



Obesity in Our Community

Becky Nowachek

MPH Intern

Jo Daviess County Health Department

Outline

- Definitions
- Where We Are Now
 - Overweight & Obesity Issue in US & Jo Daviess County
 - Childhood
 - Adulthood
- Problems Associated with Overweight & Obesity
- Barriers to healthy behaviors
- Facilitating changes
 - Multi-approach
 - Environment & Policy Change
- Resources
- Do You Want to Help Improve the Counties Health
 - Jo Daviess County Obesity Coalition

Objectives

- Participants will understand the difference between overweight and obesity in children and adults.
- Participants will understand the overweight and obesity problem in Jo Daviess County as it compares to the state of Illinois and the United States.

Objectives

- Participants will understand the consequence of obesity
- Participants will learn strategies to increase physical activity and healthy eating.
- Participants will learn how they can become involved with the Jo Daviess County Obesity Coalition

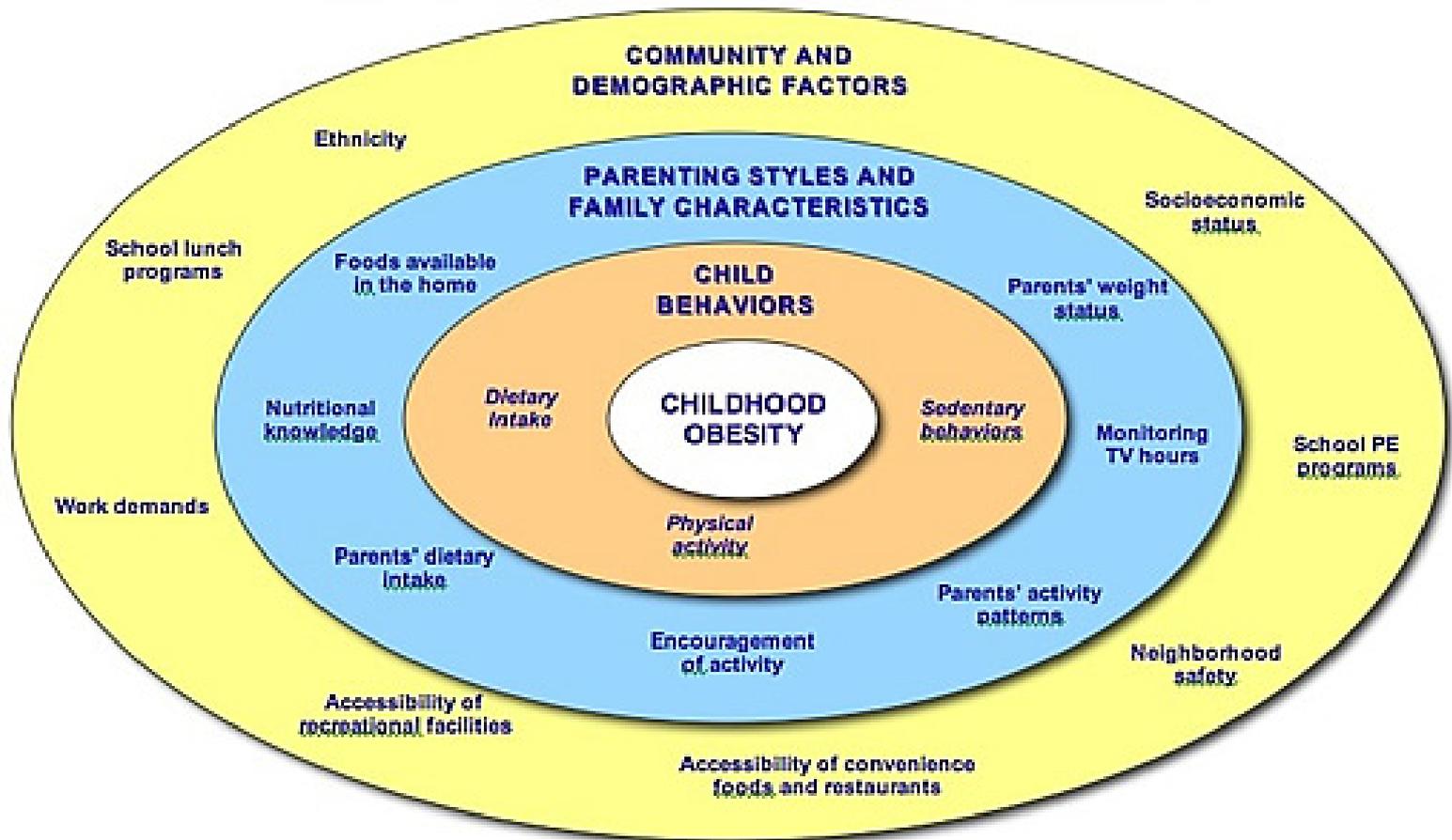
Definitions

- Obesity is simply having too much body fat.
 - Children
 - Overweight= BMI at or above the 85th percentile and lower than the 95th percentile
 - Obesity= BMI at or above the 95th percentile for children of the same age and sex
 - Adults
 - Overweight= BMI between 25 and 29.9
 - Obesity = BMI 30 or higher

Childhood Obesity in IL

- 1 in 5 children in IL are obese, the 4th worst rate in the nation and higher than the national rate.
- IL ranks in the top ten states for obese/overweight adolescents
- More than 31% IL children ages 10-17 years are considered overweight or obese
- Overweight and obese children are at risk for premature death

Contextual Influences on the Development of Childhood Obesity



Adapted from Davison & Birch (2001), *Obesity Reviews*, 2, 159-171

Penn State. (2010). Family and child health project: The problem of overweight and obesity. Retrieved August 2, 2010 from <http://bbh.hhdev.psu.edu/lab/FCHL/index.html>.

