

F as in Fat:
How Obesity Threatens
America's Future

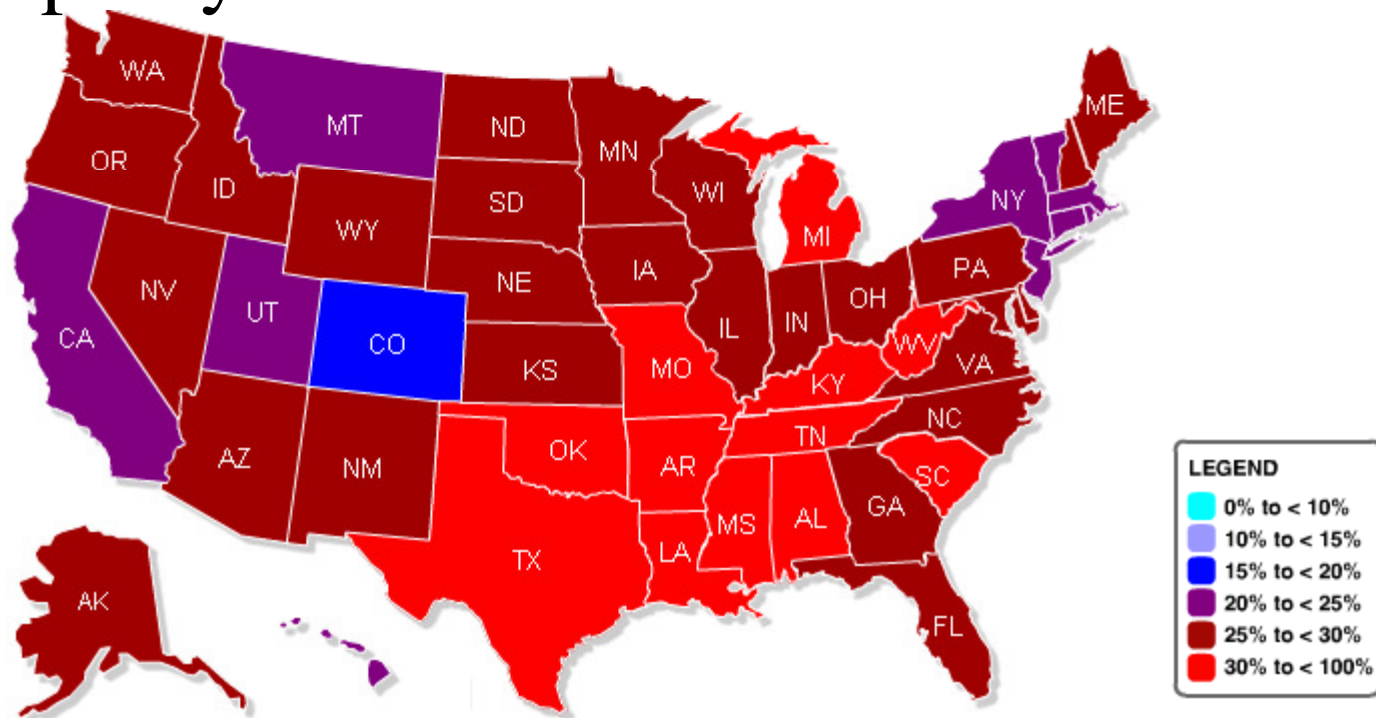
Jeffrey Levi, PhD
Executive Director
Congressional Briefing
September 8, 2011

Overview

- The increasing rates of obesity and persisting disparities represent a significant threat to the nation's health
- Data from the past several decades underscore the severity of the epidemic and the challenges we face addressing it
- However, public and private efforts are working to address obesity.
- More than a health problem: it also threatens our productivity, competitiveness and security.

