
Poor Nutrition and Obesity In North Carolina

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Bagel or Donut?



420 calories, 8 grams fat, 6 saturated



200 calories, 12 grams fat, 6 saturated

Nutrition and Physical Activity Prevention Unites Chronic Diseases

Component	Cancer	DM	CVD
Calories	X	X	X
Dietary Fat	X	X	X
Fruits & Veg	X	X	X
Alcohol	X	X	X
Whole Grains	X	X	X
Physical Activity	X	X	X
Salt			X

CA Cancer J Clin. 2006;56(5):254-81
Diabetes Care. 2006;29(9):2140-57
Circulation. 2006;114(1):82-96

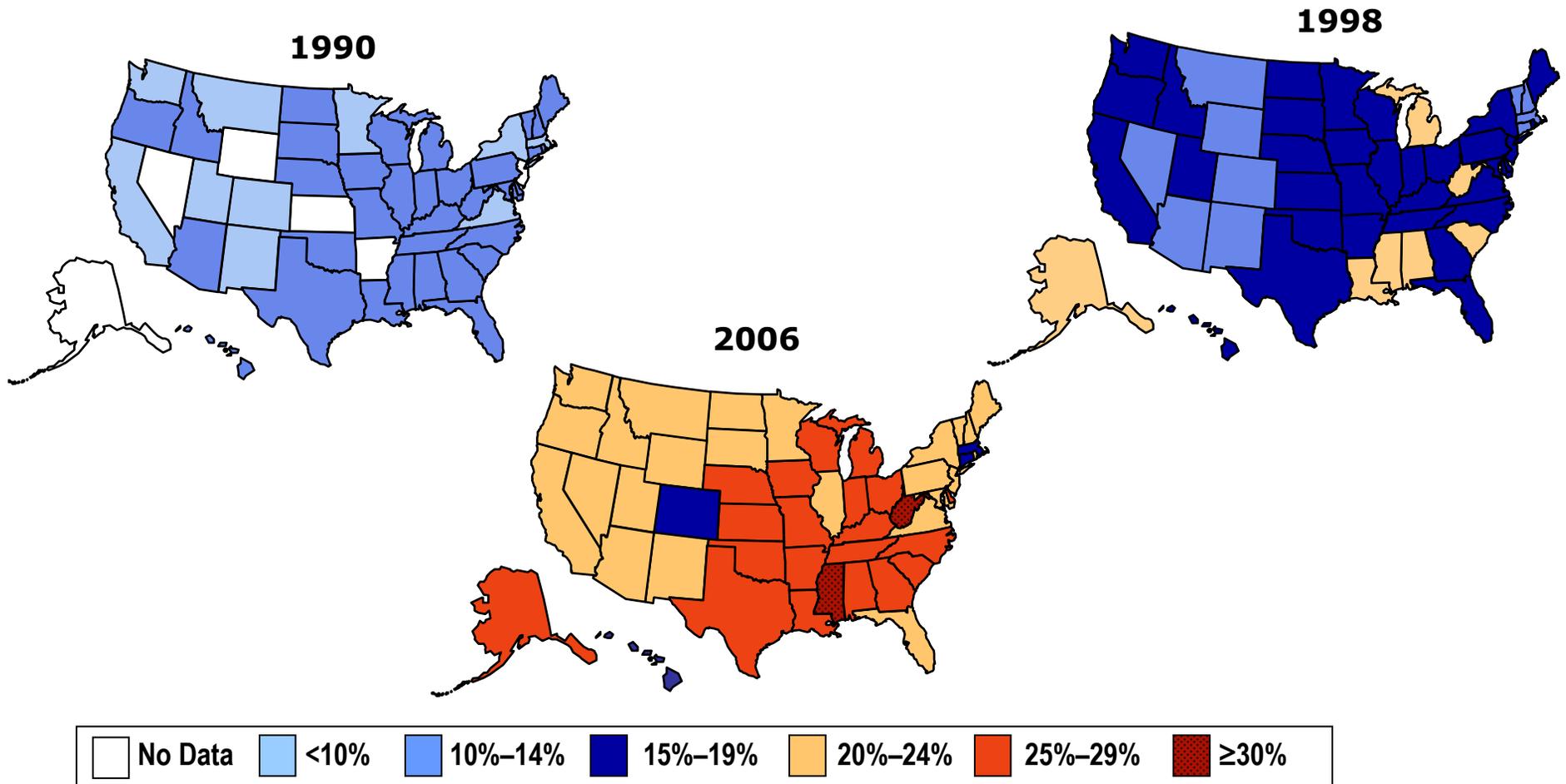
Presentation Overview

- Overweight and obesity in North Carolina
- CDC Behavior Change Priorities
- Obesogenic Environment
- Burden of Obesity in NC

Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1998, 2006

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)

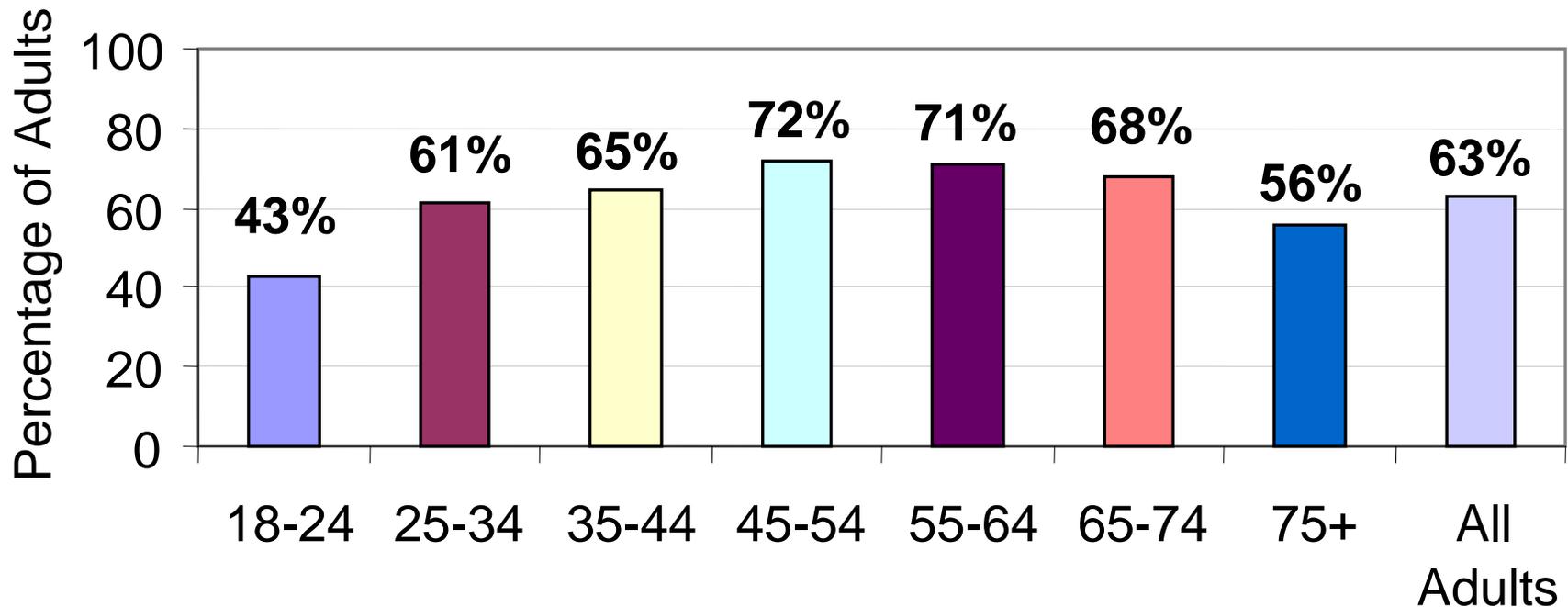


N.C. Obesity Facts

- NC Adult Prevalence
 - 17th most overweight state
 - Adult obesity rates have more than doubled from 1990 to 2006

