

Childhood Obesity Trends and Insights

2018 vs. 2022



Data used

NSCH Dataset 2018-
12586 patient information

NSCH Dataset 2022-
13027 patient information

Tools used

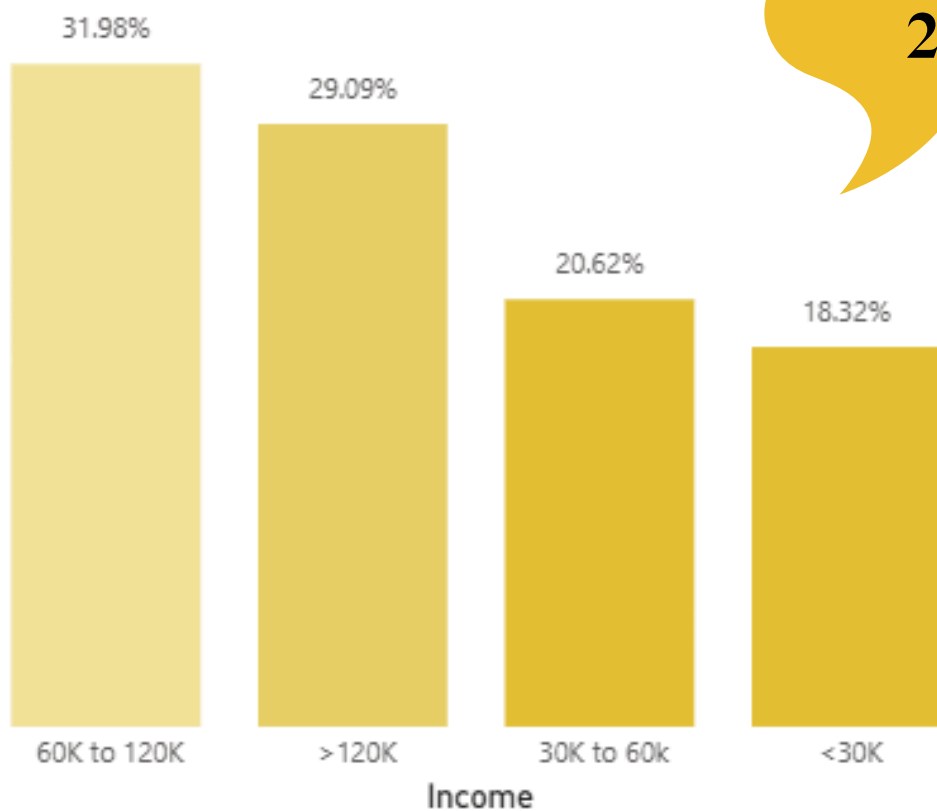


Focus

Identifying how childhood obesity correlates with varying income levels across different states in the country



Obese



2018

Obesity# Income

2022

Obese



The highest obesity rates are seen in households earning **over \$60K**, there was a **2% rise** in in childhood obesity among families earning **less than \$60K annually** after the pandemic, highlighting growing health disparities in lower income groups