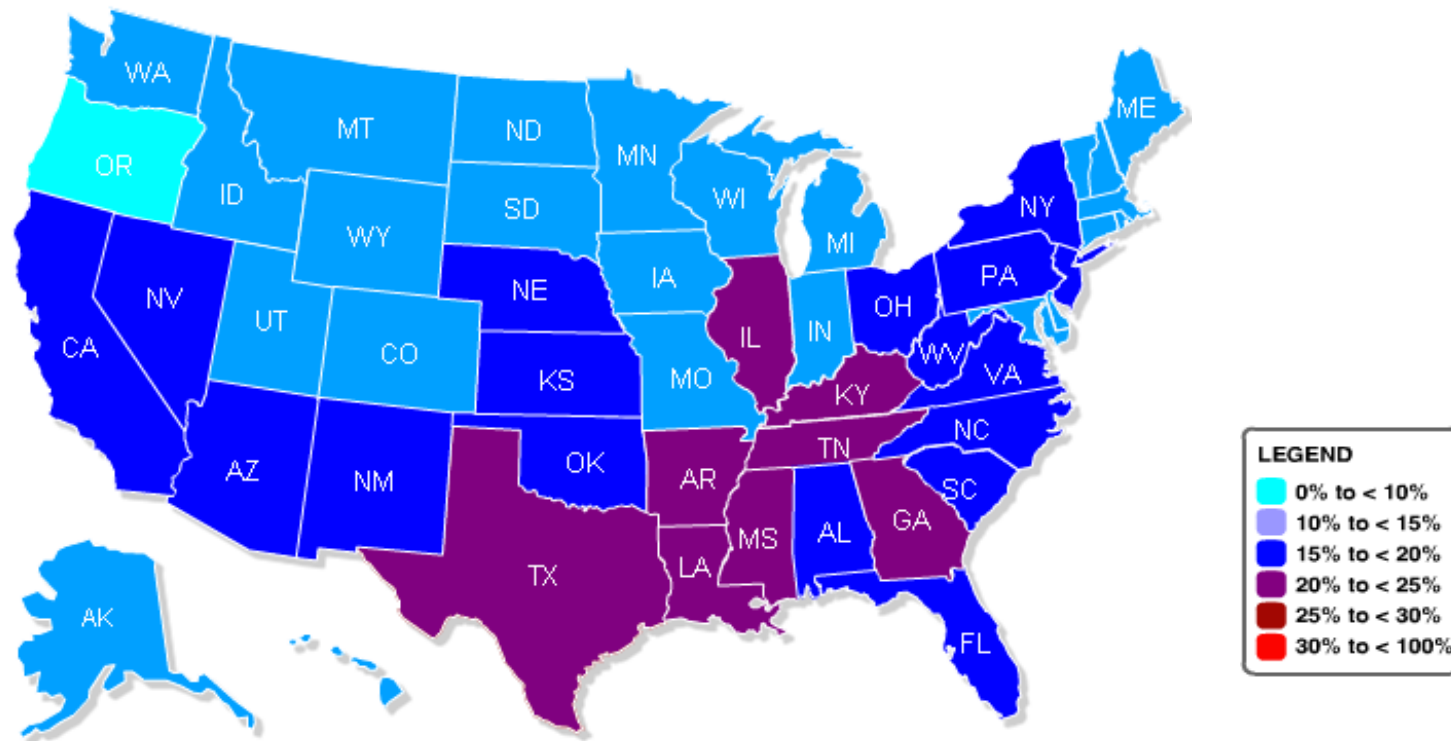
Adult Obesity Continues to Rise

- Adult obesity rates increased in 16 states in the past year



Obesity Threatens Youth

- An estimated 12 million children are obese

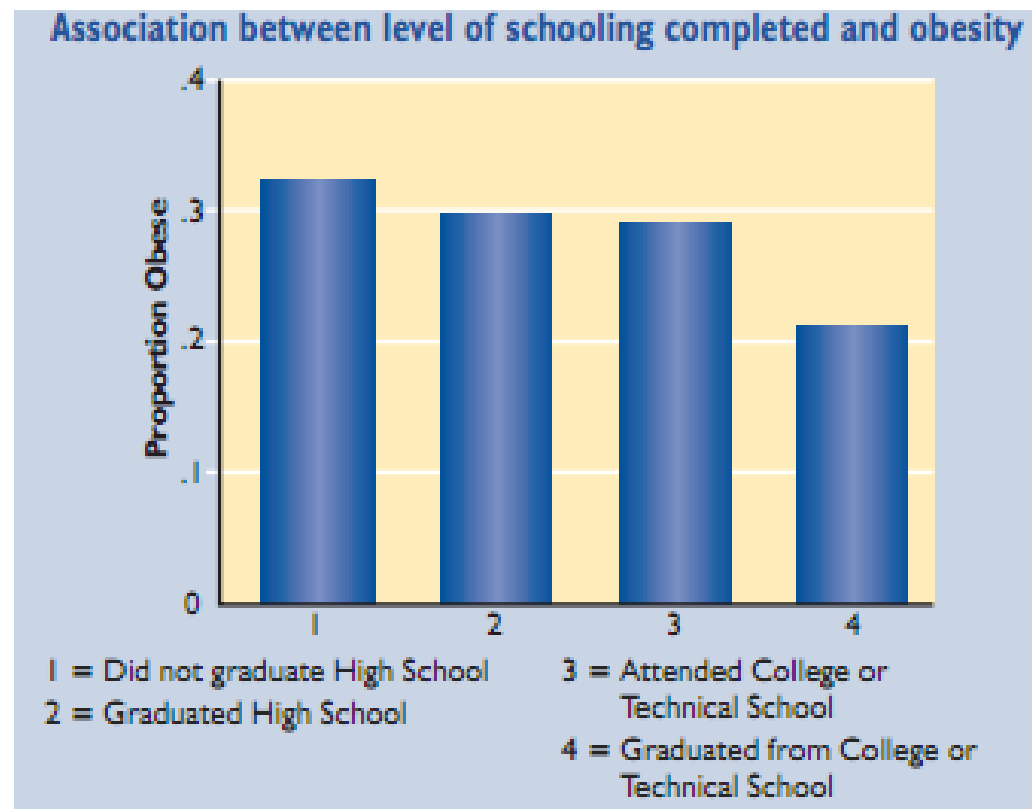


Disparities in Obesity Persist

- Racial, ethnic, and regional disparities continue to persist
 - Black obesity rates exceeded 30 percent in 41 states and D.C.; Latino rates in 23 states
 - Yet, White obesity rates exceeded 30 percent in only four states
 - 9 out of the 10 states with highest rates were in the South

