

Overweight and Obesity among Children by California Cities - 2010

Ventura County Fact Sheet

The health of California's children is all over the map as evidenced by the first-ever release of childhood overweight and obesity numbers by city. Over 250 California cities were analyzed for the study conducted by the UCLA Center for Health Policy Research and the California Center for Public Health Advocacy, revealing shocking discrepancies based on locale.

- While 38 percent of the state's children are overweight or obese, city ranges begin as low as 11 percent (Manhattan Beach) and climb five-fold to 53 percent for the state's poorest performing city (Huntington Park).
- In Ventura County, city ranges begin as low as 25.7 percent (Thousand Oaks) and climb to 52.6 percent in the county's poorest performing city (Port Hueneme).

Ventura County City	2010 Overweight + Obese %
Port Hueneme	52.6%
Oxnard	47.9%
Santa Paula	47.9%
Ventura	33.1%
Simi Valley	30.7%
Camarillo	30.2%
Moorpark	29.2%
Thousand Oaks	25.7%
VENTURA COUNTY	35.9%
CALIFORNIA	38.0%