

CDC ON THE STATE OF OBESITY: DATA, CURRENT ACTION, AND VISION

2019 TFAH CONGRESSIONAL BRIEFING

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Good Nutrition Regular Physical Activity Healthy Weight

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Nutrition, Physical Activity, and Obesity (DNPAO)

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PREVALENCE† OF SELF-REPORTED OBESITY AMONG U.S. ADULTS BY STATE AND TERRITORY, BRFSS, 2017

† Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.

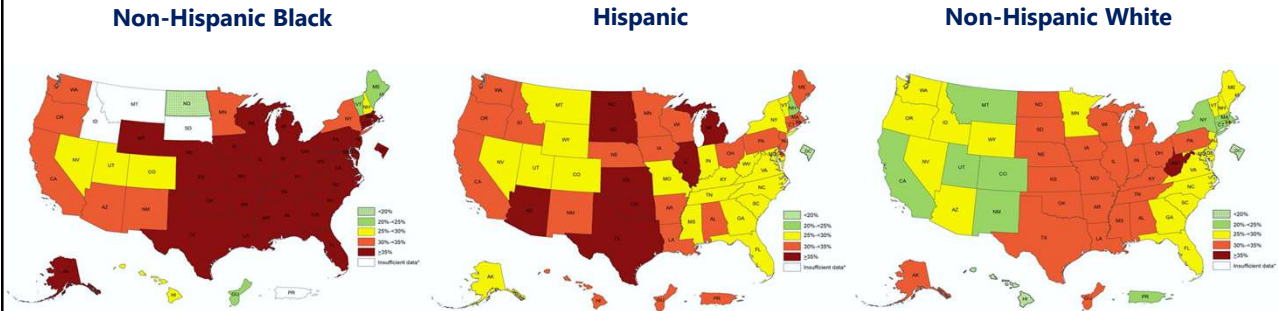


*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.

CDC DATA SHOW THAT ADULT OBESITY PREVALENCE CONTINUES TO REMAIN HIGH ACROSS THE U.S.

SOURCE: OBESITY MAPS – [HTTPS://WWW.CDC.GOV/OBESITY/DATA/PREVALENCE-MAPS.HTML](https://www.cdc.gov/obesity/data/prevalence-maps.html)

Prevalence of Self-Reported Obesity Among U.S. Adults by Race/Ethnicity, State and Territory, BRFSS, 2015-2017



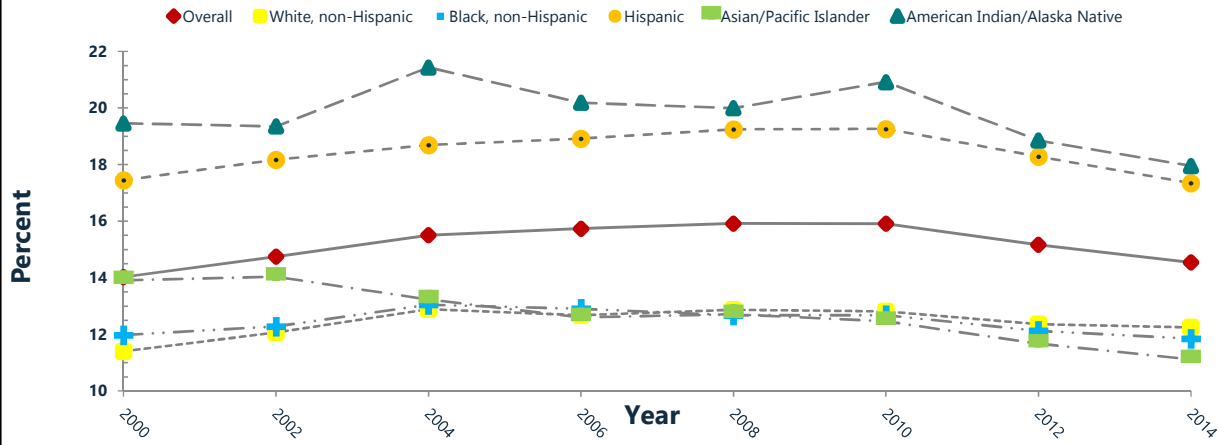
Source: Behavioral Risk Factor Surveillance System
*Sample size < 50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%

NON-HISPANIC BLACKS HAD THE HIGHEST PREVALENCE OF OBESITY (38.4%), FOLLOWED BY HISPANICS (32.6%), AND NON-HISPANIC WHITES (28.6%).

Immediate & Future Health Risks of Childhood Obesity



PREVALENCE OF OBESITY AMONG WIC PARTICIPANTS AGES 2–4 YEARS OLD HAS DECREASED SINCE 2010



Defined as sex-specific BMI-for-age ≥95th percentile based on 2000 CDC growth charts. WIC in 50 states (except HI in 2002 & 2004), DC, & 5 U.S. territories.