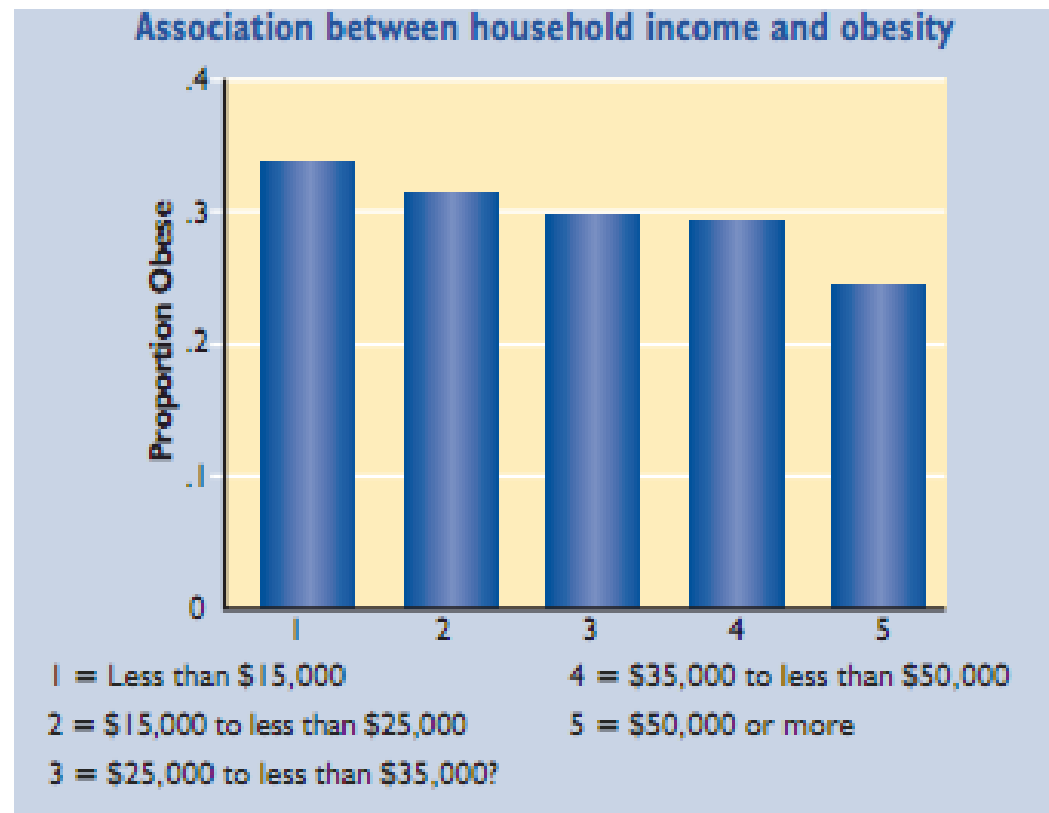
Disparities in Obesity Persist

- Education level is associated as well



Disparities in Obesity Persist

- Income is associated as well

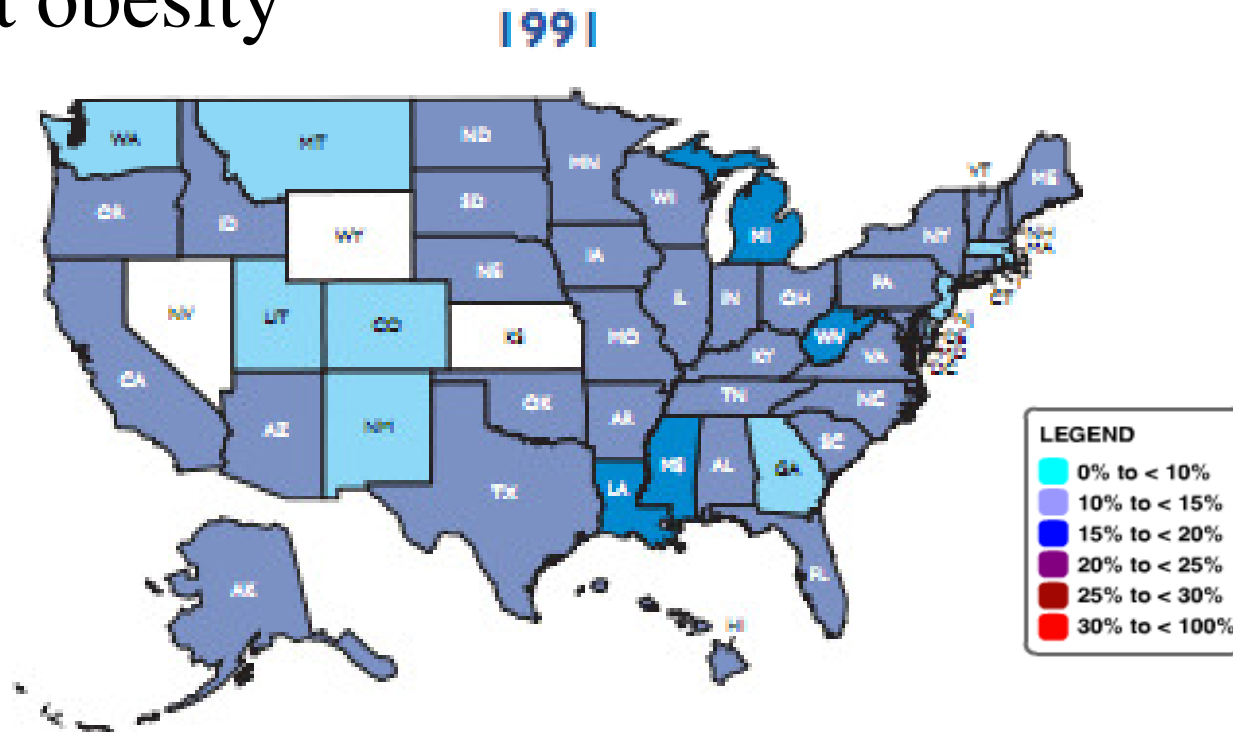


Risk Factors and Co-Morbidities Also on the Rise

- 14 states saw an increase in physical inactivity in the past year
 - Two states saw a significant decrease