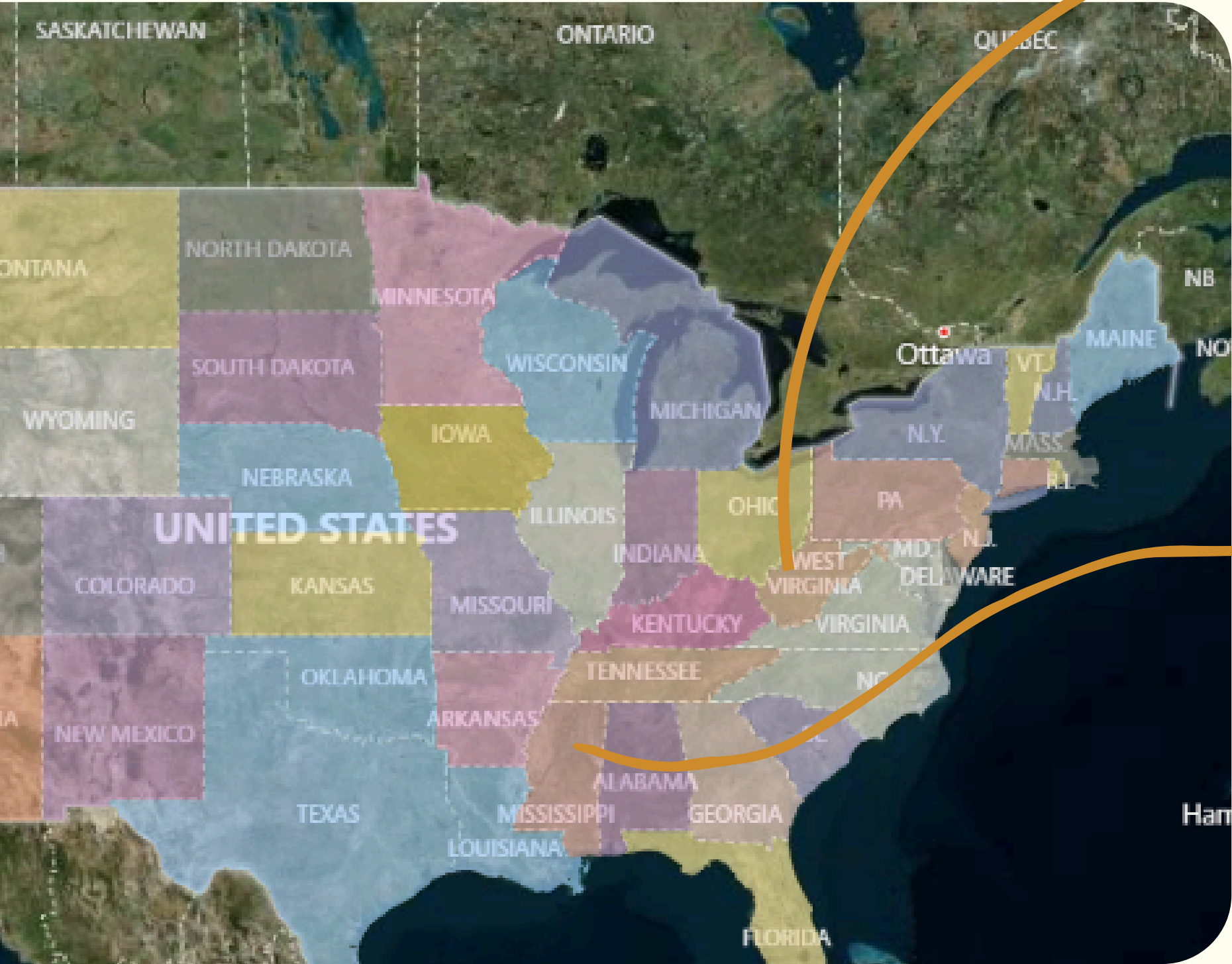


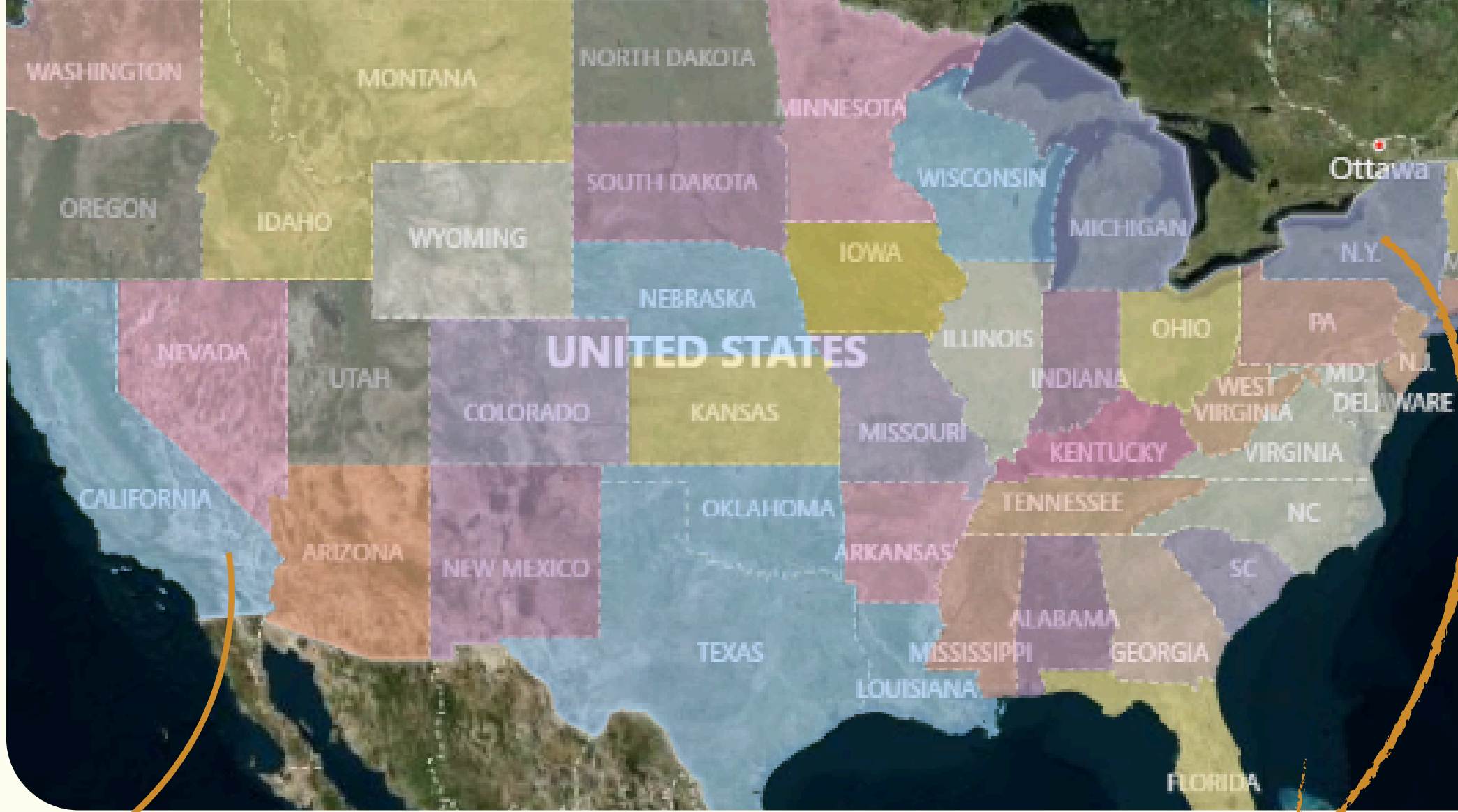
West Virginia reported the highest number of obese children (64), followed by **Mississippi (55) and Arkansas (57)**. Notably, Mississippi and Arkansas consistently ranked among the poorest states according to U.S. Census data, highlights the deep rooted link between poverty and childhood obesity