The Problem

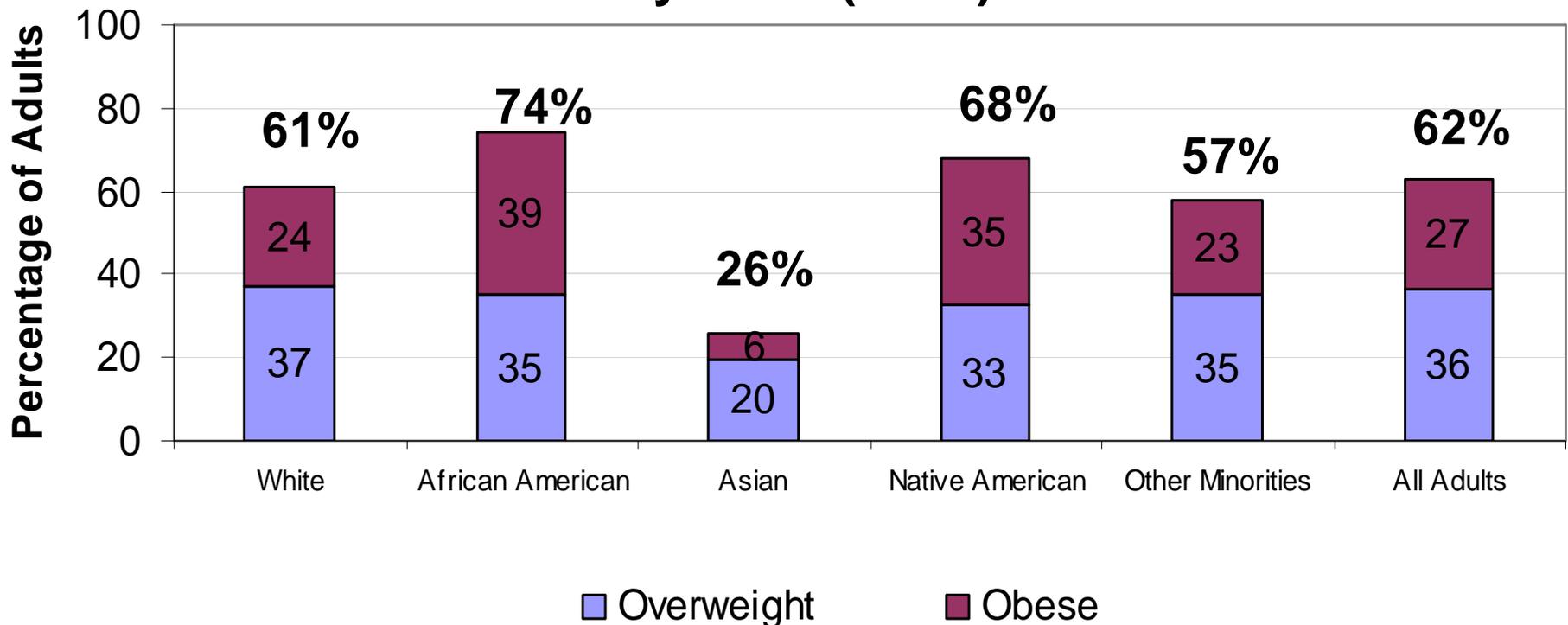
**Percentage of NC Overweight or Obese Adults
by Age Group (2006)**



Source: North Carolina Behavioral Risk Factor Surveillance System Survey, N.C. State Center for Health Statistics, N.C. Department of Health and Human Services, (2006).

N.C. Adults by Race

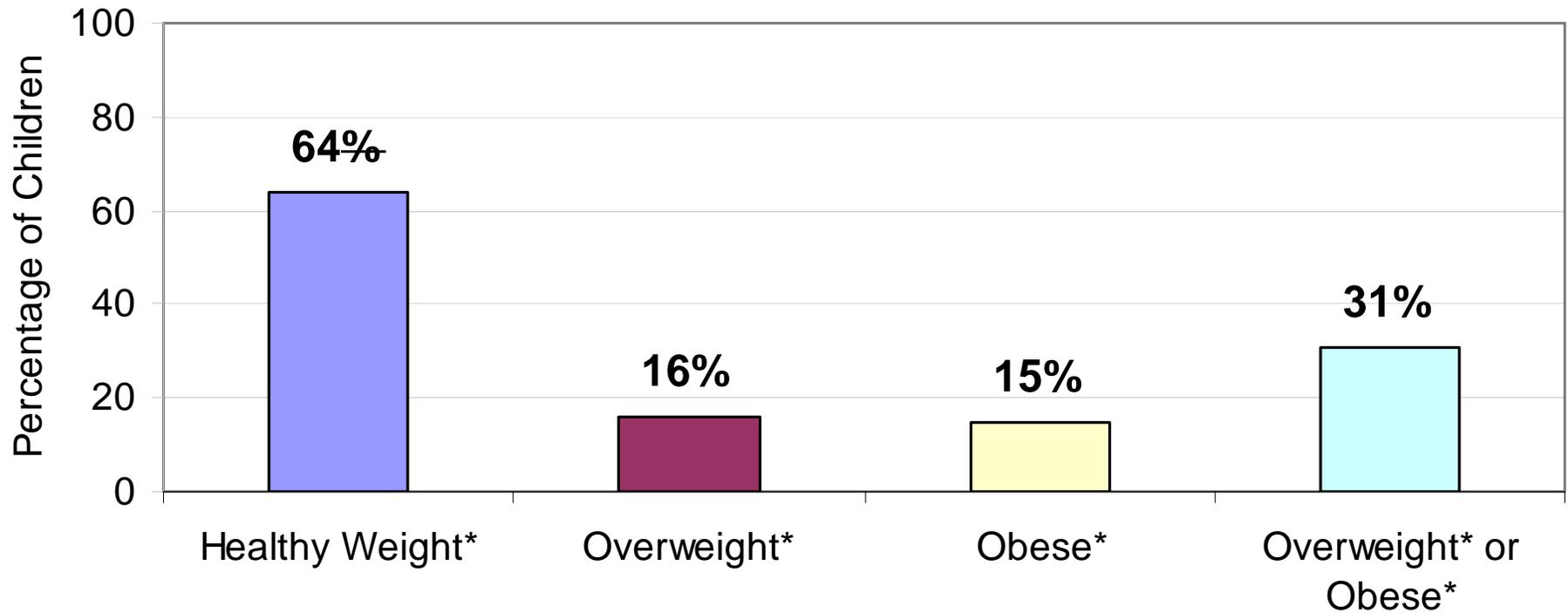
Percentage of NC Overweight or Obese Adults by Race (2006)



Source: North Carolina Behavioral Risk Factor Surveillance System Survey, N.C. State Center for Health Statistics, N.C. Department of Health and Human Services, (2006).

N.C. Children and Youth

Percentage of NC Children and Youth who are Overweight* or Obese*, Age 10-17 (2005-2006)



*BMI categories calculated according to parent-reported height and weight of the child.

Source: North Carolina Child Health Assessment and Monitoring Program Data, North Carolina Center for Health Statistics. (2005-2006).

1 in 5 N.C. kids overweight

State is 5th-worst in U.S., nationwide obesity study says

By LISA ZAGAROLI
McCLATCHY NEWSPAPERS

WASHINGTON — The Carolinas are rearing some of the country's most overweight kids, with nearly one in five tipping the scales at unhealthy weights, a nationwide study of obesity released Monday says.