 - Actual adherence to recommended levels of physical activity may be even lower
- 12 states saw increased rates of diabetes in the past year
- Increases in rates of hypertension are also strongly evident over the reporting periods

This is Not a New Problem

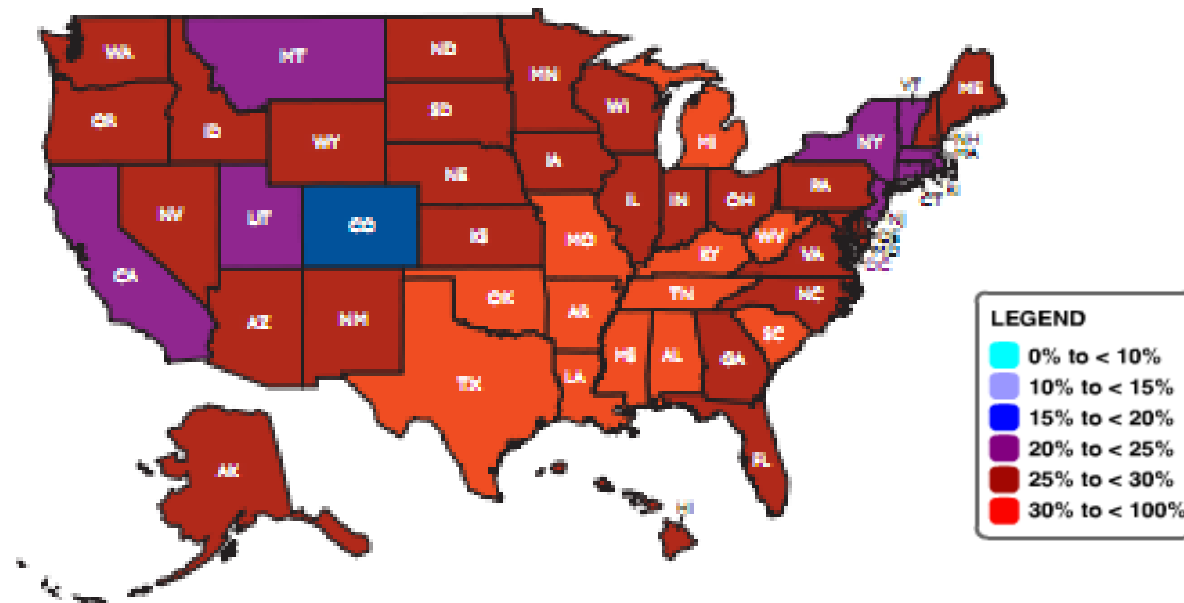
- 20 years ago, no state had more than 15 percent obesity



This is Not a New Problem

- Since then, rates have more than doubled in seven states.

