8)
11	15.8 (12.5-19.7)	13.1 (9.4-18.0)
12	18.7 (14.5-23.8)	12.5 (8.8-17.4)
Race and Ethnicity		
Non-Hispanic White	13.7 (11.1-16.8)	9.8 (8.0-12.0)
Non-Hispanic Black	19.4 (14.2-25.9)	17.8 (13.4-23.2)
Hispanic or Latino/a	20.5 (16.5-25.3)	16.7 (13.7-20.3)
Non-Hispanic Asian	19.6 (12.3-29.7)	5.0 (1.9-12.4)
Non-Hispanic Multiple Races	13.1 (7.6-21.7)	18.3 (12.0-26.9)

Table 3. Overweight/Obese by Gender, Race and Ethnicity, and Grade, Connecticut Kindergartners and Third Grade Students (Every Smile Counts, 2017)

Demographic Characteristics	Overweight	Obese	Overweight or Obese
	% (95% Confidence Interval)	% (95% Confidence Interval)	% (95% Confidence Interval)
All Kindergarten and 3rd Grade Students	15.2 (13.9-16.5)	16.0 (14.8-17.3)	31.3 (29.3-33.2)
Gender			
Male	15.0 (12.7-17.2)	16.9 (14.8-19.1)	31.9 (29.4-34.4)
Female	15.4 (13.4-17.5)	15.2 (12.9-17.4)	30.6 (27.9-33.3)
Race and Ethnicity			
Non-Hispanic White	13.5 (12.1-14.9)	11.4 (9.6-13.1)	24.8 (22.6-27.1)
Non-Hispanic Black	12.6 (9.3-15.9)	21.6 (15.7-27.5)	34.2 (27.3-41.1)
Hispanic or Latino/a	20.3 (16.7-23.9)	23.9 (20.5-27.3)	44.2 (40.7-47.7)
Grade			
Kindergarten	15.6 (13.6-17.6)	12.1 (10.3-14.0)	27.8 (24.9-30.6)
3 rd Grade	14.8 (12.7-17.0)	19.9 (17.9-22.0)	34.8 (32.0-37.5)

Table 4. Children Age 2 to < 5 Years Participating in Women, Infants, and Children (WIC) for at least 1 Year in each BMI Category (CT-WIC Management Information System, Fiscal Year 2018 data)

BMI Category	Number of WIC Participants	Percent of WIC Participants
Underweight	489	3.5
Normal weight	9,287	66.4
Overweight	2,136	15.3
Obese	2,064	14.8
Total*	13,976	100.0

*Frequency with missing BMI data = 1,158 (total WIC participants = 15,134)

Table 5. Vegetable, Fruit, and Soda Consumption by Gender, School Grade, Race & Ethnicity, Connecticut High School Students (YRBSS, 2017)

Demographic Characteristics	Ate Vegetables 3 or More Times per Day	Ate Fruit or Drank 100% Fruit Juice 2 or More Times per Day	Drank a Can, Bottle, or Glass of Soda 1 or More Times per Day
	% (95% Confidence Interval)	% (95% Confidence Interval)	% (95% Confidence Interval)
All High School Students	13.1 (11.1-15.2)	31.5 (29.5-33.5)	10.2 (8.1-12.8)
Gender			
Male	12.5 (10.3-15.1)	31.1 (28.5-33.9)	12.4 (9.5-16.0)
Female	13.6 (11.0-16.8)	32.0 (28.9-35.2)	7.9 (6.1-10.1)
School Grade			
9	12.8 (10.2-15.9)	34.0 (31.7-36.3)	8.5 (6.0-11.7)
10	13.9 (10.5-18.1)	31.3 (26.1-37.1)	7.6 (5.5-10.4)
11	12.2 (9.7-15.2)	30.0 (36.3-34.0)	12.9 (9.5-17.2)
12	12.8 (10.1-15.9)	30.1 (25.6-35.0)	11.9 (8.1-17.1)
Race and Ethnicity			
Non-Hispanic White	13.8 (11.2-16.8)	30.1 (26.9-33.6)	8.5 (6.5-11.0)
Non-Hispanic Black	10.9 (7.1-16.4)	35.5 (26.8-45.3)	10.5 (6.5-16.3)
Hispanic or Latino/a	10.9 (8.8-13.4)	33.3 (29.6-37.3)	13.9 (11.4-16.9)
Non-Hispanic Asian	21.2 (13.4-31.9)	31.3 (21.4-43.3)	7.8 (3.3-7.3)
Non-Hispanic Multiple Races	10.5 (6.2-17.2)	26.2 (18.9-35.1)	14.8 (9.9-12.6)

Table 6. Soda or Sugar Sweetened Beverage and Fast Food or Pizza Consumption among Connecticut Children (< 18 years) (BRFSS, 2014-2016)