North Carolina ranks fifth and South Carolina ranks seventh with about 19 percent of children ages 10 to 17 considered overweight, according to the fourth annual report called "F as in Fat: How Obesity Policies are Failing in America." The Trust for America's Health, a health advocacy group, did the study.

South Carolina's adults aren't faring much better. They ranked fifth-worst in the nation, tied with Tennessee, with 28 percent of the residents classified obese.

North Carolina ranked 17th with nearly 26 percent of adults reaching obesity.

Obesity can vary depending on a person's gender, age, height and body mass. Health officials tend to refer to children as at risk of becoming overweight.

N.C. Health Director Leah Devlin said the state's health statistics translate into more diabetes, heart disease and stroke, "not to mention the quality of life issues — depression, social stigma and ostracizing of obese people in our society."

"This is particularly true for children, who suffer from bullying and teasing in school, depression, low self-esteem — these all impact that child's abil-

WHAT'S YOUR BODY MASS INDEX?

One measure of obesity is the body mass index. The BMI calculations differ for adults and children, and consider gender, height, weight and age. A 10-year-old boy who is 4 feet 10 inches tall might be considered average at 90 pounds. A 13-year-old girl who is 5-foot-4 and 115 pounds is in the healthy range, according to a child BMI calculator available on the Mayo Clinic Web site.

<http://www.mayoclinic.com/health/bmi-calculator/NU00597>

<http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>

ity to succeed in school and in life," she said.

Several states have begun taking steps to combat what many view as a health epidemic.

South Carolina's State Board of Education, for example, required in 2006 that elementary schools offer a low-fat choice at every meal, the report noted.

North Carolina requires that children in grades kindergarten through eighth grades get at least 30 minutes of physical activity each day, and school cafeterias must offer healthier choices.

Angela Baucom, principal of Bailey Middle School in Cornelius, said her school will have a special program who are not physically fit and perhaps are overweight.

As in other Charlotte-Mecklenburg schools, Baucom said, Bailey will not have fried food in the cafeteria or sweet drinks in vending machines. She still sees children bring unhealthy food from home, though.

Jeff Levi, executive director of the Trust for America's Health, said fixing the national problem requires a major societal shift, such as the one that

helped turn around the prevalence of smoking in America.

The problem has to be addressed in schools, in restaurants, on the job and in the home to be effective, said Dr. Jim Marks, a vice president at the Robert Wood Johnson Foundation, which helped pay for the study.

Mississippi had the worst obesity rate in the nation for the third year in a row, reaching 30 percent for adults, the report said.

Vandana Shah, executive director of the N.C. Health and Wellness Trust Fund, said the group has been tracking 1,500 individuals involved in a variety of programs targeting obesity and plans to announce positive results in the next few weeks.

A group that questions the validity of the obesity epidemic said it is irresponsible to call for sweeping policy changes to address obesity.

"Above all else, obesity is an individual issue that will only be solved by exercising personal responsibility," said J. Justin Wilson, senior analyst at the Center for Consumer Freedom.

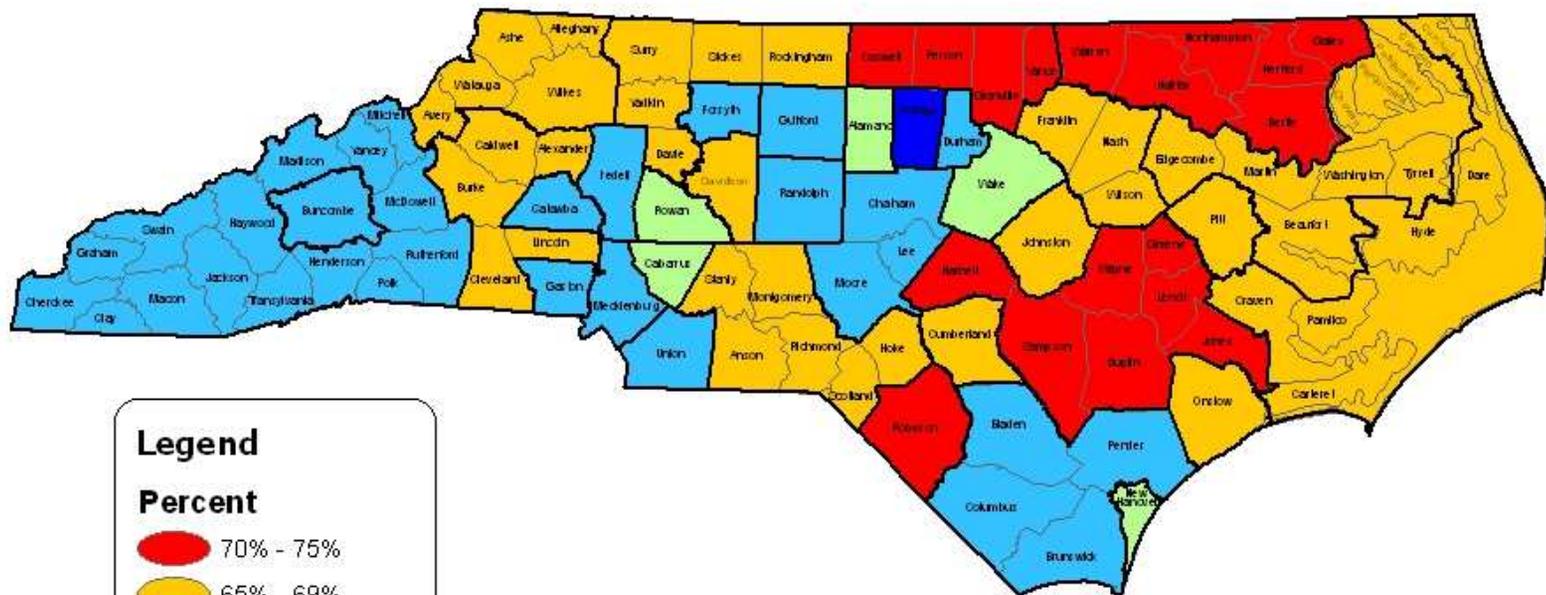
NC Obesity Facts

- NC Children and Youth Prevalence
 - 5th highest rate of overweight and obese youth in the U.S. (ages 10-17).
 - 50% higher rates in rural children



Percentage of North Carolina Adults Who Are Overweight or Obese

BMI* ≥ 25



Legend

Percent

- 70% - 75%
- 65% - 69%
- 62% - 64%
- 57% - 61%
- 47% - 56%
- BRFSS Regions
- County Boundary

Source: 2006 Behavioral Risk Factor Surveillance System (BRFSS)

*Body mass index is computed as weight in kilograms divided by height in meters squared: (kg/ m²). BMI is an intermediate variable used in defining overweight and obesity. Underweight=BMI less than 18.5, Recommended Range=BMI 18.5 to 24.9, Overweight=BMI 25.0 to 29.9 and Obese= BMI greater than 30.0



