



The State of Obesity 2019

Better Policies for a Healthier America

John Auerbach

President and Chief Executive Director

Trust for America's Health

Congressional Briefing

November 18, 2019



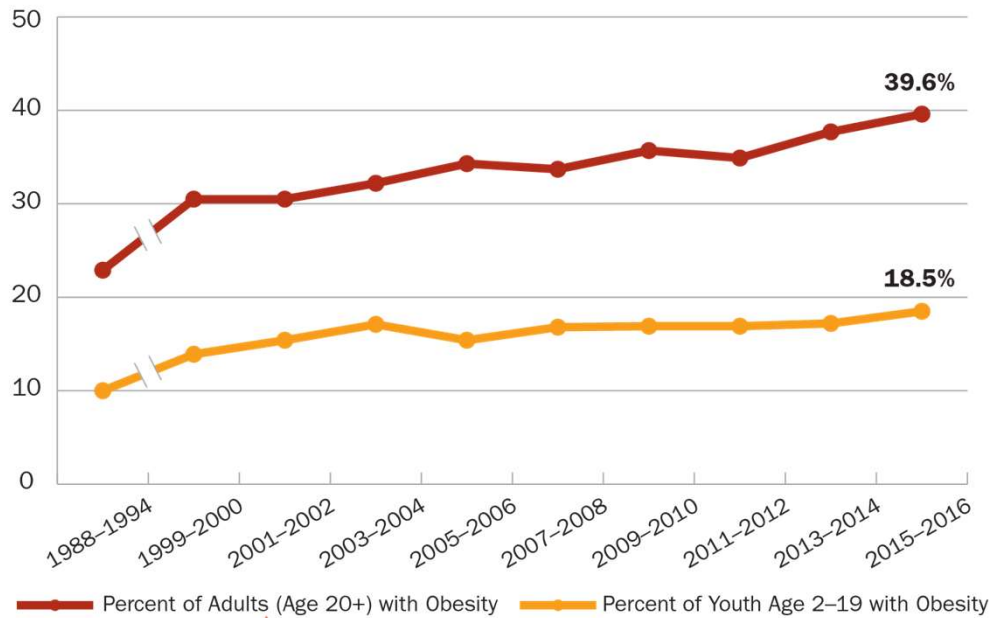
@HealthyAmerica1

#StateOfObesity



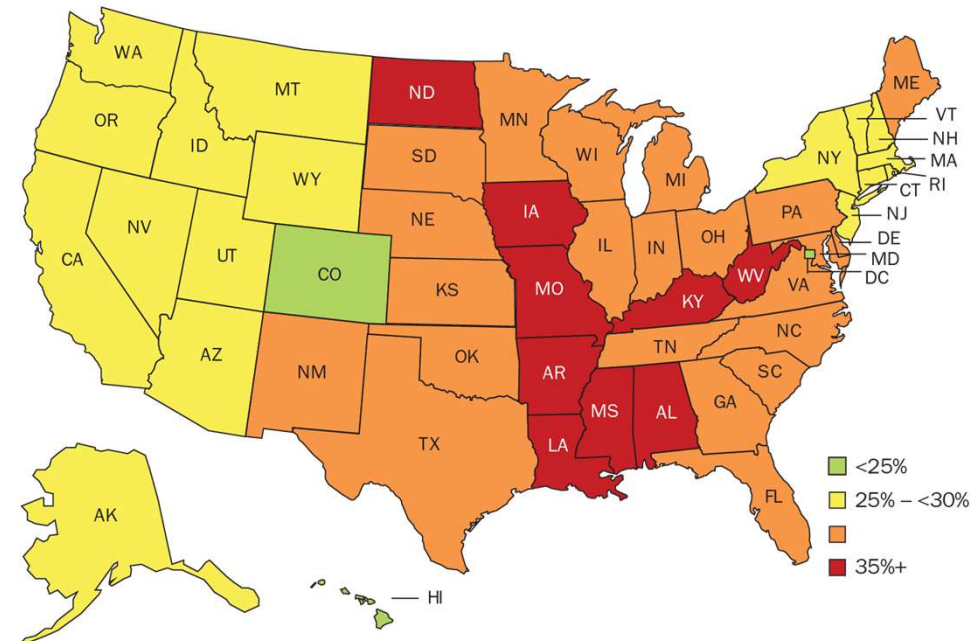
Adult Obesity Still Increasing

Percent of Adults and Youth with Obesity, 1988–2016



Source: NHANES

Adult Obesity Rates by State, 2018

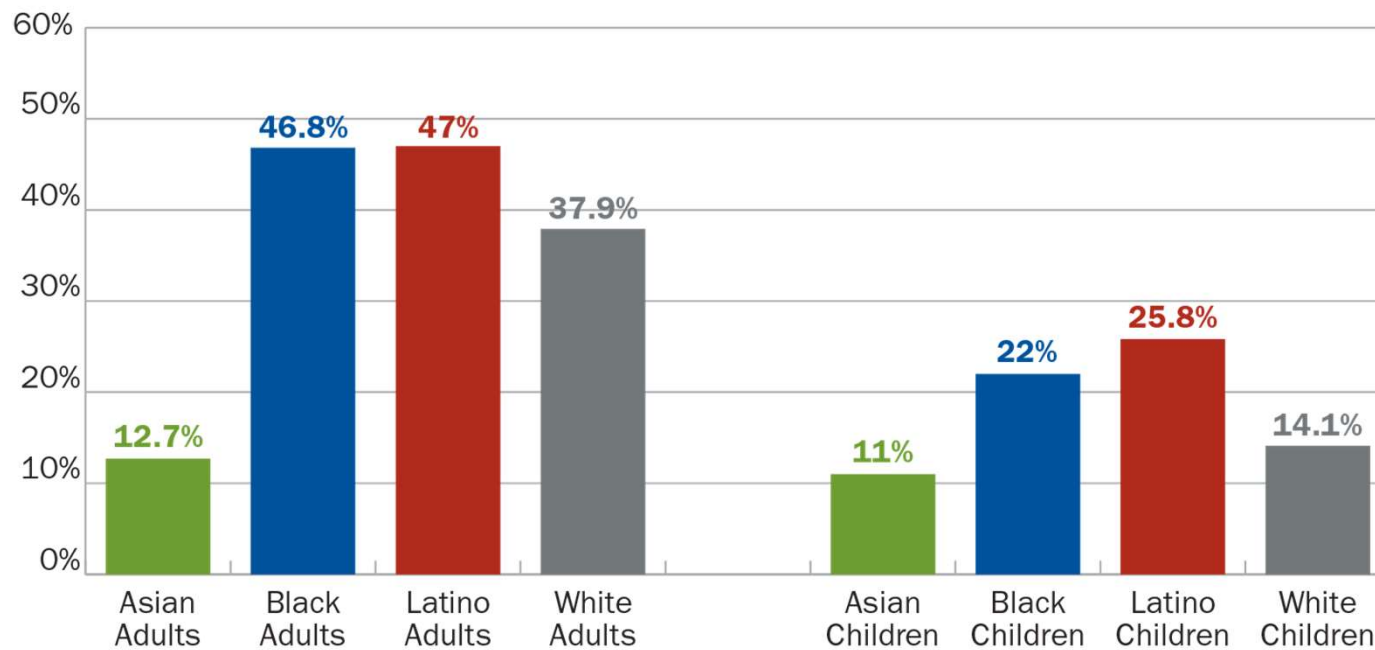


Source: TFAH analysis of BRFSS data

Special Section:

Racial and Ethnic Disparities in Obesity

Percent of Adults and Youth with Obesity by Race/Ethnicity, 2015–2016

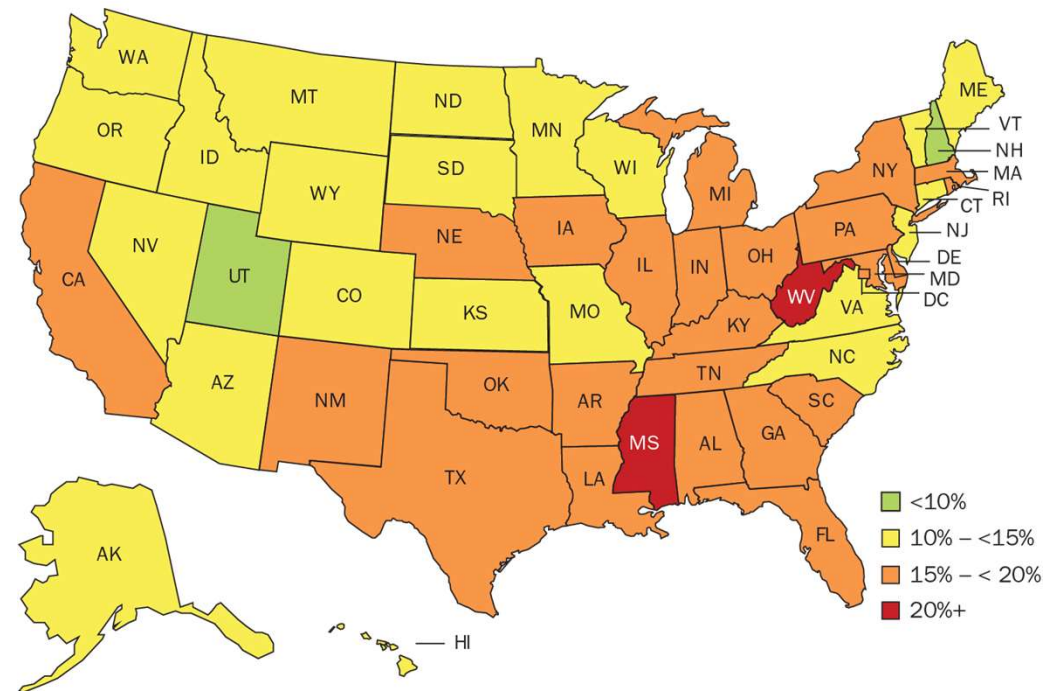


Source: NHANES

Trends in Childhood Obesity

- Obesity rate in children more than tripled between 1976 and 2016
- Children who are overweight or have obesity are more likely to have obesity as adults
- Increasing our focus on the first 1,000 days of life is critical to encouraging healthy nutrition habits

Percent of Children Ages 10–17 with Obesity by State, 2016–2017



Source: NSCH

Multiple Consequences

- **Health**

- 100 M adults (40% of US) have prediabetes or diabetes
- 80,000 new cancer cases in 2015 from poor diet & obesity

- **Economic**

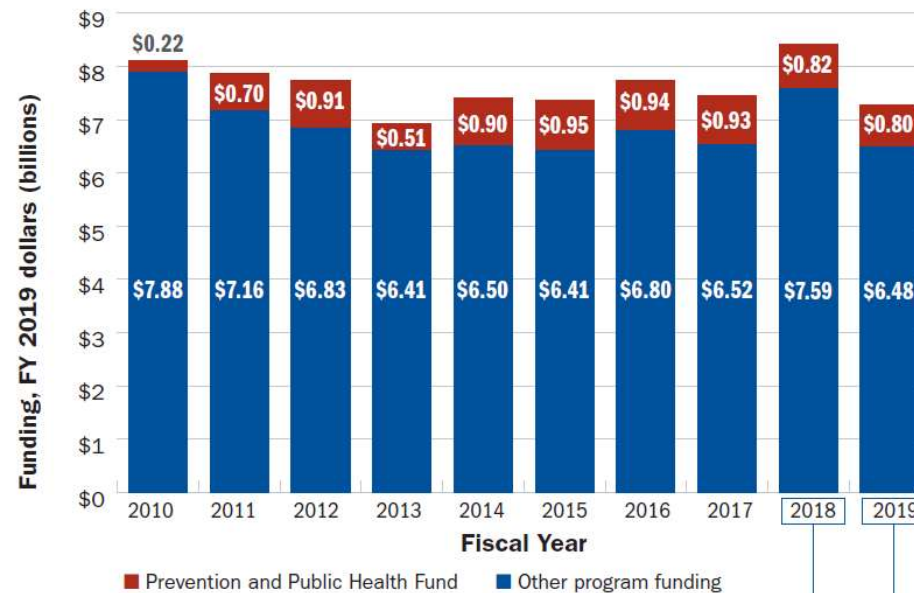
- \$215 B in annual medical expenses & reduced economic productivity

- **National Defense**

- 1 in 3 adults ineligible to serve in the military
- \$1 B spent on obesity related issues each year

Despite Increased Need, National Funding Lags For **All** of Public Health

CDC Program Funding
Adjusted for inflation, FY 2010-19



↓ 10%
over past
decade

Note: Appropriately comparing funding levels in FY 2018 and FY 2019 requires accounting for the transfer of funding for the Strategic National Stockpile from the CDC to the Assistant Secretary for Preparedness and Response in FY 2019, and excluding one-time lab funding in FY 2018.