2008-2010 Combined Data



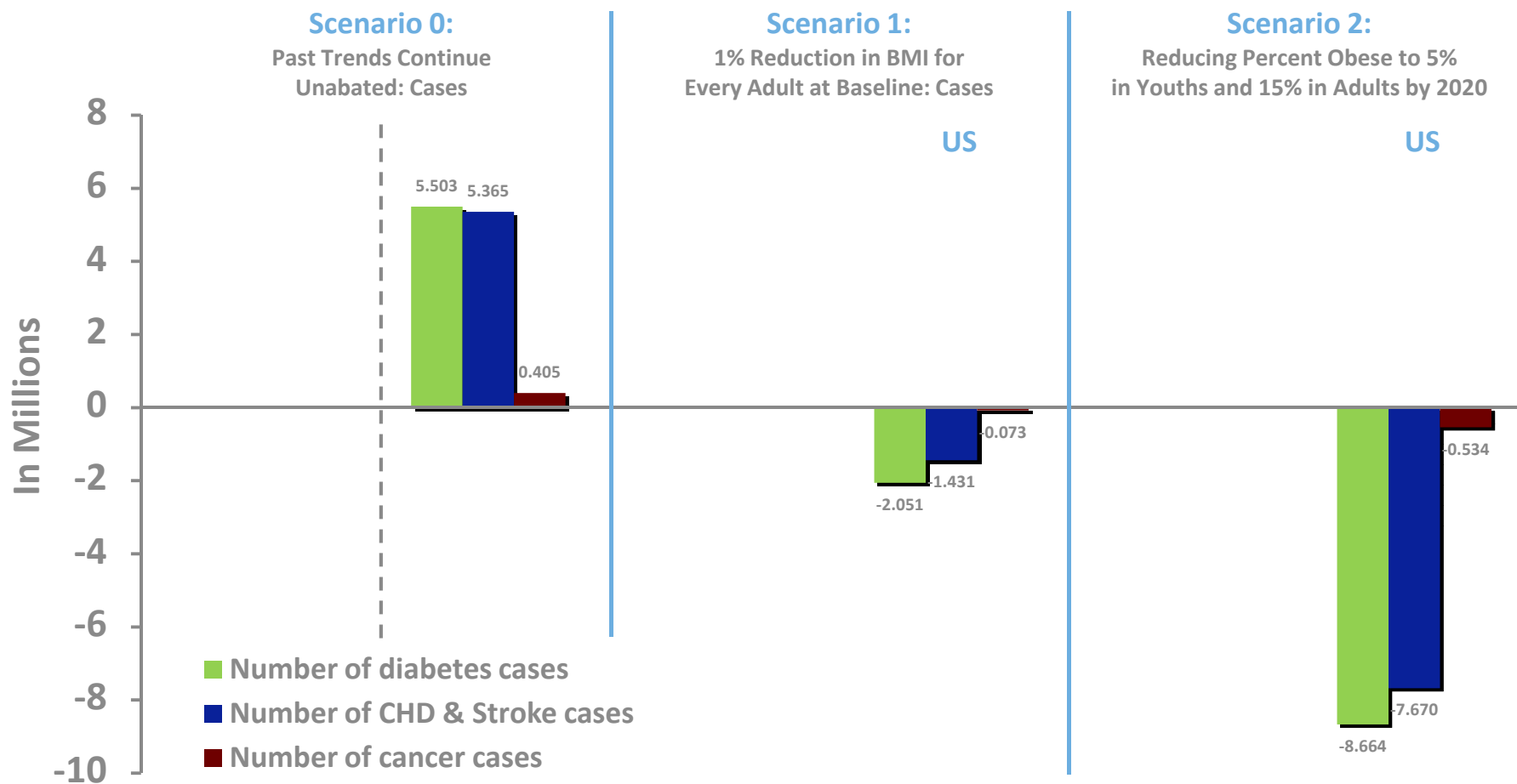
Obesity Persists as a National Threat

- ❑ Adult obesity rates continue to rise while child and adolescent rates are relatively stable, but significant.
- ❑ Disparities in obesity rates and risk factors illustrate the many factors that are compounding this problem.
- ❑ Economic and national security impact are significant as well.

Slowly Turning the Tide

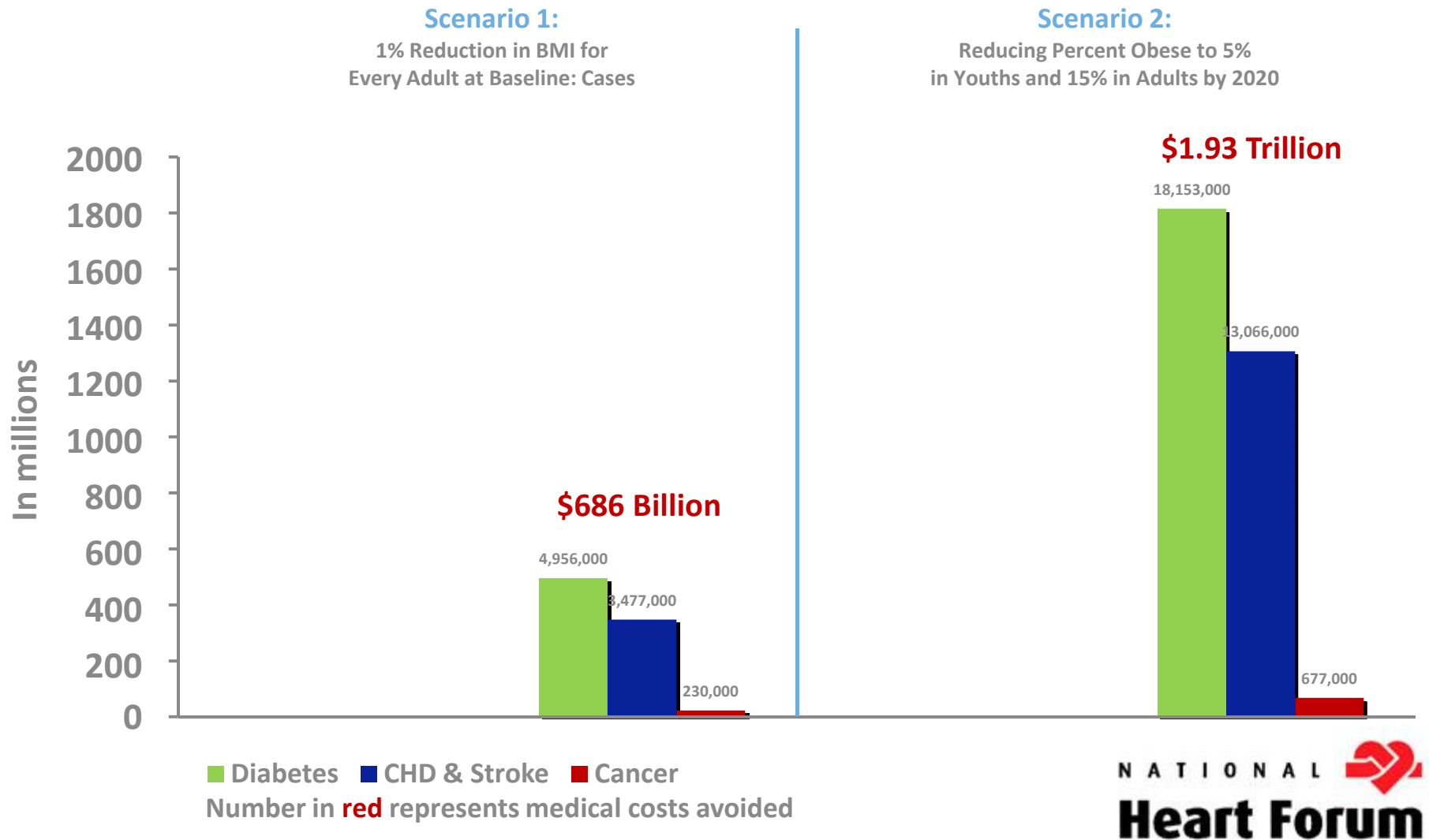
- ❑ We cannot reverse a problem that has exacerbated over many decades overnight.
- ❑ Healthy People 2020 Goal
 - ❑ 30.6 percent adult obesity (10 percent reduction)
- ❑ The silver lining is that even small reductions in obesity prevalence can have a major impact on the epidemic.