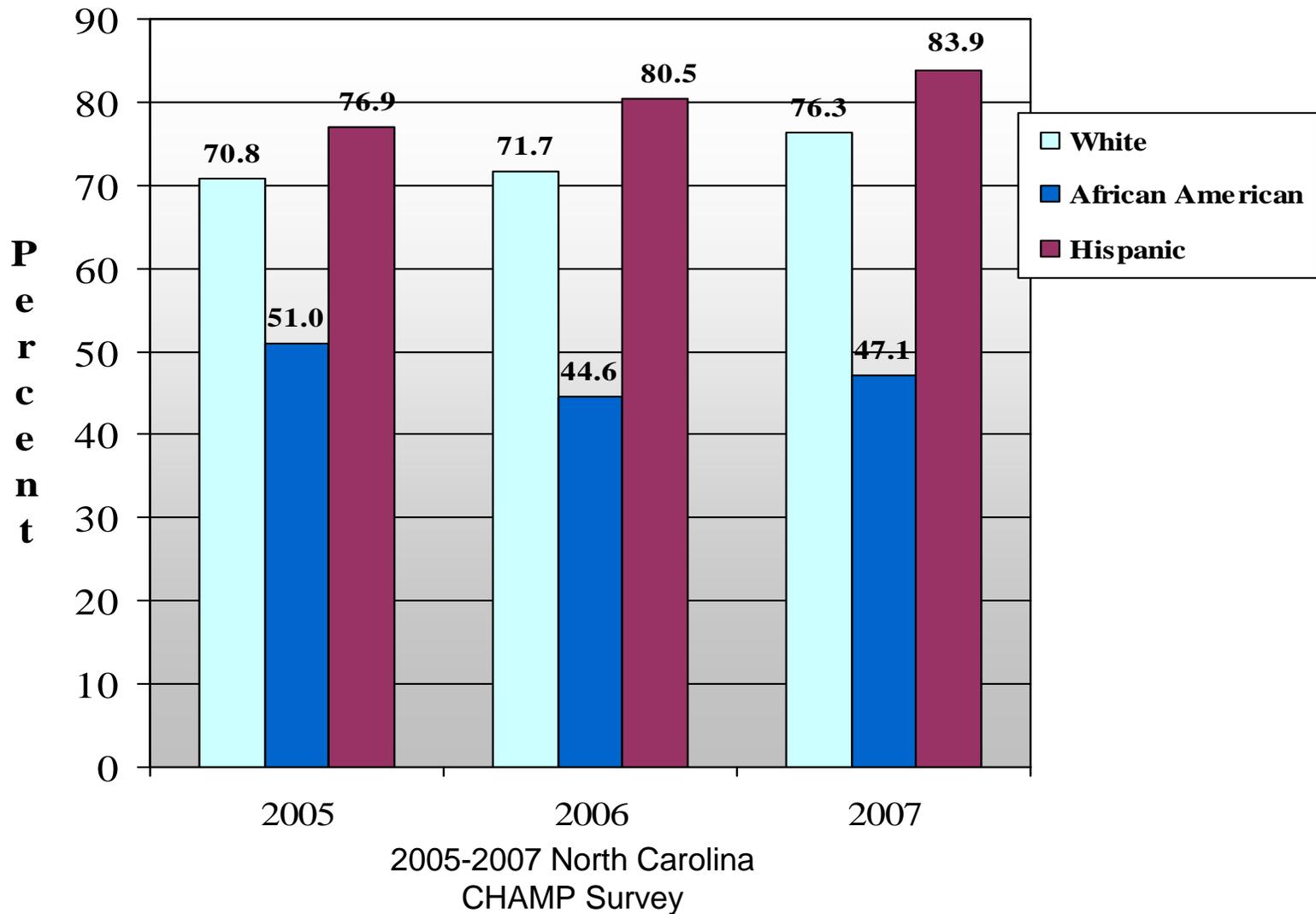
NC State Center for Health Statistics

<http://www.eatsmartmovemorenc.com/ObesityInNC/ObesityInNC.html>

Behavior Change Strategies

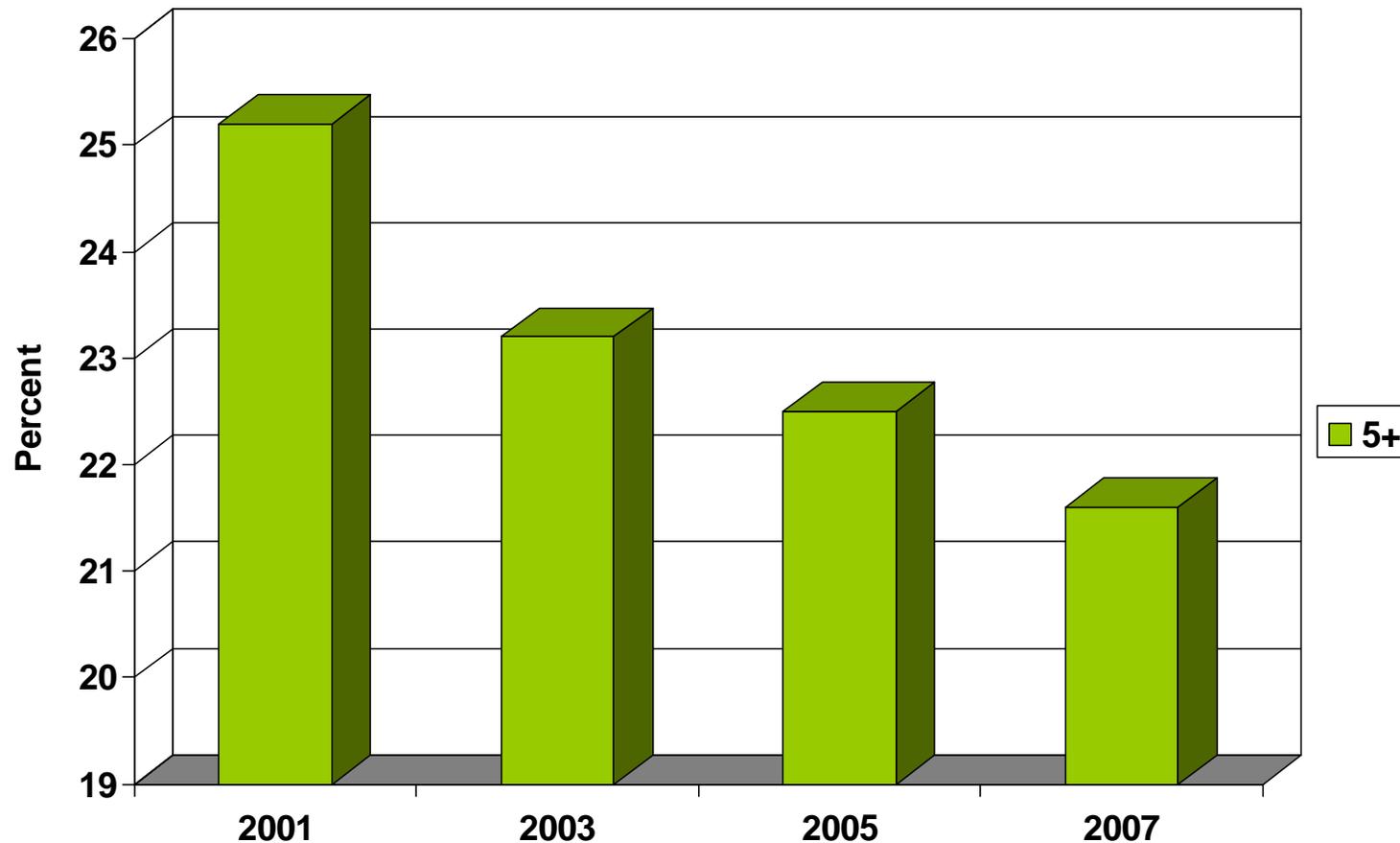
- Breastfeeding
- Fruit and vegetable consumption
- Sugar-sweetened beverage consumption
- Portion sizes
- (Meals eaten away from home)