Obesity# State- 2018

#1
West
Virginia

#2
Mississippi
& Arkansas





#1
California

#2
New York

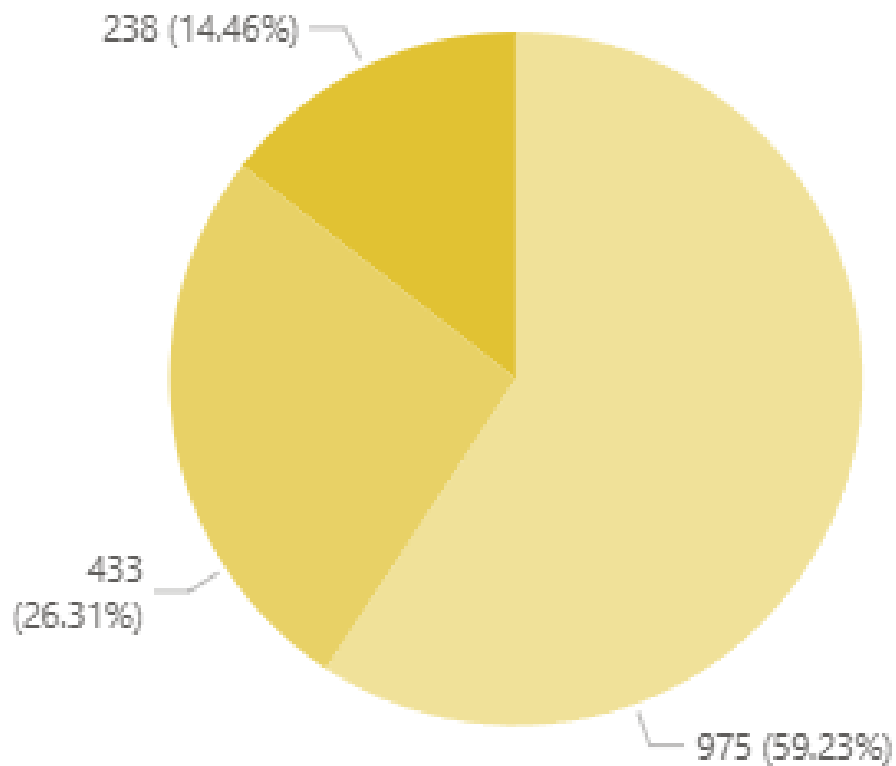
Obesity# State- 2022

California has the highest number of obese children (278), followed by New York (224). While these states are economically stronger, their high populations, urban stressors, limited access to affordable healthy food in low-income areas, could contribute to rising childhood obesity