What-if Scenarios – Changes in Disease Burden



Number in red represents gain/loss in QALYs

What-if Scenarios – Associated Health Care Costs



Source: Wang YC, McPherson K, Marsh T, Gortmaker SL, Brown M. Health and economic burden of the projected obesity trends in the USA and the UK. *Lancet*. 2011 Aug 27;378(9793):815-25.

Removing Barriers to Healthy Choices

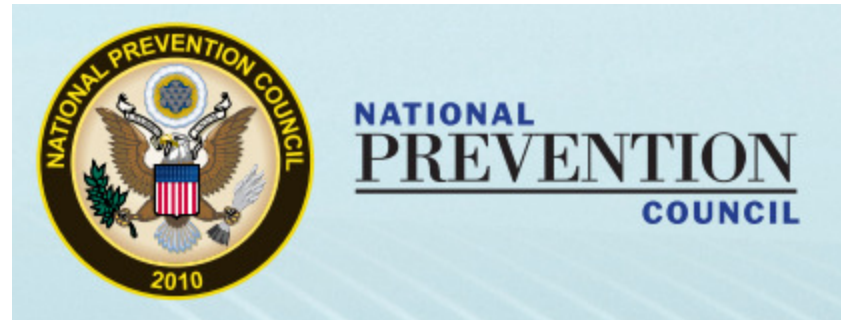
- ❑ Ready access to affordable healthy food
- ❑ Ready access to safe places to be physically active
- ❑ Integrating physical activity into school and work settings
- ❑ Improving food choices in schools and at work
- ❑ Access to health services that address obesity

Major Efforts Underway

- *Let's Move* and White House Task Force on Childhood Obesity
- Prevention and Public Health Fund and Community Transformation Grants
 - Focus on communities creating coalitions to prevent chronic disease
- Other ACA Work
 - Menu labeling, essential health benefits, etc.
- Healthy, Hunger Free Kids Act
- National Physical Activity Plan

National Prevention Strategy

- Announced in June 2011
- Product of participation of 17 federal agencies
- Weaving prevention into all aspects of life
- Recognizing a role for all public and private stakeholders