Maternal-report of child ever-breastfed

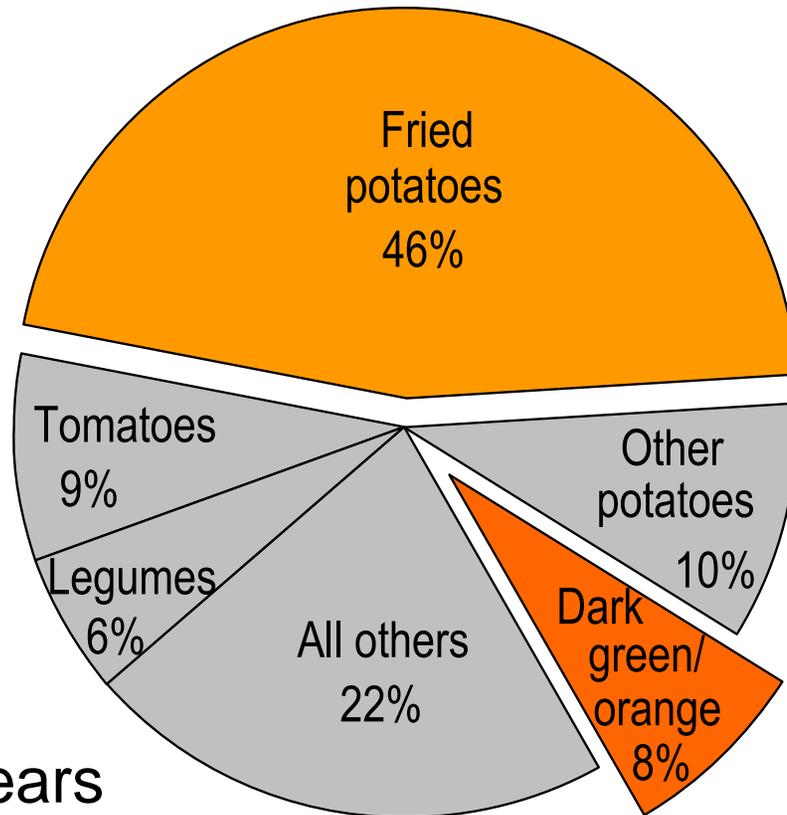


Low Fruit and Vegetable Consumption

21.6% report eating five or more servings of fruits and or vegetables per day.



Fruit and Vegetables: What's Missing for Kids



Children 2-19 years

Target = At least 1/3 dark green/orange

Note: Data are age adjusted to the 2000 standard population for adults 20 years and over.
Source: National Health and Nutrition Examination Survey, NCHS, CDC.

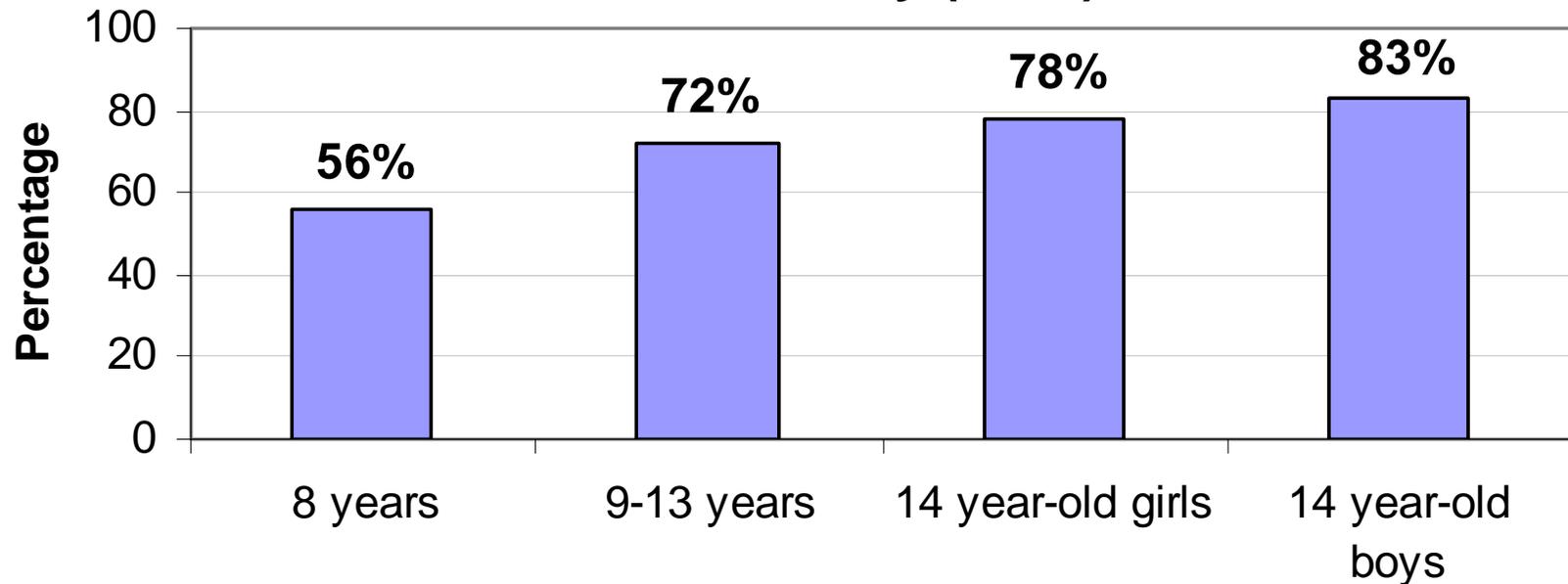
Energy-Dense Foods



- A 12-ounce can of soda has 10 teaspoons of sugar in the form of high fructose corn syrup.
- One soda a day could lead to a weight gain of 15 pounds in one year.

Kids and Soft Drinks

Percentage of Children and Youth Who Consume Soft Drinks Daily (2001)



Squires S. Soft drinks, hard facts: research suggests kids who drink a lot of soft drinks risk becoming fat, weak-boned, cavity-prone and caffeine addicted. Washington Post; February 27, 2001, p.HE10.