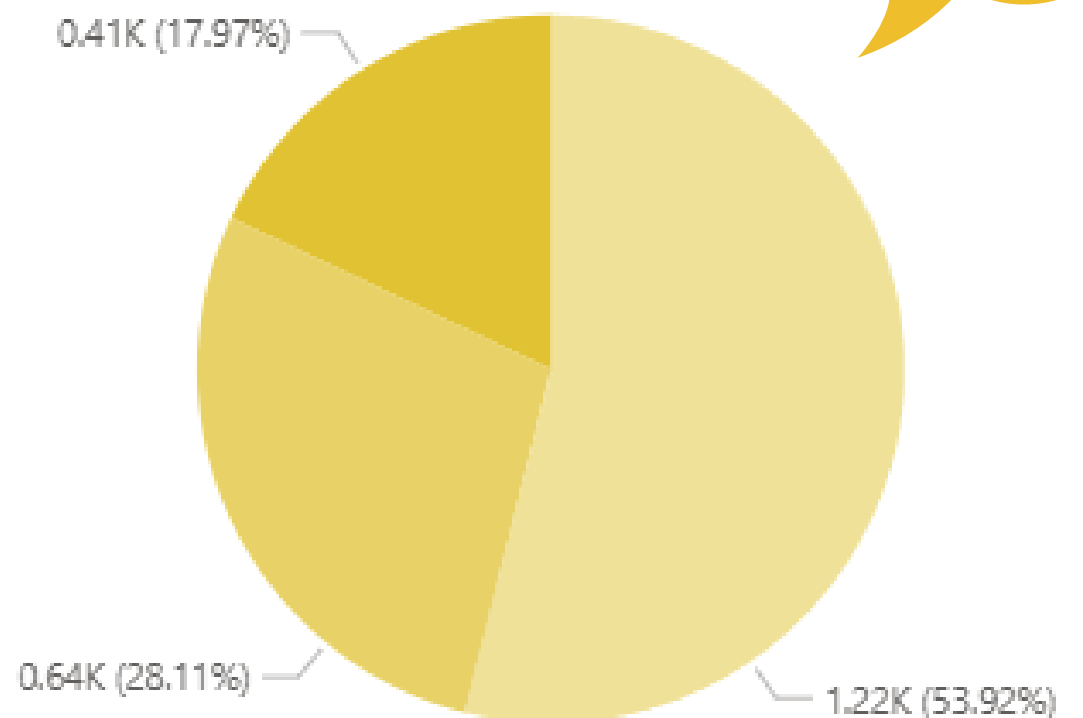
Obesity# Bullied

2018

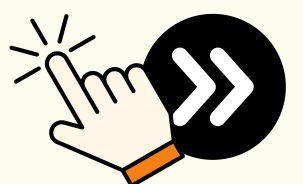


- 1 to 2/month
- 1 to 2/week
- everyday

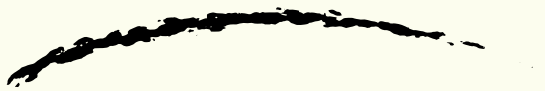
2022



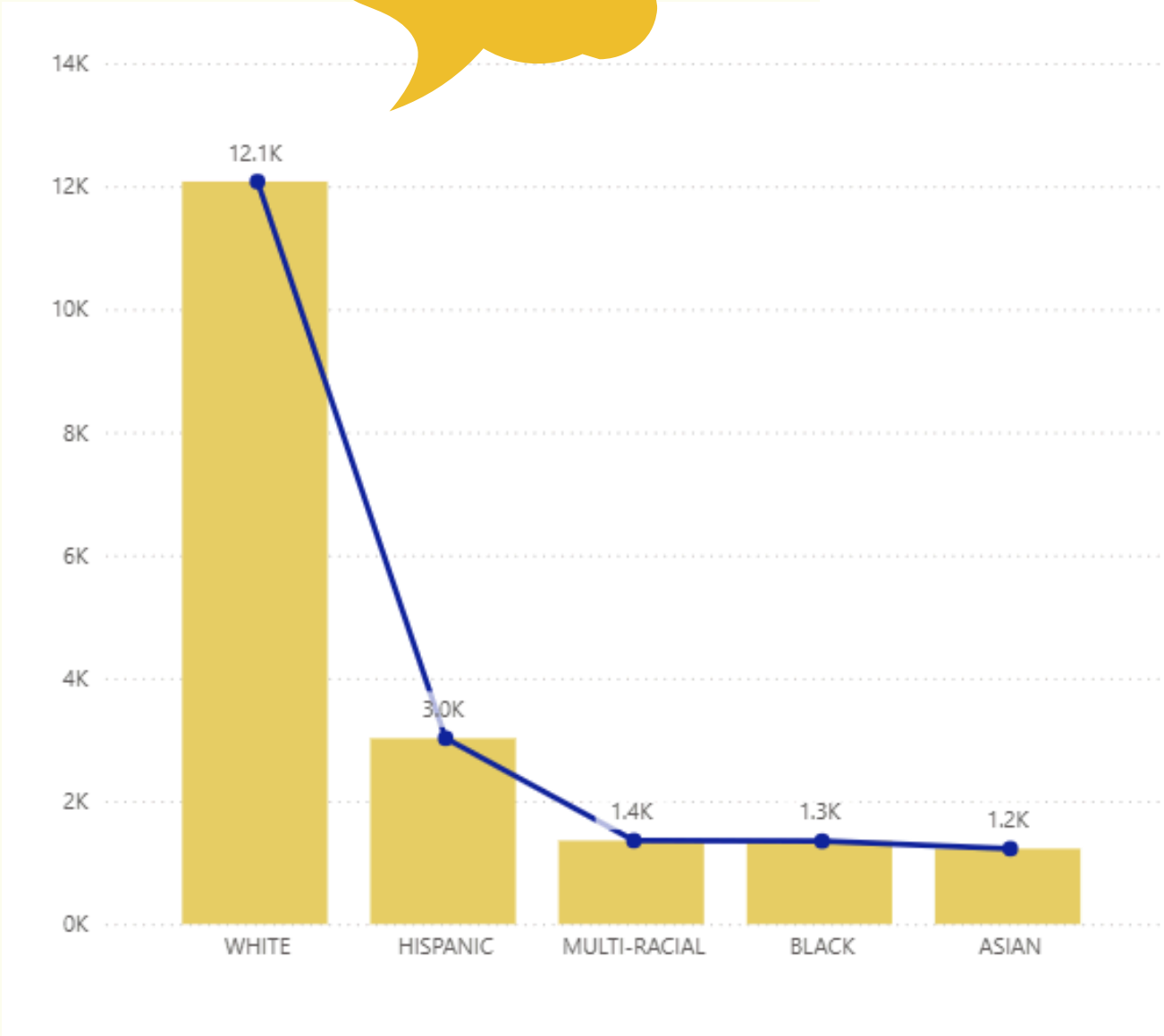
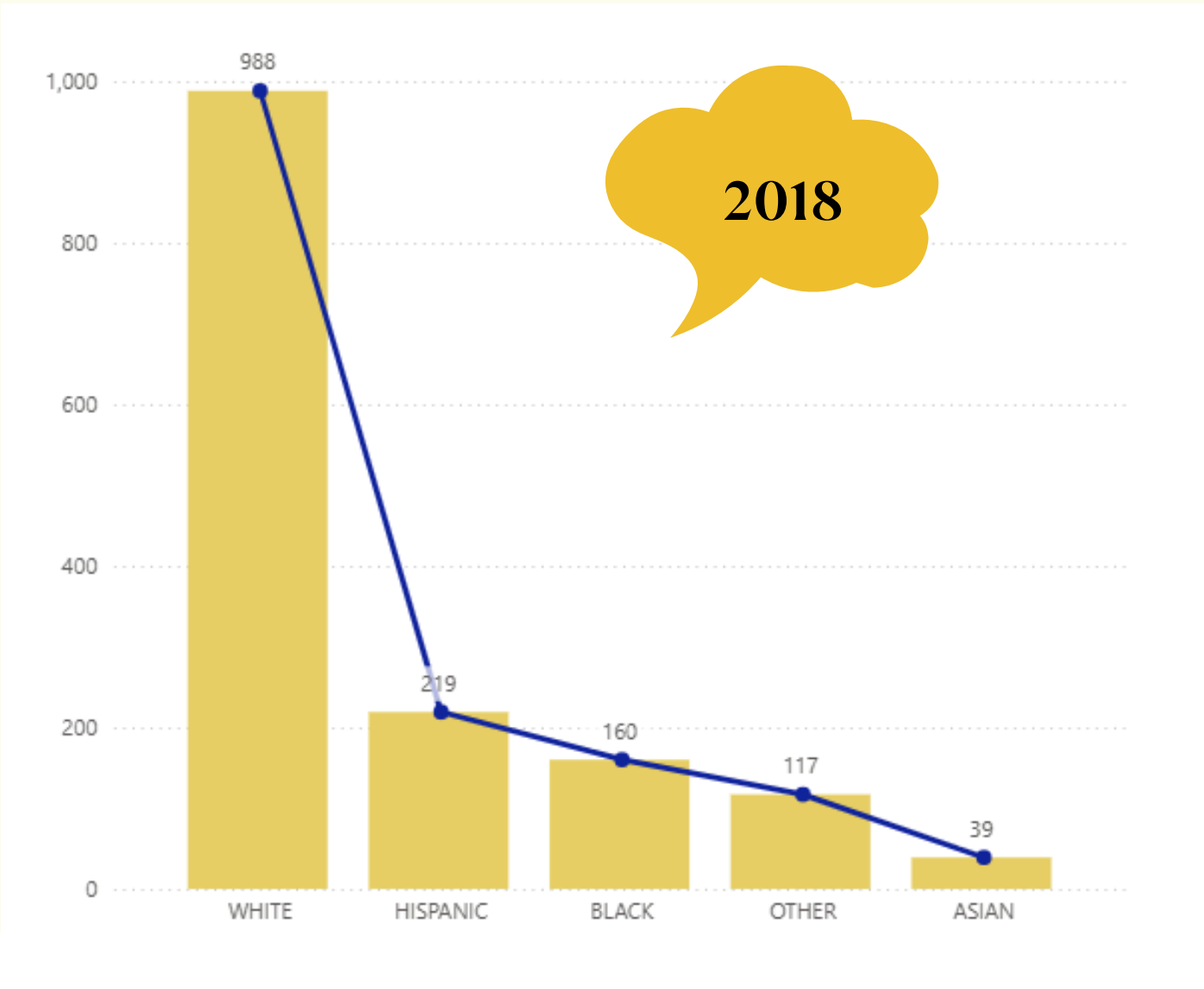
There was a **3%** increase in children being bullied **daily** and a **2%** rise in those bullied **more than once a week**. This surge may be linked to the emotional and social disruptions caused by COVID. These factors may have intensified peer conflicts and reduced coping skills among children