112th Congress and New Opportunities

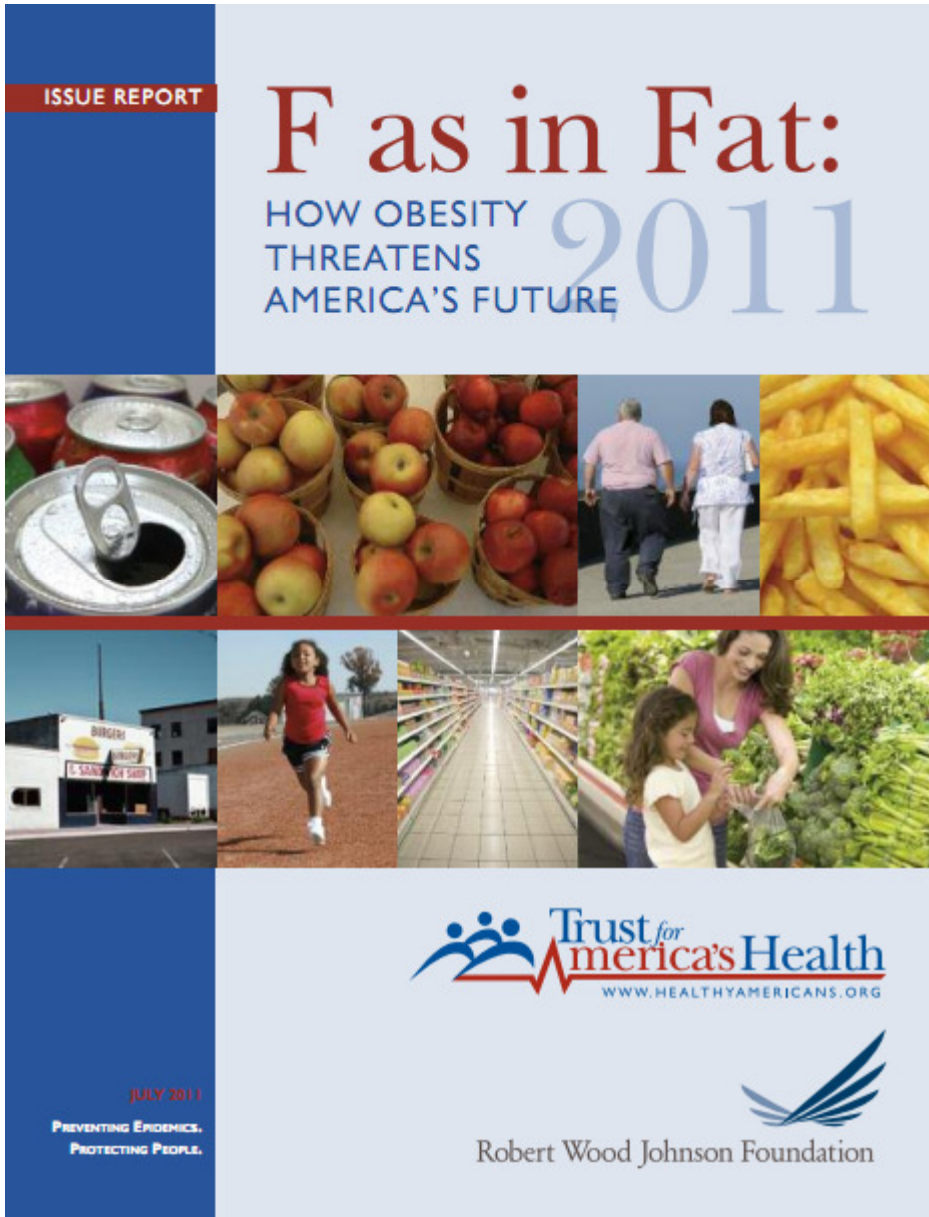
- Surface Transportation Reauthorization
 - Maximizing ability of Americans to be physically active.
- Elementary and Secondary Education Act
 - Promoting nutrition and physical activity in schools.
- Farm Bill
 - Maximizing availability, accessibility, and affordability of healthy foods.

Maintaining the Momentum

- It will take a sustained effort to reverse a problem that has built over several generations
- We see major new initiatives across levels of government and in the private sector
 - The public supports and believes in these investments
 - Increasing public investment through the Prevention Fund
 - Reassessing and re-evaluating policies and programs as we learn what works