410 Calories



150 Calories

Portion Size



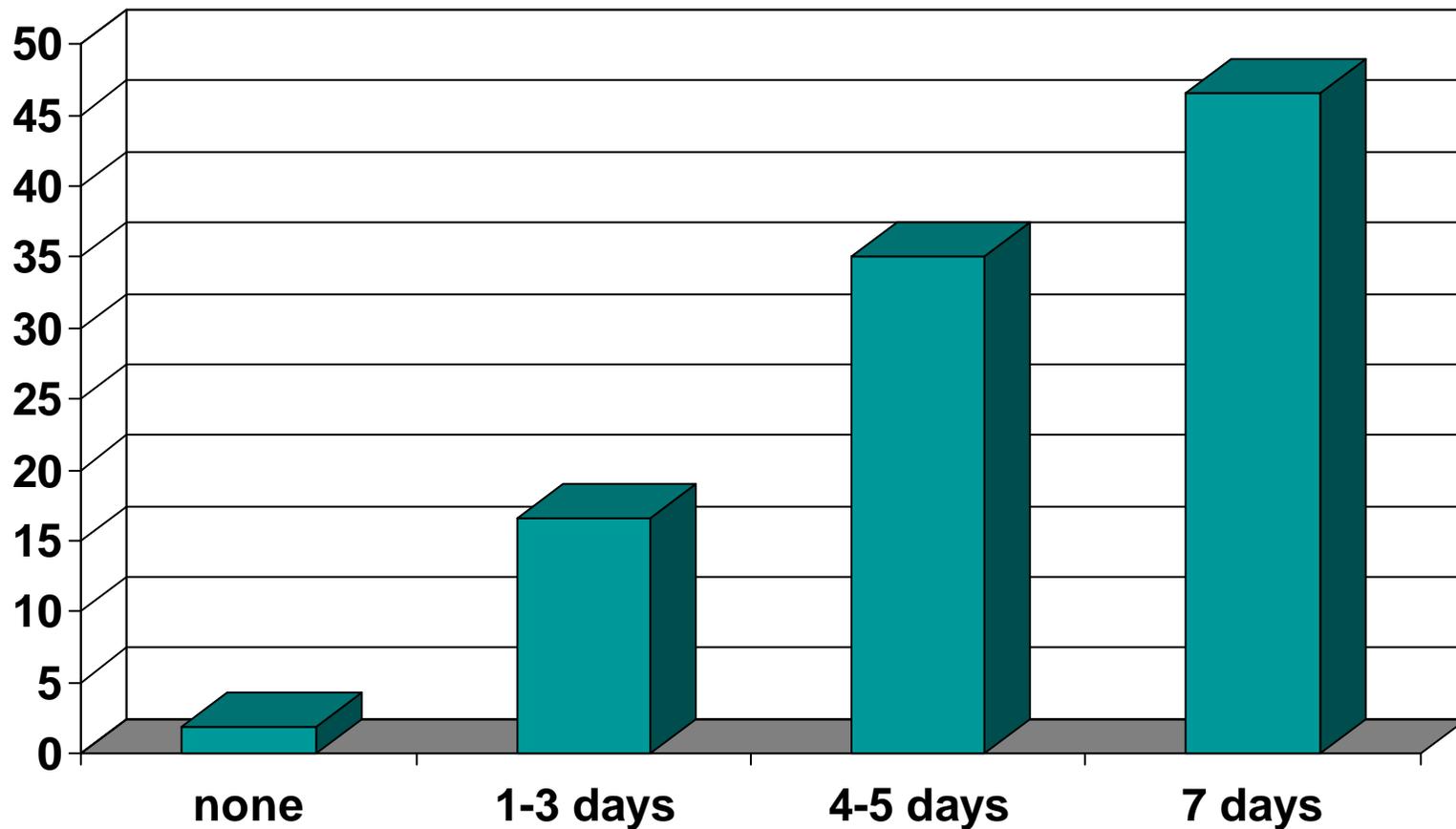
	1950	2006
Burger King Hamburger	2.8 oz., 202 calories	4.3 oz., 310 calories
McDonald's French fries	2.4 oz., 210 calories	7 oz., 610 calories

Meals Away from Home

- One in four Americans eats a fast-food meal every day
- Meals eaten away from home are higher in fat and calories, lower in nutrients



On how many days per week do you usually eat a main meal that is prepared at home?



Source: BRFSS 2007 <http://www.schs.state.nc.us/SCHS/brfss/2007/nc/all/nc19q01.html>

FINAL EDITION

City & State

E. coli traced to fair

*No link made
to exact attraction*

By SARAH AVERY
STAFF WRITER

The N.C. State Fair is the source of an outbreak of *E. coli* infections that has sickened as many as 112 people, state health officials announced Monday.

But the exact exhibit or vendor where the bacteria originated is not known, although two petting zoos are under consideration, as well as food vendors.

TUESDAY, NOVEMBER 9, 2004

THE NEWS & OBSERVER

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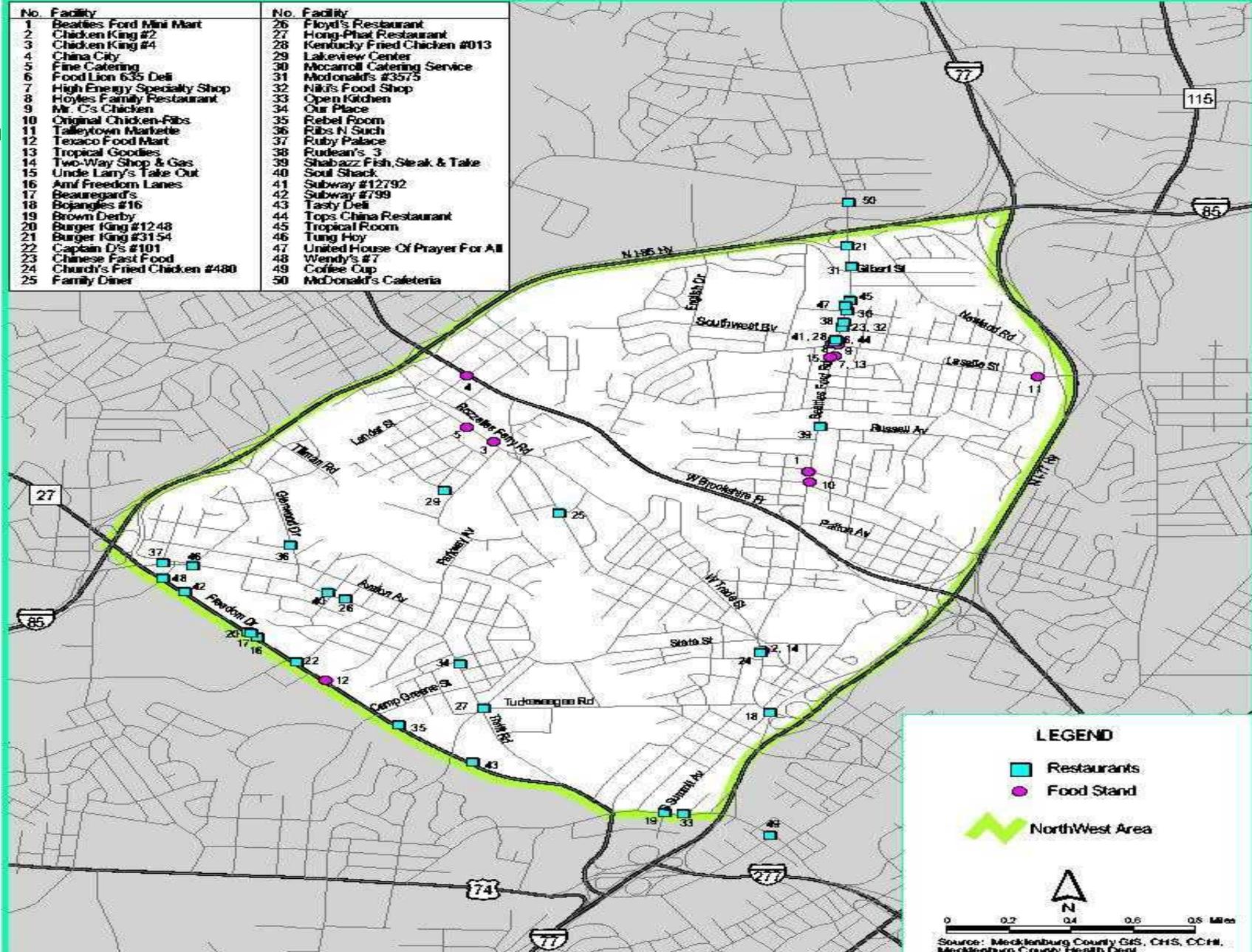
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Access to Healthy Foods



Food and Dining Opportunities NorthWest Charlotte

No.	Facility	No.	Facility
1	Bealies Ford Mini Mart	26	Floyd's Restaurant
2	Chicken King #2	27	Hong-Phat Restaurant
3	Chicken King #4	28	Kentucky Fried Chicken #2013
4	China City	29	Lakeview Center
5	Fine Catering	30	Macarroll Catering Service
6	Food Lion 635 Deli	31	McDonald's #3575
7	High Energy Specialty Shop	32	Niki's Food Shop
8	Hoyles Family Restaurant	33	Open Kitchen
9	Mr. C's Chicken	34	Our Place
10	Original Chicken-Fibs	35	Rebel Room
11	Talleytown Market	36	Ribs N Such
12	Texaco Food Mart	37	Ruby Palace
13	Tropical Goodies	38	Rudean's 3
14	Two-Way Shop & Gas	39	Shabazz Fish, Steak & Take
15	Uncle Larry's Take Out	40	Soul Shack
16	Amf Freedom Lanes	41	Subway #12792
17	Beauregard's	42	Subway #799
18	Bojangles #16	43	Tasty Deli
19	Brown Derby	44	Tops China Restaurant
20	Burger King #1248	45	Tropical Room
21	Burger King #3154	46	Tung Hoy
22	Captain D's #101	47	United House Of Prayer For All
23	Chinese Fast Food	48	Wendy's #7
24	Church's Fried Chicken #480	49	Coffee Cup
25	Family Diner	50	McDonald's Cafeteria



LEGEND

- Restaurants
- Food Stand

~ NorthWest Area



0 0.2 0.4 0.6 0.8 Miles

Source: Mecklenburg County GIS, CHS, CCH, Mecklenburg County Health Dept.