Obesity# Race



2022



White children consistently showed the highest obesity rates across both years, rising from **988 cases in 2018** to **1,523 in 2022**, by more than **50% increase**. This growth among white children may reflect broader lifestyle, dietary, or post-pandemic behavioral shifts

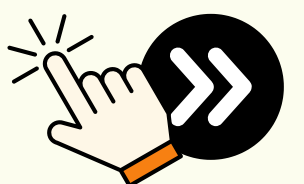


Key Insights


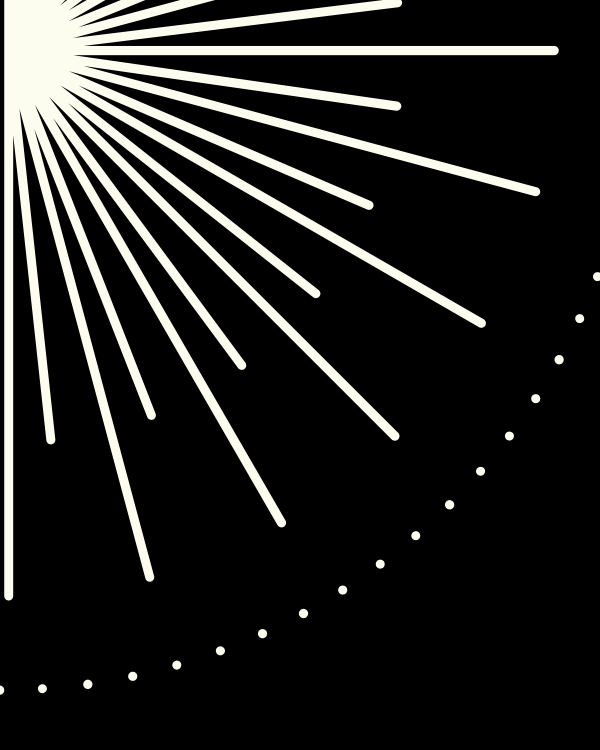
In 2018, **West Virginia, Mississippi, and Arkansas** had the highest number of obese children, with **64, 57, and 55** cases respectively. These states also rank among the poorest states in the country highlighting a clear link between poverty and childhood obesity

Obesity was significantly higher among **White children**, with cases rising from **988 in 2018 to 1,523 in 2022**, a **54% increase**. Although population differences play a role, the growth rate indicates rising vulnerability in this demographic group after COVID

After the pandemic, **daily bullying rose by 3%**, and **weekly bullying by 2%**. This likely stems from increased social anxiety, disrupted schooling, and reduced mental health resources during remote learning phases



Conclusion



This project reveals how childhood obesity is deeply intertwined with income level, race, geography, and post covid changes.

By analyzing these patterns, we emphasize the urgent need for targeted public health interventions, equitable access to nutrition and care, and stronger mental health support systems for children across the country