DNPAO STRATEGIC PRIORITIES

Reaching All Americans Across the Lifespan by Supporting

A Healthy Start for Infants



- Breastfeeding
- Maternal, Infant & Toddler Nutrition
- Vitamin & Mineral Malnutrition

Children & Youth Growing Up Strong & Healthy





- Good Nutrition & Healthy Food Environments
- Physical Activity & Access to Environments Designed for Physical Activity
- Healthy Weight Management & Obesity Prevention

Adults & Older Adults Maintaining a Healthy Lifestyle




ADDRESSING CHILDHOOD OBESITY: WE MUST ACT EARLY






Establishing healthy habits for physical activity in early childhood **influences activity levels** as children grow




Both a healthy diet and physical activity are **positively associated** with some **measures of cognitive development**




Young children who are overweight in kindergarten are **4 times more likely** to have obesity by 8th grade than those not overweight


Reaching Across Settings




Early Care & Education (ECE)



Schools




Healthcare




Community


WE KNOW WHAT WORKS




Changing Behaviors



Nutrition

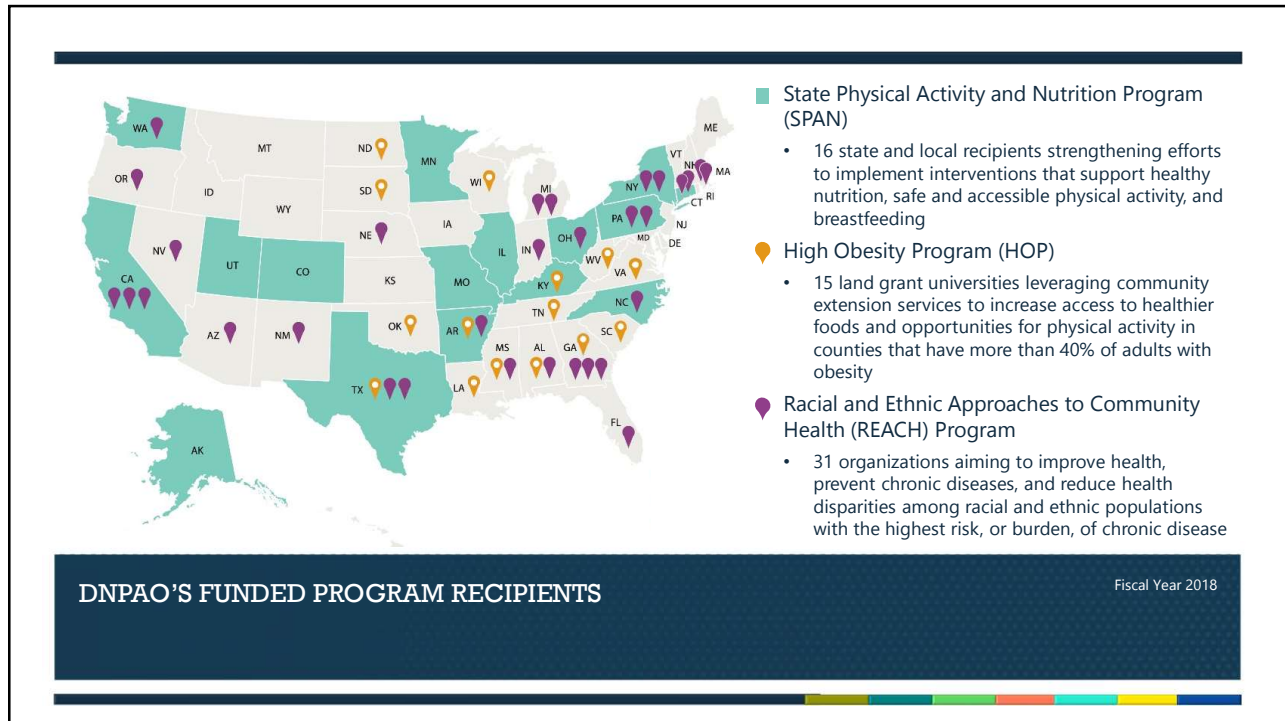


Physical Activity



Breastfeeding

Implementation → CDC Funded Programs



CDC's Childhood Obesity Research Demonstration (CORD)

CORD Focus & Audience

Finding the best way to implement the USPSTF pediatric weight management recommendations for low-income families

Lessons Learned

- Families want access to quality **weight management programs**
- **Time spent in program** – better attendance often led to better improvements in weight
- **All settings matter** in supporting children as they move through their day

Working across the health system to reach children and families in need

THANK YOU

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