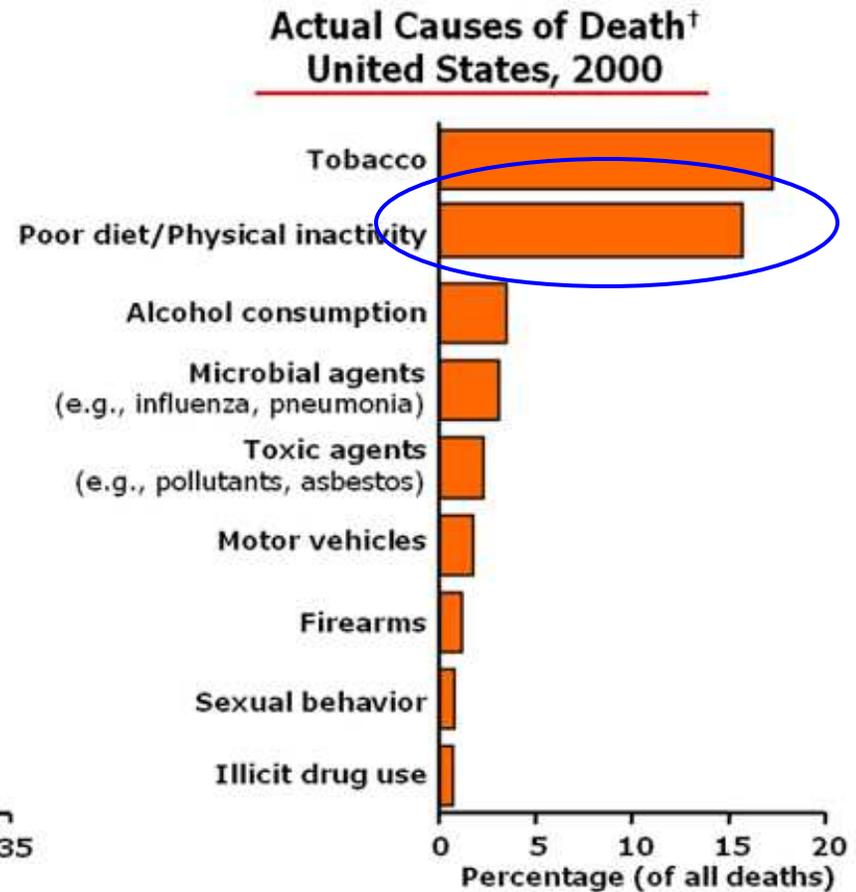
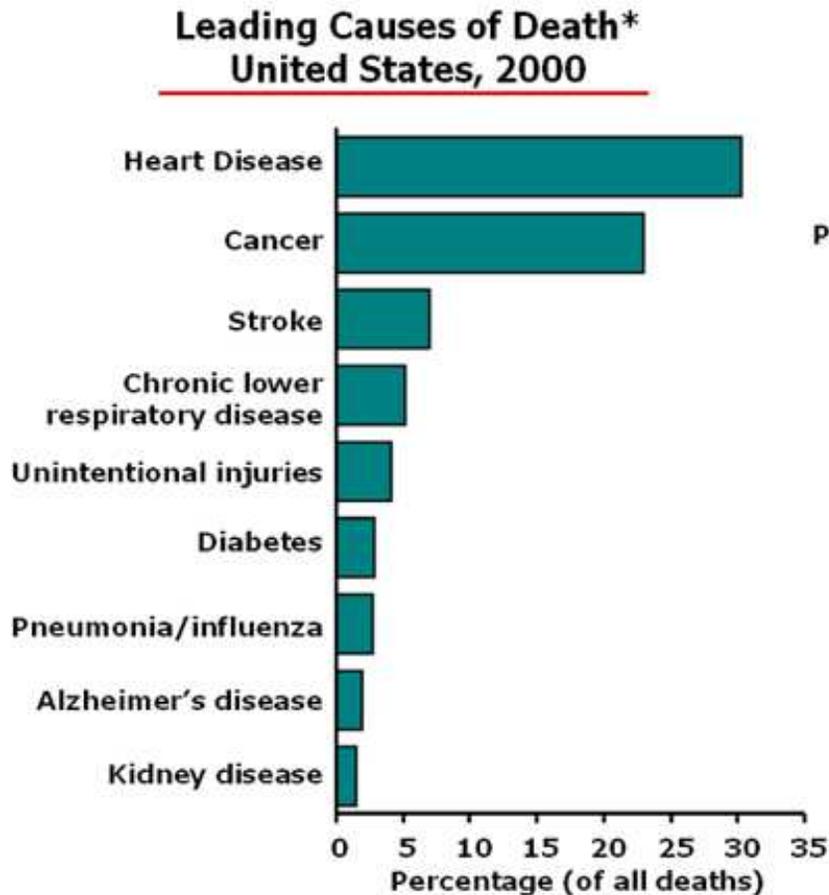
Access to Healthy Foods



Access to Healthy Foods



The Consequences



* Miniño AM, Arias E, Kochanek KD, Murphy SL, Smith BL. Deaths: final data for 2000. National Vital Statistics Reports 2002; 50(15):1-120.

† Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000. JAMA. 2004;291(10):1238-1246.

The Consequences

- Type 2 diabetes
- Cardiovascular disease
 - HTN
 - Dyslipidemia
 - Stroke
 - Heart attack
- Cancer
- Arthritis
- Depression
- Gall bladder disease
- Sleep apnea
- Breathing problems/asthma
- Polycystic ovary disease
- Injury/falls

TION, \$1.50

SUNDAY, JUNE 13, 2004

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RACE FOR THE CURE



An estimated 16,500 people turn out to support breast cancer research. CITY & STATE - PAGE 1B

THE REAGAN LEGACY

The 40th president had a lasting influence on the global community and U.S. policy. Q - PAGE 21A