Data were adjusted for inflation using the Bureau of Economic Analysis's implicit price deflators for gross domestic product

Source: CDC annual operating plans

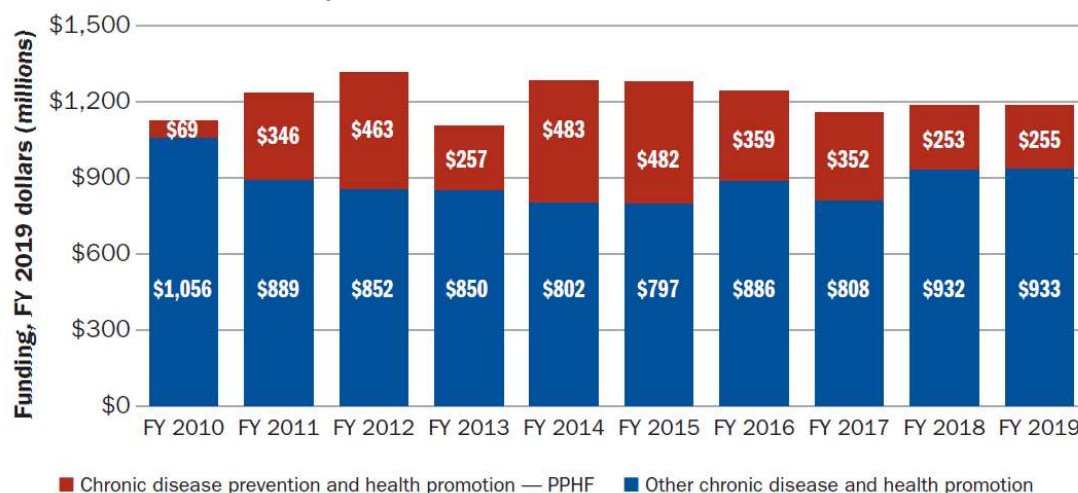
CDC's Funding Doesn't Reflect Obesity Epidemic

\$147 Billion in Medical Costs ALONE!

HALF of which is paid for by
Medicare and Medicaid

**Obesity is expensive and
rates are rising, and yet...**

CDC Chronic Disease Funding Lags FY 2012 Level
Adjusted for inflation, FY 2010-19



Note: Data were adjusted for inflation using the Bureau of Economic Analysis's implicit price deflators for gross domestic product.

Source: CDC annual operating plans

Is There Any Good News?

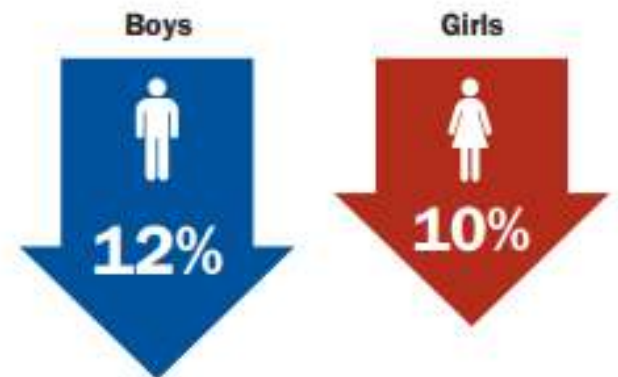
- **WIC Program:**

Children ages 2 - 4 in WIC program showed steady decline in obesity rates from 2010-2016.

- **Sugar-Sweetened Beverage Taxes:**

Research from Philadelphia & other sites shows fewer purchases of sugary drinks after the tax.

A 2019 study in Los Angeles County found that 4-year-olds who had received the revised WIC food packages since birth were at a reduced risk of obesity



More Needs To Be Done

- **Major recommendations themes:**
 - Prevention is key
 - Funding is important
 - Focus on long-term meaningful partnerships involving multiple sectors
 - Focus on communities bearing brunt of the epidemic with resident leadership



More Needs To Be Done – Strategically



Adapted from Dr. Shiriki Kumanyika's equity obesity prevention framework developed for the National Academies of Sciences, Engineering, and Medicine

We Can Work Together

Examples of Federal Policy Recommendations:

- Expand CDC's State Physical Activity & Nutrition (SPAN) program to all states
- Increase CDC's REACH and other programs that target disparities
- Strengthen and expand SNAP & WIC - support for low-income families/individuals
- Build CDC/public health capacity to address social determinants

For More Information

Full text of ***The State of Obesity 2019***
available at:

www.tfah.org/stateofobesity2019

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

2019 TFAH STATE OF OBESITY CONGRESSIONAL BRIEFING

Ruth Petersen, MD, MPH

Director

Division of Nutrition, Physical Activity, and Obesity

National Center for Chronic Disease Prevention and Health Promotion

Good Nutrition



Regular Physical Activity



Healthy Weight



Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion

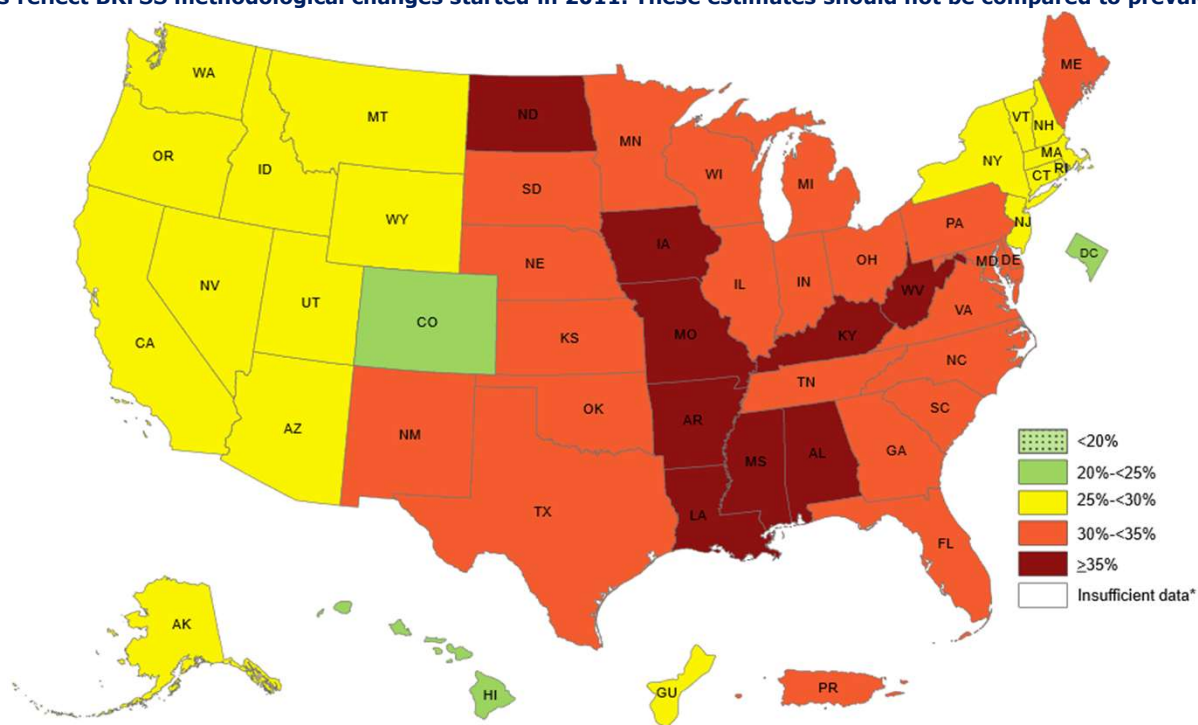
Division of Nutrition, Physical Activity, and Obesity (DNPAO)