Demographic Characteristics	Drinks At Least One 12 oz. Soda or Sugar Sweetened Drink per Day	Eats Fast Food or Pizza 2 or More Times per Week
	% (95% Confidence Interval)	% (95% Confidence Interval)
All Children 0-17 years old	25.4 (23.9-26.9)	31.4 (29.7-33.0)
Gender		
Male	26.5 (24.5-28.6)	31.9 (29.6-34.1)
Female	24.0 (21.9-26.1)	31.3 (28.9-33.8)
Age (years)		
0-4	14.2 (11.5-16.9)	16.9 (13.7-20.2)
5-9	24.4 (21.4-27.5)	32.5 (29.2-35.8)
10-14	29.0 (26.0-31.9)	34.9 (31.8-38.0)
15-17	35.1 (31.7-38.5)	43.1 (39.4-46.8)
Race and Ethnicity		
Non-Hispanic White	18.8 (17.3-20.3)	28.3 (26.5-30.2)
Non-Hispanic Black	42.0 (36.1-47.9)	34.9 (29.2-40.6)
Hispanic or Latino/a	33.2 (29.4-36.9)	36.6 (32.5-40.8)
Non-Hispanic Other	35.1 (31.7-38.5)	32.7 (26.6-38.7)
Annual Household Income		
<\$25,000	38.9 (34.4-43.3)	33.2 (28.8-37.6)
\$25,000-\$49,999	33.6 (28.5-38.6)	35.8 (30.5-41.2)
\$50,000-\$74,999	28.6 (23.8-33.4)	34.8 (29.6-39.9)
\$75,000+	17.1 (15.5-18.8)	29.1 (27.0-31.3)

Table 7. Attended Physical Education Classes on 1 or More Days in an Average School Week and Physically Active at Least 60 Minutes per Day on All 7 Days of the Past Week among Connecticut High School Students (YRBSS, 2017)

	Attended Physical Education Classes on 1 or More Days	60 Minutes of Physical Activity per Day on All 7 Days
Demographic Characteristics	% (95% Confidence Interval)	% (95% Confidence Interval)
All High School Students	60.2 (49.1-70.4)	22.3 (20.3-24.5)
Gender		
Male	61.7 (49.5-72.5)	29.7 (26.5-33.1)
Female	58.7 (47.8-68.8)	14.9 (11.9-18.4)
School Grade		
9	72.2 (58.9-82.5)	25.5 (20.9-30.7)
10	72.7 (62.4-81.0)	22.0 (18.1-26.5)
11	50.7 (36.5-64.8)	19.9 (16.9-23.3)
12	43.3 (28.0-60.0)	21.7 (17.8-26.2)
Race and Ethnicity		
Non-Hispanic White	63.3 (49.9-75.0)	25.5 (23.2-27.9)
Non-Hispanic Black	50.6 (37.8-63.3)	18.1 (12.7-25.1)
Hispanic or Latino/a	57.4 (45.7-68.3)	18.2 (15.0-22.0)
Non-Hispanic Asian	55.7 (39.3-70.8)	14.5 (10.7-19.2)
Non-Hispanic Multiple Races	62.6 (47.9-75.3)	17.4 (11.7-25.36)

Table 8. Watched Television 3 or More Hours per Day and Played Video or Computer Games or Used a Computer 3 or More Hours per Day among Connecticut High School Students (YRBSS, 2017)

Demographic Characteristics	Watched Television 3 or More Hours per Day	Played Video Games or Used a Computer 3 or More Hours Per Day
	% (95% Confidence Interval)	% (95% Confidence Interval)
All High School Students	16.7 (15.0-18.6)	42.2 (39.3-45.2)
Gender		
Male	15.6 (13.3-18.3)	39.9 (36.3-43.6)
Female	18.0 (16.2-20.0)	44.7 (40.7-48.8)
School Grade		
9	16.8 (14.7-19.3)	43.2 (38.2-48.2)
10	16.7 (13.8-20.2)	43.1 (39.7-46.6)
11	15.4 (12.5-18.9)	41.0 (36.9-45.3)
12	17.3 (13.4-22.1)	41.3 (35.2-47.8)
Race and Ethnicity		
Non-Hispanic White	14.3 (12.2-16.7)	41.6 (36.9-46.5)
Non-Hispanic Black	24.6 (20.6-29.1)	44.1 (35.6-52.8)
Hispanic or Latino/a	18.6 (16.2-21.2)	43.2 (38.1-48.5)
Non-Hispanic Asian	8.0 (4.2-14.9)	43.6 (33.2-54.5)
Non-Hispanic Multiple Races	21.3 (13.7-31.8)	48.7 (39.4-58.1)

Table 9. Three or More Hours of Screen Time (TV and Computer) per Day among Connecticut Children (< 18 years) (BRFSS, 2014-2016)

Demographic Characteristics	3 or More Hours of Screen Time (TV and Computer) per Day
	% (95% Confidence Interval)
All Children 0-17 years old	42.3 (40.6-44.0)
Gender	
Male	44.1 (41.7-46.5)
Female	40.7 (38.3-43.1)
Age (years)	
0-4	23.5 (20.1-26.8)
5-9	34.4 (31.1-37.8)
10-14	54.0 (50.9-57.2)
15-17	64.8 (61.4-68.1)
Race and Ethnicity	
Non-Hispanic White	38.4 (36.4-40.3)
Non-Hispanic Black	54.3 (48.4-60.3)
Hispanic or Latino/a	45.2 (41.1-49.3)
Non-Hispanic Other	43.7 (37.7-49.7)
Annual Household Income	
<\$25,000	48.3 (43.8-52.9)
\$25,000-\$49,999	52.3 (46.9-57.7)
\$50,000-\$74,999	48.2 (42.9-53.5)
\$75,000+	35.9 (33.7-38.0)