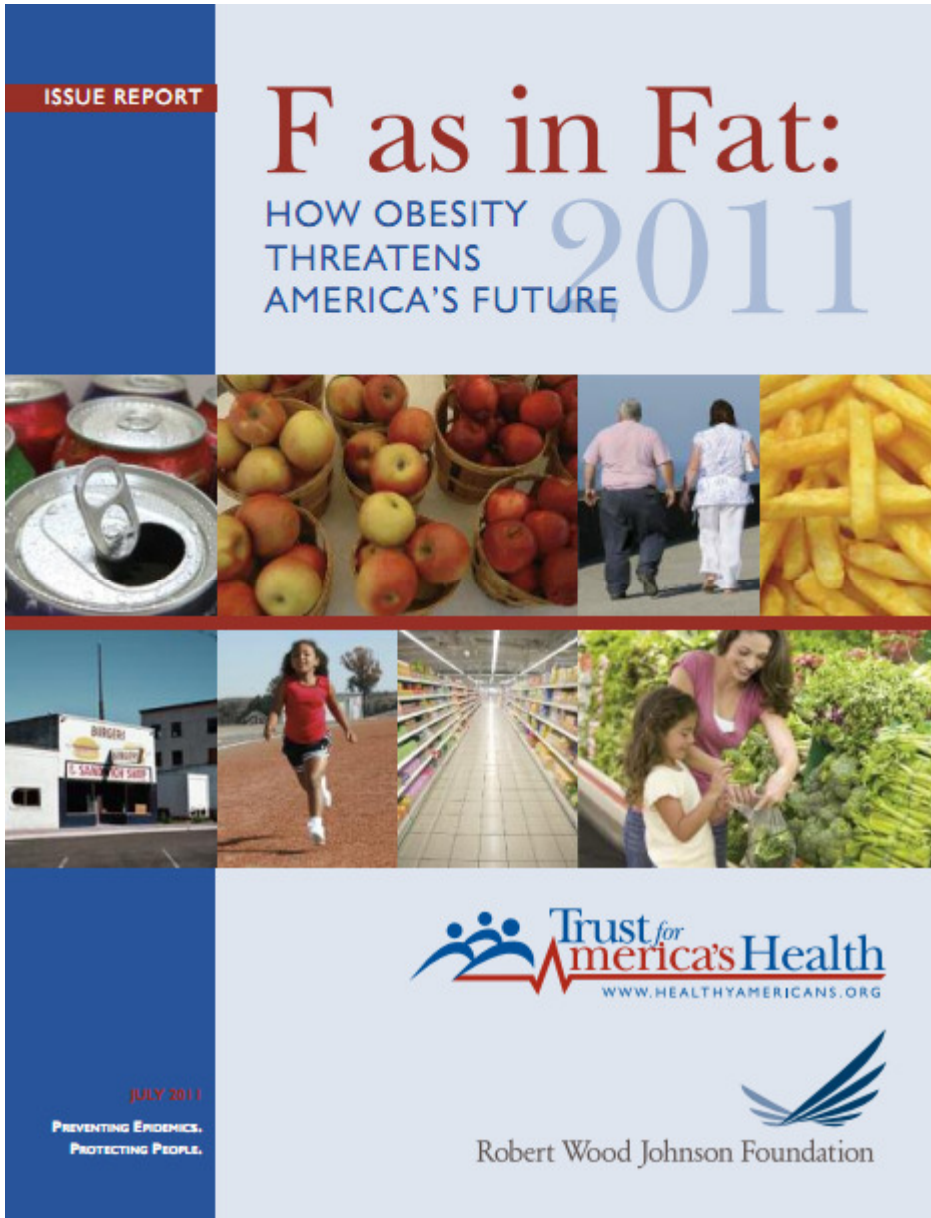
For Further Information

- Please visit our health reform website at: <http://healthyamericans.org/health-reform/>
- The full text of *F as in Fat: How Obesity Threatens America's Future 2011* is available at: <http://healthyamericans.org/reports/obesity2011/>
- Feel free to contact Jeff Levi, Executive Director, at jlevi@tfah.org if you have any further questions



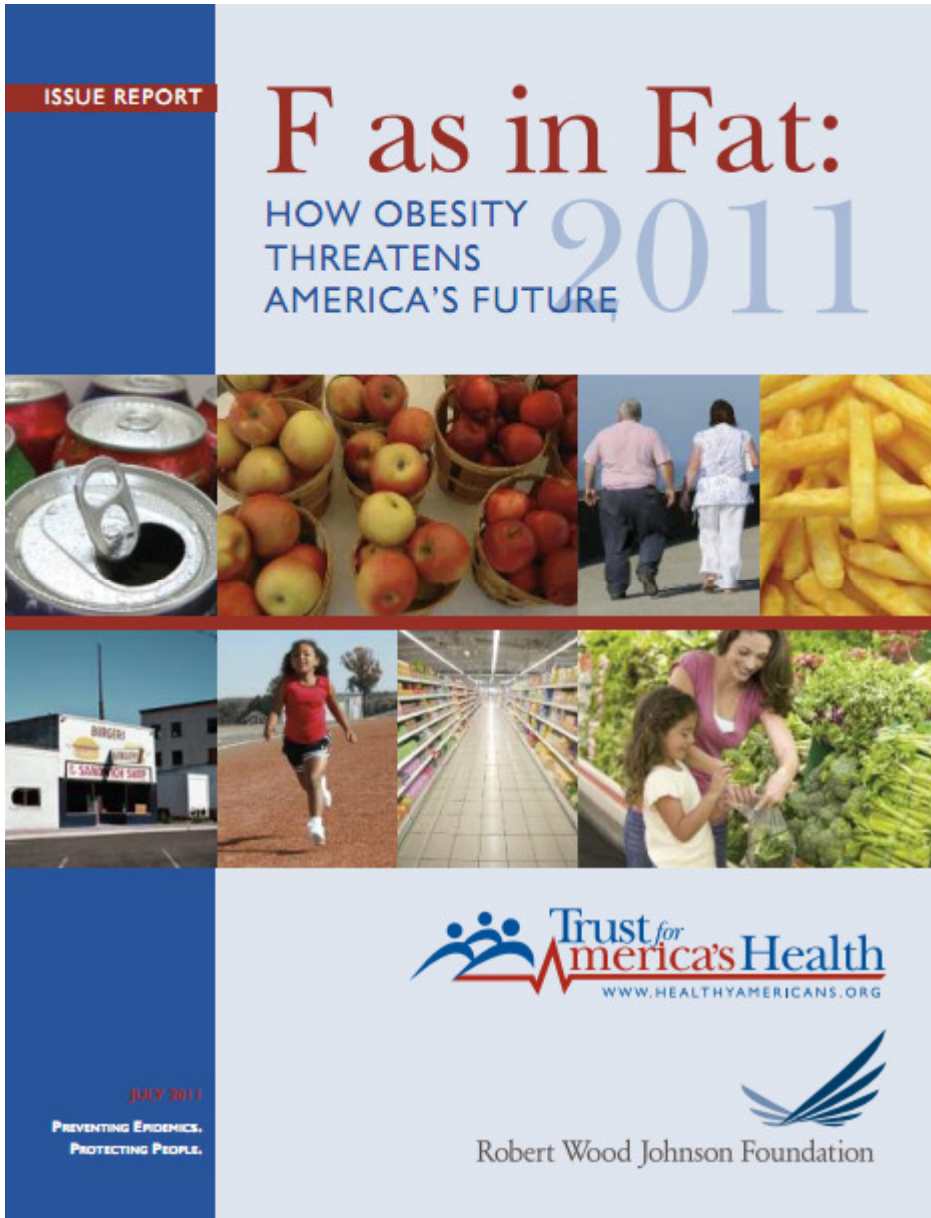
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