November 18, 2019



PREVALENCE[†] OF SELF-REPORTED OBESITY AMONG U.S. ADULTS BY STATE AND TERRITORY, BRFSS, 2018

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



Source: [Behavioral Risk Factor Surveillance System](#)

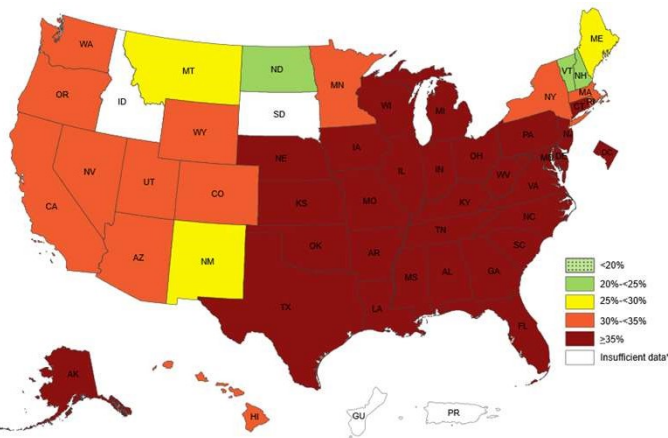
*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%

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

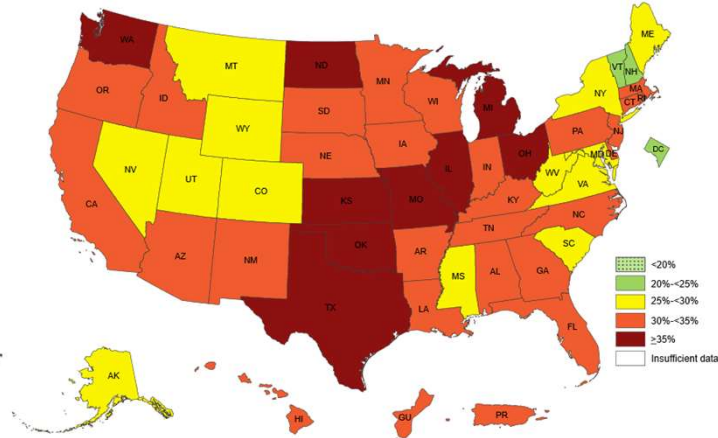
PREVALENCE[†] OF SELF-REPORTED OBESITY AMONG U.S. ADULTS BY RACE/ETHNICITY, STATE AND TERRITORY, BRFSS, 2016-2018

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

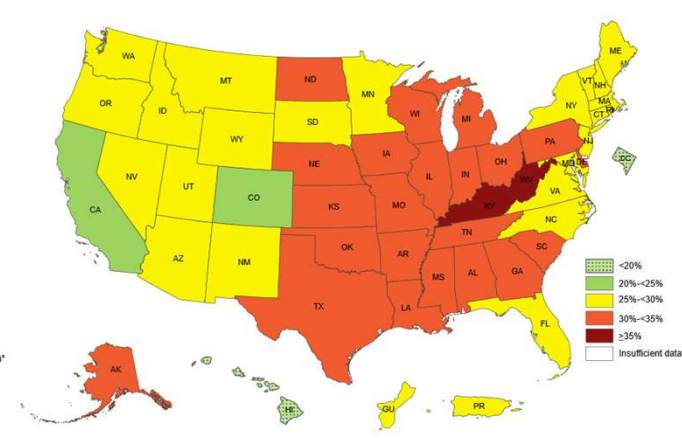
Non-Hispanic Black



Hispanic



Non-Hispanic White



Source: [Behavioral Risk Factor Surveillance System](#)

*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) $\geq 30\%$

NON-HISPANIC BLACKS HAD THE HIGHEST PREVALENCE OF OBESITY (39.1%), FOLLOWED BY HISPANICS (33.3%), AND NON-HISPANIC WHITES (29.3%).

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



Adults & Older Adults Maintaining a Healthy Lifestyle



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

IMMEDIATE & FUTURE HEALTH RISKS OF CHILDHOOD OBESITY



13 types of cancer



Adult obesity



Bullying, stigma
Lower self-reported
quality of life



Lower self-esteem, anxiety, depression



Heart disease, high blood pressure,
high cholesterol



Breathing problems



Impaired glucose tolerance, insulin
resistance, Type 2 diabetes



Fatty liver disease



Musculoskeletal and joint problems

CHILDHOOD OBESITY: A COSTLY, PREVENTABLE DISEASE



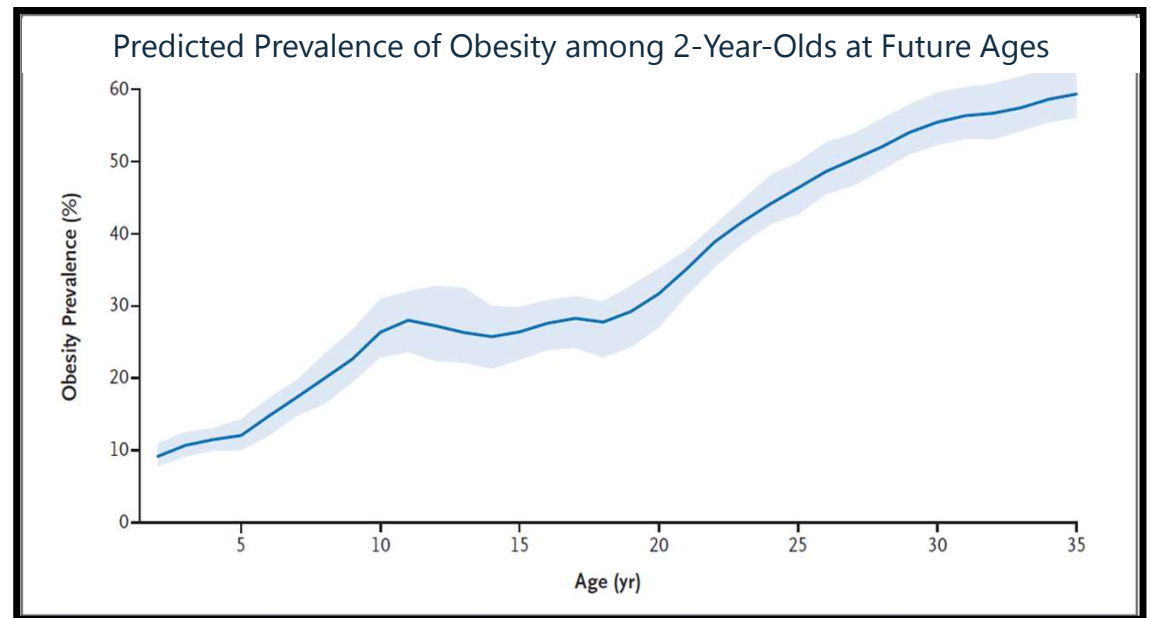
- Children with excess weight will age into adulthood sicker and with increased risk of obesity. Adult obesity costs **\$147 billion** in annual medical costs
- Primary care and specialty care are **struggling to address the needs of these populations**
- Childhood obesity is a **costly, preventable disease** that creates immediate and future burden on the healthcare system

