

CHILDHOOD OBESITY

34% of children in San Mateo County are overweight or obese. This will lead to a lifetime of serious health issues including high blood pressure, risk of diabetes, some types of cancer, cardiovascular disease and even shorter lives.

Overweight and Obesity among Children in San Mateo County Cities - 2010

City	2010 Obese + overweight
South San Francisco	47.0%
San Bruno	43.4%
Daly City	39.2%
Redwood City	37.4%
San Mateo County	34.1%
San Mateo	33.2%
Pacifica	33.1%
Foster City	29.9%
San Carlos	29.2%
Menlo Park	26.1%
Millbrae	24.8
Burlingame	24.4

Source: Babey, S. H., et al. (2011). [A patchwork of progress](#): Changes in overweight and obesity among California 5th-, 7th-, and 9th-graders, 2005-2010. UCLA Center for Health Policy Research and California Center for Public Health Advocacy.