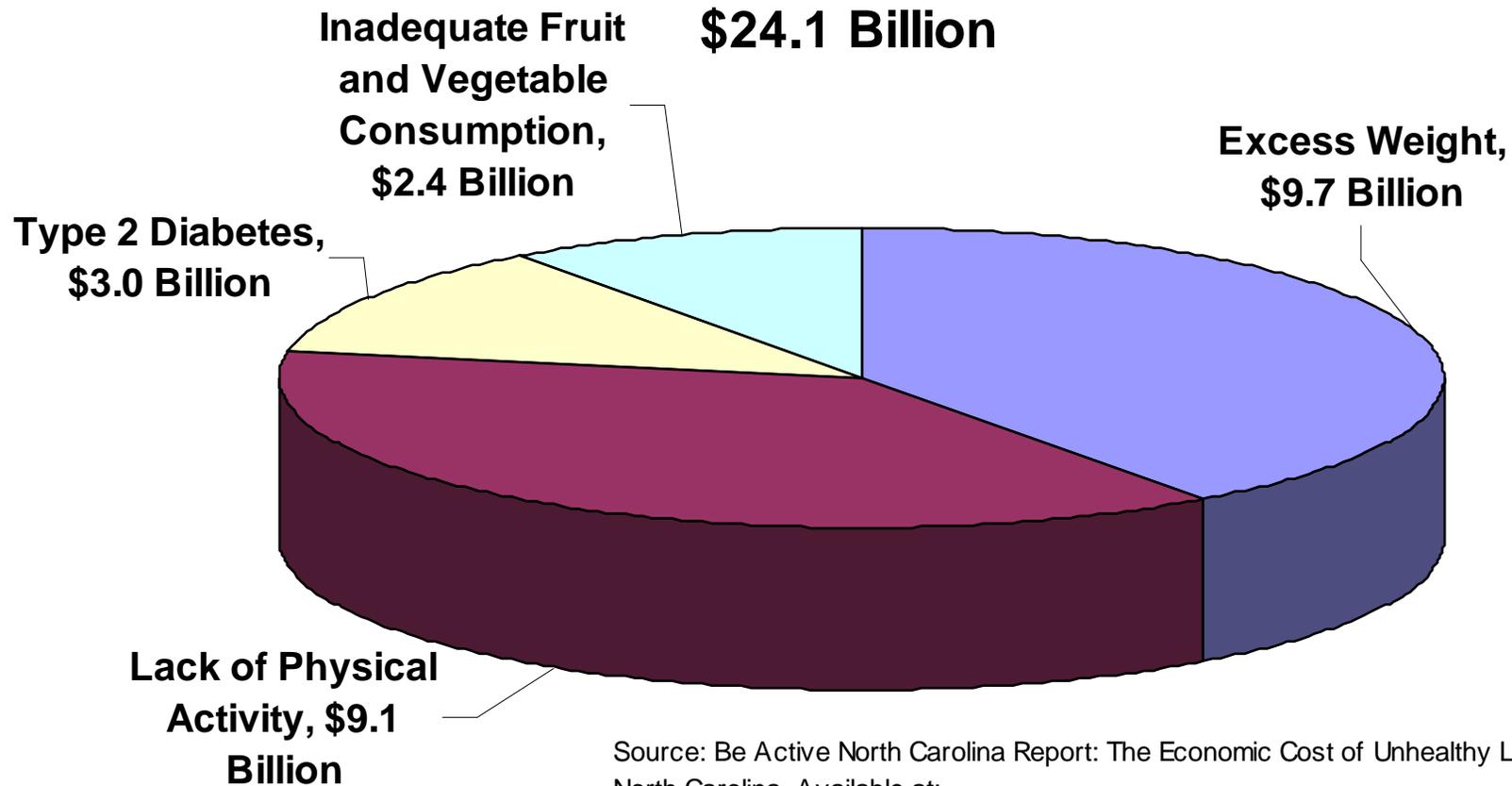
FIGHTING **FAT** | Three of five North Carolinians are overweight.
Everyone pays when heart disease, stroke, diabetes or cancer result.

The bill's a whopper

STATE'S ANNUAL TAB FOR OBESITY IS \$2.1 BILLION

North Carolina Costs

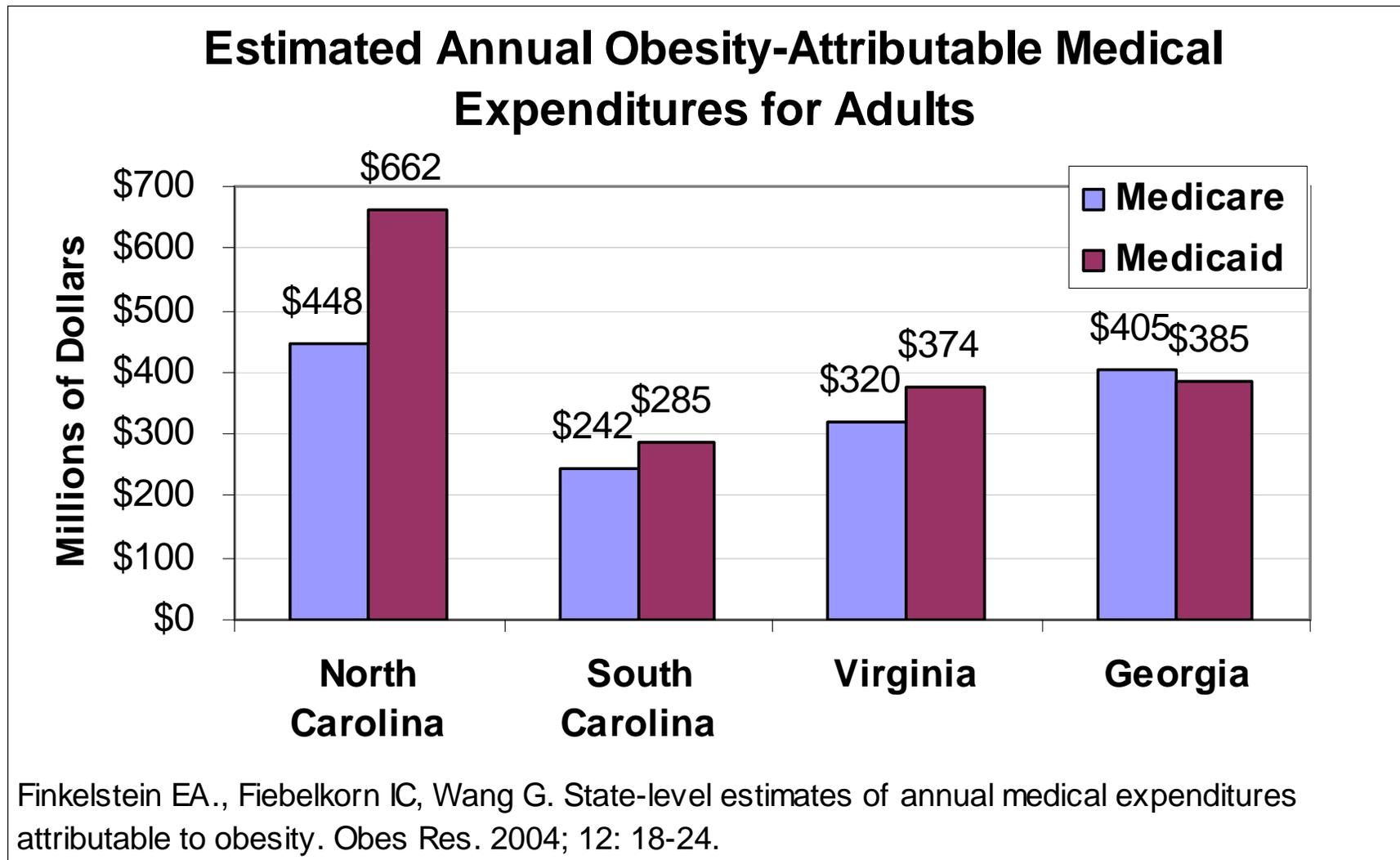
Cost of Unhealthy Lifestyles in North Carolina



Source: Be Active North Carolina Report: The Economic Cost of Unhealthy Lifestyles in North Carolina. Available at:

<http://www.beactivenc.org/mediacenter/Summary%20Report.pdf>

Obesity-Attributable Medical Costs Southern States



YOU ATE
THE FOOD
PYRAMID.



Questions?