It's estimated that for all 10 year-olds with obesity in 2012, the total medical costs over their lifetime would amount to \$9.4 billion - \$14 billion (in 2012 dollars)

CHILDHOOD OBESITY IS A GROWING PROBLEM

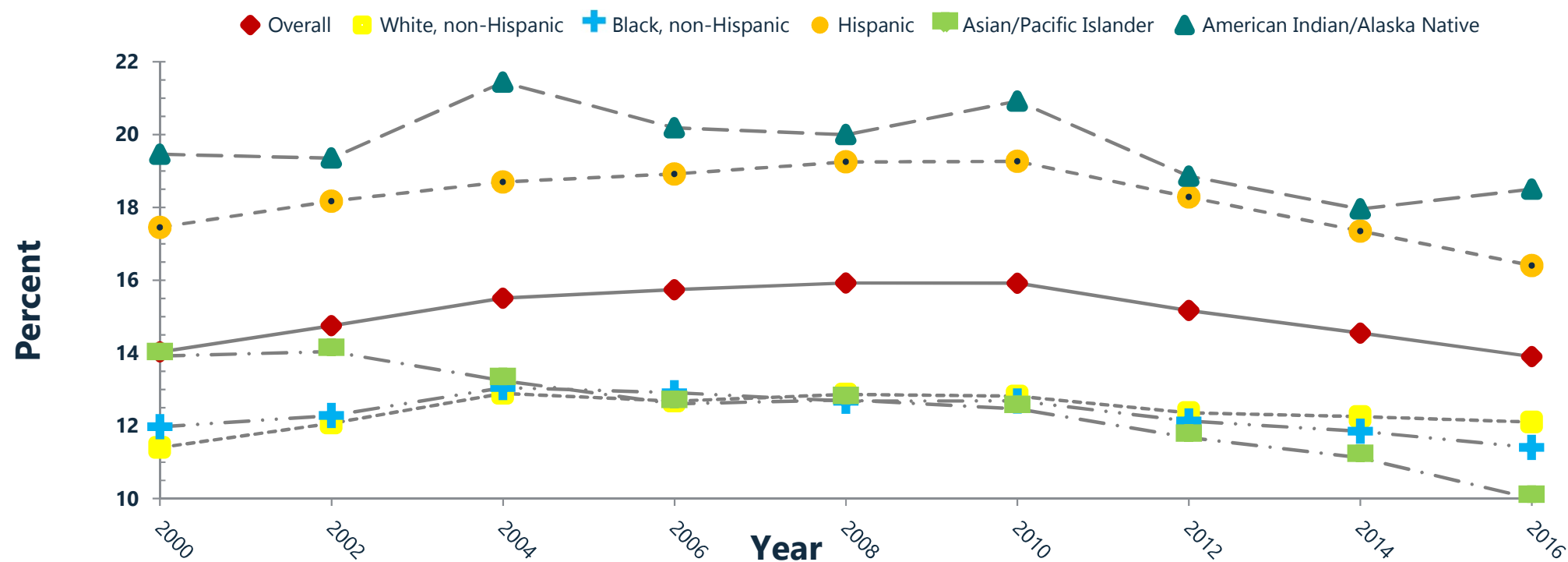
- Prevention is key, but we must also help treat the **13.7 million children** (2-19) that currently have obesity in the United States:

By 2050, the majority of today's children (57.3%) will have obesity by age 35, if our society doesn't take immediate actions



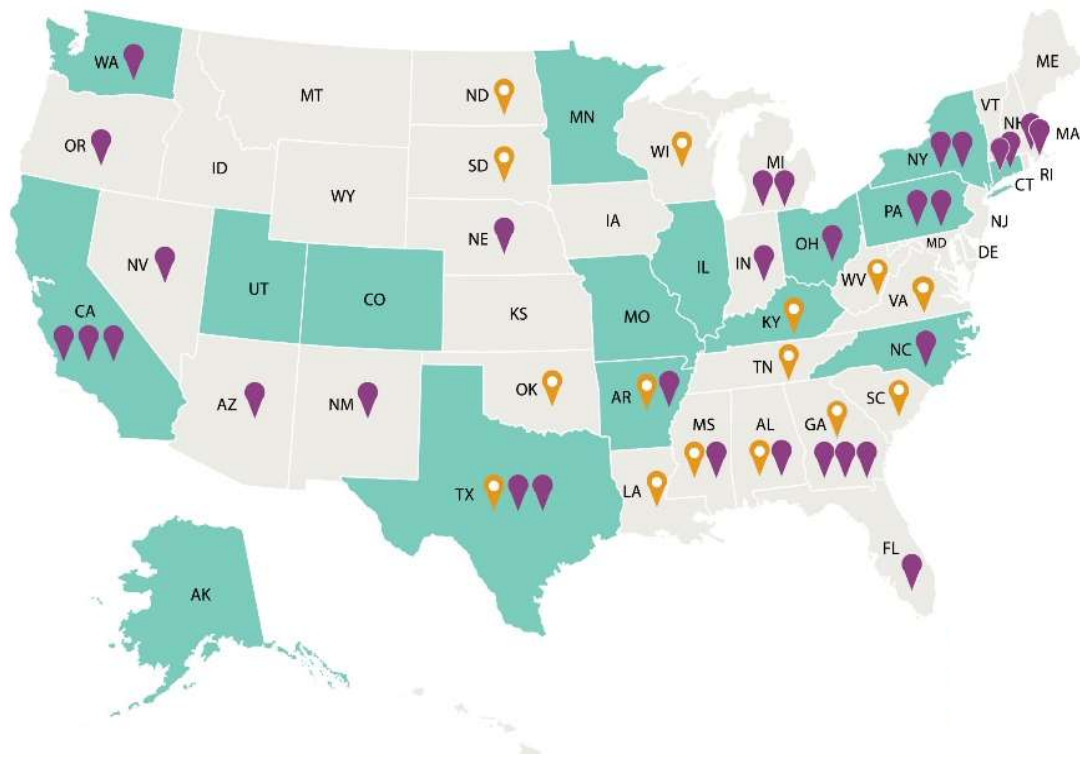
Source: Ward ZJ, Long MW, Resch SC, et al. N Engl J Med. 2017 Nov 30;377(22):2145-2153

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



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

Pan L, Freedman DS, Park S, Galuska DA, Potter A, Blanck HM. **JAMA**. 2019 Jun 18;321(23):2364-2366. Changes in Obesity Among US Children Aged 2 Through 4 Years Enrolled in WIC During 2010-2016.



■ State Physical Activity and Nutrition Program (SPAN)

- 16 state and local recipients strengthening efforts to implement interventions that support healthy nutrition, safe and accessible physical activity, and breastfeeding

● High Obesity Program (HOP)

- 15 land grant universities leveraging community extension services to increase access to healthier foods and opportunities for physical activity in counties that have more than 40% of adults with obesity

● Racial and Ethnic Approaches to Community Health (REACH) Program

- 31 organizations aiming to improve health, prevent chronic diseases, and reduce health disparities among racial and ethnic populations with the highest risk, or burden, of chronic disease

DNPAO'S FUNDED PROGRAM RECIPIENTS

Fiscal Year 2018

FIVE ACTION STEPS STATES CAN TAKE TO REDUCE CHRONIC DISEASE THROUGH IMPROVED PHYSICAL ACTIVITY & NUTRITION

1. Make physical activity

safe and accessible for all

States can support active transportation and land use policies to make more activity-friendly routes to everyday destinations.



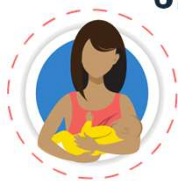
2. Make healthy food choices available everywhere

States can improve healthy food options through procurement to include healthy food service guidelines in state agencies and community settings where food is offered, served, and sold.



3. Make breastfeeding easier to start and sustain

States can help hospitals use evidence-based maternity care practices to support new mothers to start breastfeeding.



4. Strengthen state level obesity prevention standards in early care and education centers (ECE)

States can improve standards that help prevent childhood obesity (breastfeeding, healthy eating, physical activity, and limit screen time) within their existing ECE systems.



5. Spread and scale pediatric weight management programs

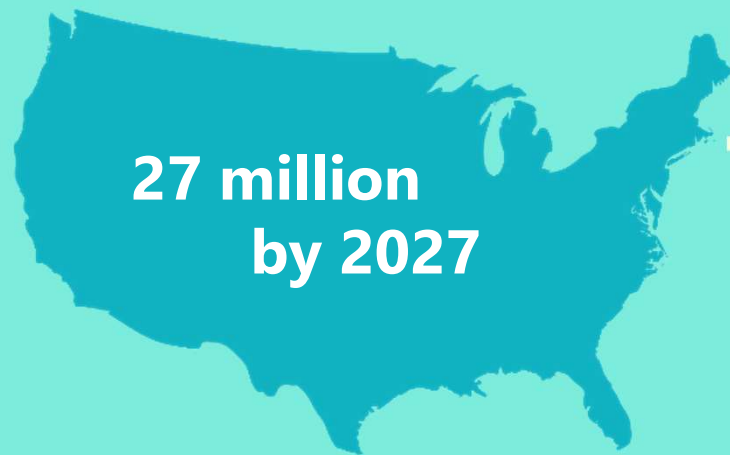
States can work with state Medicaid programs to ensure pediatric weight management interventions are easy to access for families with low income.



A national initiative led by CDC to help

27 million Americans

become more physically active by 2027



**27 million
by 2027**



**INCREASED PHYSICAL ACTIVITY CAN IMPROVE HEALTH,
QUALITY OF LIFE, AND REDUCE HEALTHCARE COSTS**

31¢
per person



Source: Petersen R, Pan L, Blanck HM. **Racial and Ethnic Disparities in Adult Obesity in the United States: CDC's Tracking to Inform State and Local Action.** Prev Chronic Dis. 2019 Apr 11;16:E46.

\$9 billion
per year



Source: Rudd Center for Food Policy & Obesity Report. **Increasing Disparities in Unhealthy Food Advertising Targeted to Black and Hispanic Youth.** January 2019.

THANK YOU

For more information, contact Jennifer Greaser at CDC Washington

Email: cbx5@cdc.gov

Phone: 202-245-0600

www.cdc.gov/washington

Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion

Division of Nutrition, Physical Activity, and Obesity (DNPAO)

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.



Racial & Ethnic Approaches to: *Reducing Obesity & Chronic Disease* in Cuyahoga County



Health Improvement Partnership-Cuyahoga

- Addressing the most pressing issues impacting the health of our residents



**ELIMINATE STRUCTURAL RACISM
(ESR)**



**HEALTHY EATING AND ACTIVE LIVING
(HEAL)**



**LINKING CLINICAL AND PUBLIC
HEALTH**



**CHRONIC DISEASE MANAGEMENT
(CDM)**



OUR VISION

Cuyahoga County is a place where all residents live, work, learn, and play in safe, healthy, sustainable, and prosperous communities.

OUR MISSION

HIP-Cuyahoga's mission is to inspire, influence, and advance policy, environmental, and lifestyle changes that foster health and wellness for everyone who lives, works, learns, and plays in Cuyahoga County.

CORE VALUE

Building opportunities for everyone in Cuyahoga County to be healthy.

CCBH

Learn more at: WWW.hipcuyahoga.org

State of Health - Cuyahoga County

- Ranks in the **bottom third of all 88 counties** in Ohio for residents' health outcomes.
- Despite ranking consistently in the top 10 in the state for clinical care, our residents are not healthier.
- Significant differences in life expectancy based on race & place.
- **The worst health outcomes are in our urban core.**

ideastream

Health Organization Prioritizing
Eliminating Structural Racism

Cuyahoga County: 2010-2015 Life Expectancy by Census Tract

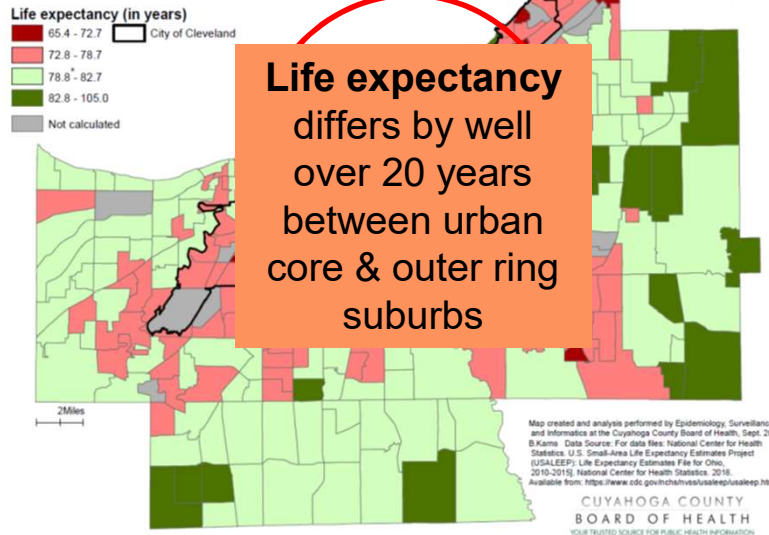
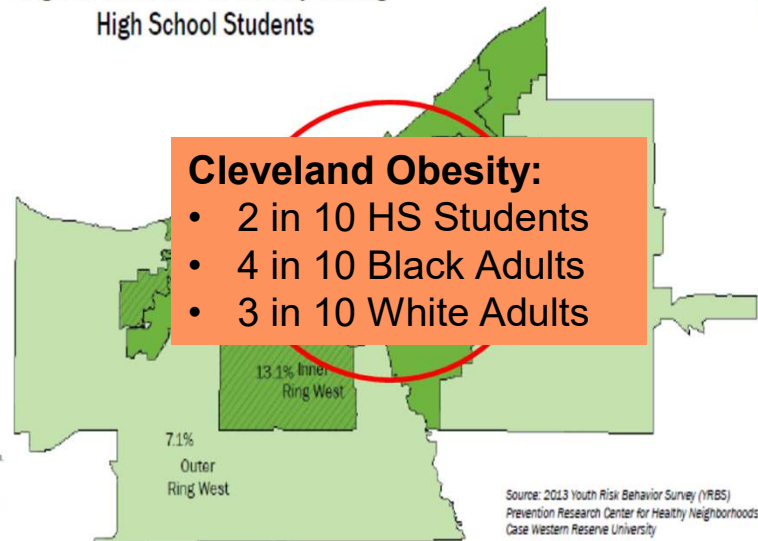
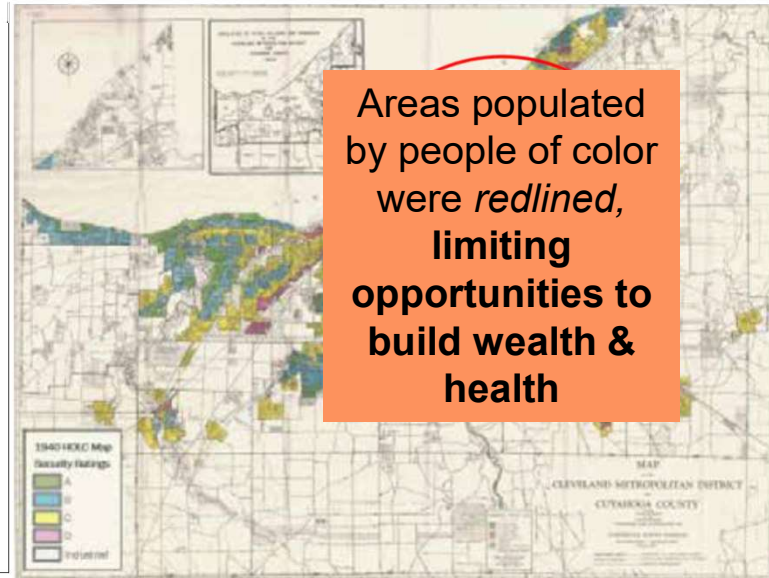
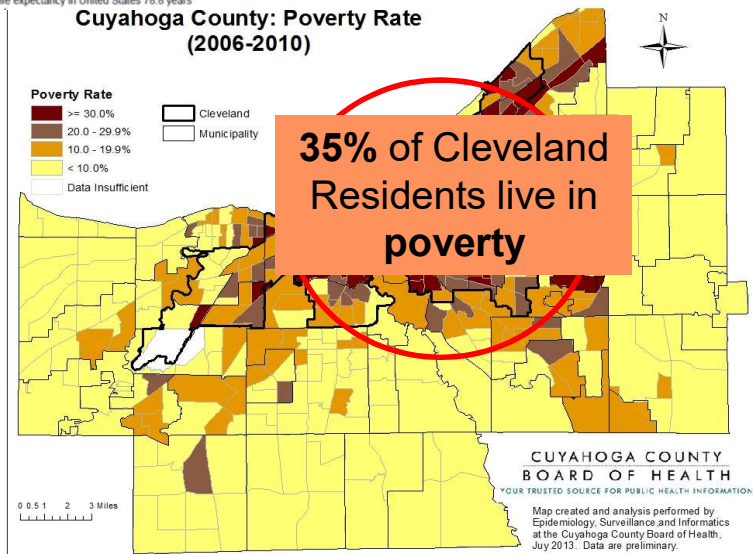


Fig. 1: Prevalence of Obesity among High School Students



Cuyahoga County: Poverty Rate (2006-2010)



Cuyahoga County/Cleveland REACH

Through REACH, more than a quarter million residents, the majority of whom are African American and live in under-resourced areas in Greater Cleveland, now have better access to healthier choices!



Healthy Eating/Nutrition

Where people live should not dictate their ability to eat fresh and healthy food

- **1 in 3 Cleveland residents** (240,707) live in a “food desert.”



What are we doing about it?

Improving nutrition and increasing access to healthier food

- Partnering with small store owners, residents & organizations to advocate for healthier eating & improving nutrition.
- Encourage locally owned corner stores to maintain & promote healthier food choices for their patrons – **Good Food Here**

Healthy Eating/Nutrition Accomplishments

- Improved trust & collaboration between local stores, residents, & organizations.
- Made healthy food easier to find for **an estimated 177,371** residents.
- Community Health Workers helped recruit & promote GFH branded stores.



#goodfoodhere
#healthmattershere

Made possible with
funding from the
Centers for Disease
Control and Prevention.



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CUYAHOGA COUNTY
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YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION



A VISION OF CHANGE INC.



Active Living/Physical Activity

Our streets should serve the needs of ALL users, not just automobiles

- Cleveland residents lack sufficient physical activity at higher rates than nationally.
- There is growing interest in cycling among African Americans, but they are at 30% greater risk for a bike fatality than white cyclists.

What are we doing about it?

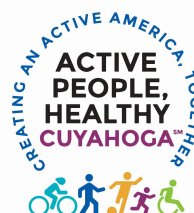
Increasing access to safe places to be physically active

- Advocating for bicycling as a population-level physical activity.
- Facilitating the design & implementation of protected bicycle facilities to increase access & usage in Cleveland, especially among African Americans.



Active Living/Physical Activity Accomplishments

- Secured \$80K funding to complete a city-wide cycling network feasibility study and plan.
- Helped secure \$8.3K to construct first 2.5 miles of the 60-mile cycling network - protected bike boulevard by 2020.
- Participated in efforts resulting in installation of protected bike lanes over the Detroit-Superior Bridge.



Silver Spokes:

A Cycling Class for Older Adults



Curious about cycling as a form of exercise?
Want to try an age-friendly bike?

Join the Department of Aging and Bike Cleveland for a FREE hands-on cycling event where you can choose to:

- Try out accessible bicycles and tricycles
- Learn road rules for cyclists and drivers
- Engage with others who are interested in cycling

THURSDAY, SEPTEMBER 26, 2019

Fairhill Partners
12200 Fairhill Rd
Cleveland, OH 44120
(216) 421-1350
11 a.m. - 1 p.m.

Be sure to wear closed-toed shoes and comfortable clothes.

To RSVP, please call 216-664-3954 or email
ANiemiec@city.cleveland.oh.us



HIP-Cuyahoga's Framework for Action

Build Capacity to think, understand, and act differently to make equity & racial inclusion a shared value

Foster cross-sector collaboration, coordination of diverse partnerships, alignment of priorities & actions, & mobilization of resources

Involve community members in planning, decision making, & actions

Create healthier & more equitable decision making across sectors, systems, & policy areas

Focus obesity and chronic disease prevention efforts on the communities with the greatest need

Complete List of Accomplishments



<https://hipcuyahoga.org/racial-ethnic-approaches-community-health-reach/>



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HIP-Cuyahoga's mission is to inspire, influence, and advance policy, environmental, and lifestyle changes that foster health and wellness for everyone who lives, works, learns, and plays in Cuyahoga County.

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Devita Davison

Executive Director
FoodLab Detroit











The *Adler Legacy* Continues
100 YEARS
of BUSINESS in DETROIT

Welcome to the *Legacy* Story
LEATHER EXPERTS
Passionate Craftsmanship
A FAMILY COMPANY
Old School Customer Service
LIFETIME GUARANTEE
NO QUESTIONS ASKED
We Embrace Worldwide Artisans
Before you love your bag we do
AN ADLER FAMILY COMPANY

WILLLEATHERGOODS.COM
#SHAREYOURWILL #GIVEWILL

Surprised? Gentrification pioneer Will Leather Goods closes in Cass Corridor

Posted By [Steve Neavling](#) on Thu, May 23, 2019 at 5:20 pm



Listen now

01:32



Powered by [Trinity Audio](#)



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ITALIAN MARKET & PIZZERIA LOCATED AT 4120 SECOND AVE



MCINTOSH ARCHITECTURE
PORIS ASSOCIATES



DETROIT HDC SUBMISSION (REVISED) - 9.26.19





THIS GARDEN IS A PROUD MEMBER OF THE
**GARDEN RESOURCE
PROGRAM**

There are more than
1,500 urban gardens
and farms across
Detroit. Together we
are growing a future
where all Detroiters
have access to
healthy food and
where residents
benefit from a
thriving local food
system. To join us or
find out more:

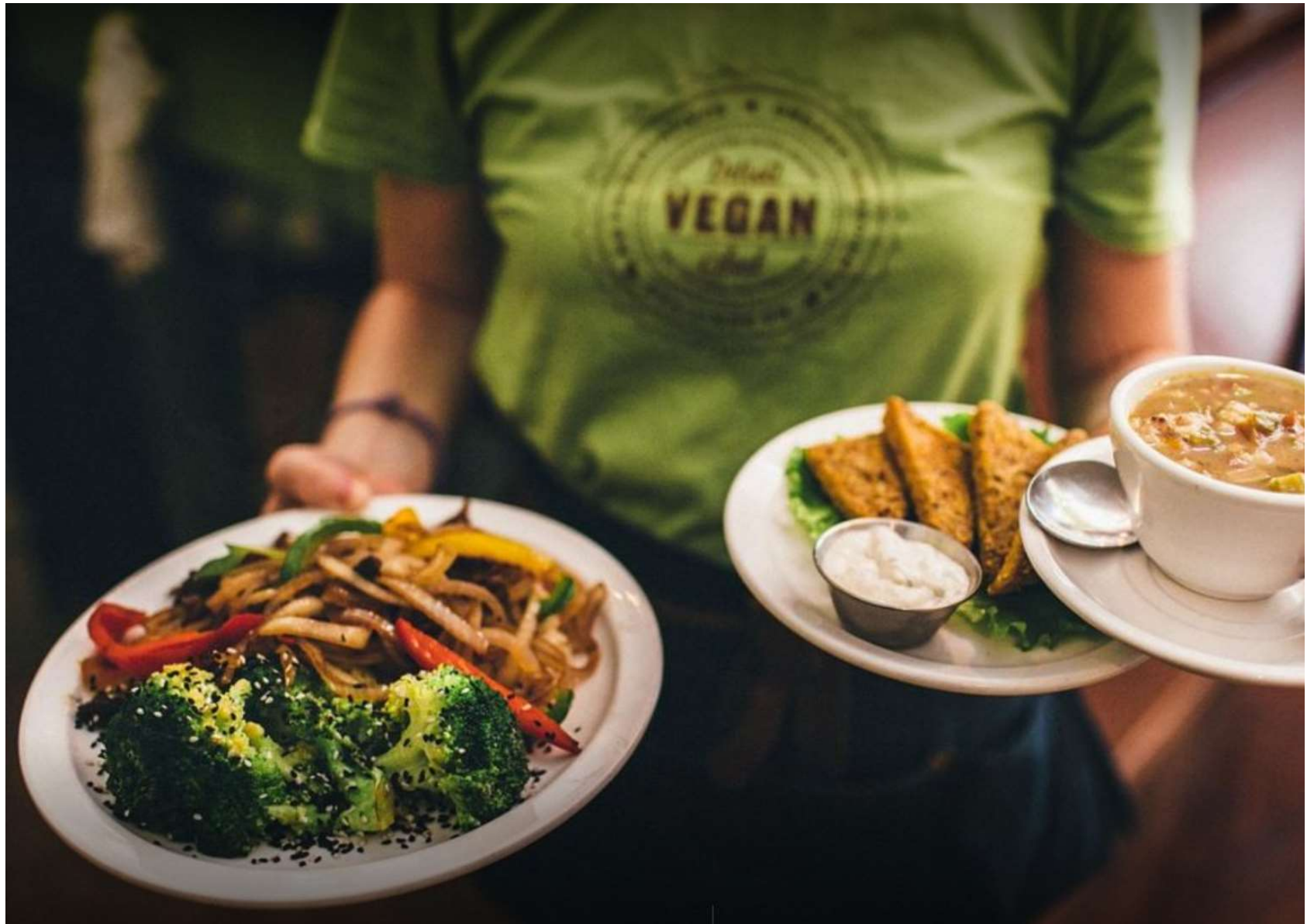
detroitagriculture.net
(313) 757-2635









































Questions & Answers

Thank You!

For More Information:

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