Parenting Styles & Family Characteristics

- Monitoring TV Hours
 - Watching TV or playing view games can contribute to obesity in children by:
 - replaces physical activity,
 - reduces metabolic rate,
 - exposes children to commercials that encourage children to eat and request advertised foods,
 - promoting eating patterns that influence weight gain.

Problems of Childhood Obesity

- Overweight and obesity in children may lead to a number of health issues for the child or adolescent.
- Children who are overweight or obese are more likely to be obese as an adult.



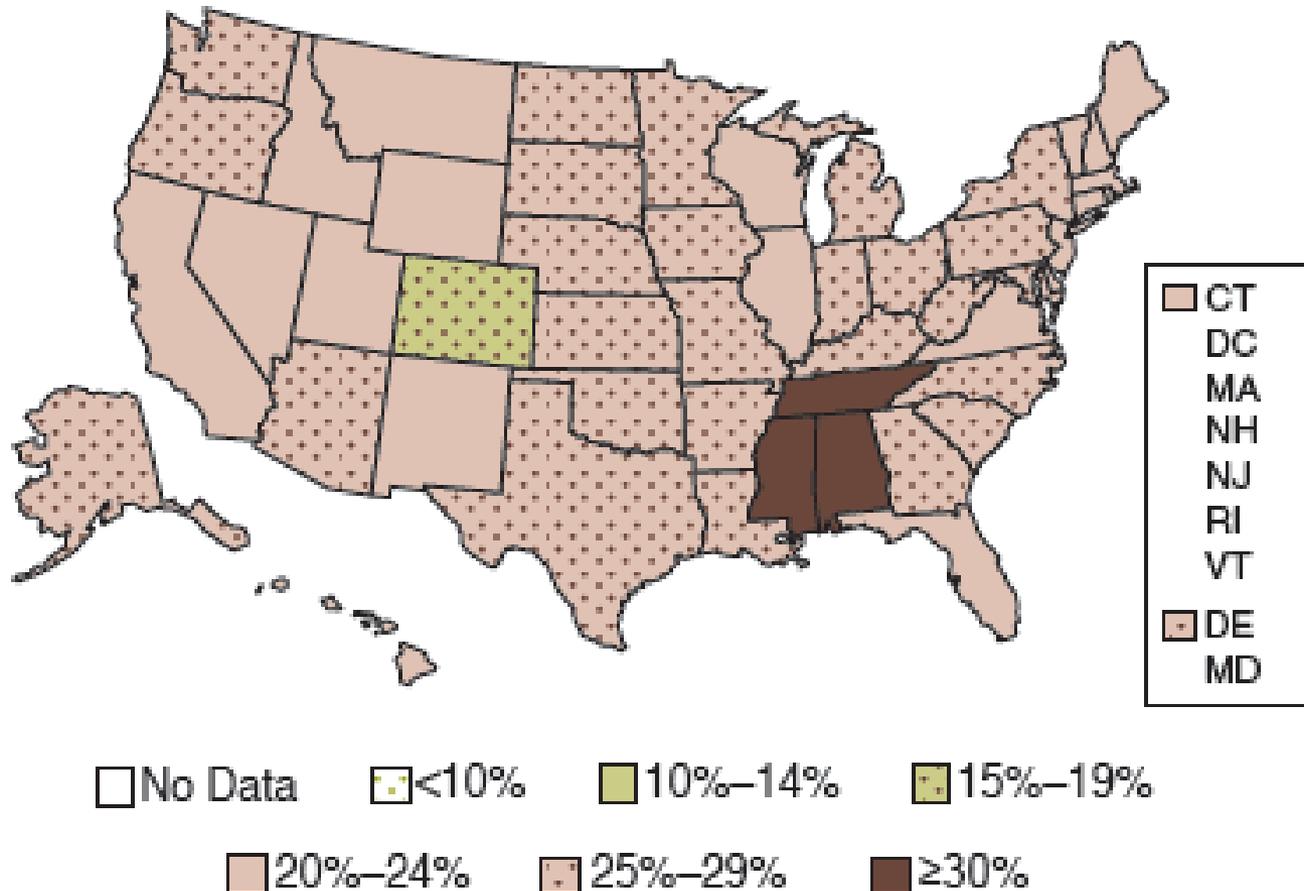
Adult Obesity

Definitions

- BMI- Body Mass Index
 - Reliable indicator of body fat for most people and is used to screen for weight categories that may lead to poor health/
 - Calculated from a person's weight and height
 - $\text{weight (lb)} / [\text{height (in)}]^2 \times 703$
 - Ex: $150\text{lb}/(64)^2 \times 703$
BMI= 25.7

BMI	Weight Status
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30 & Above	Obese

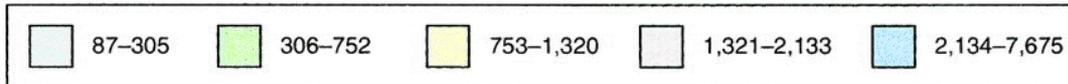
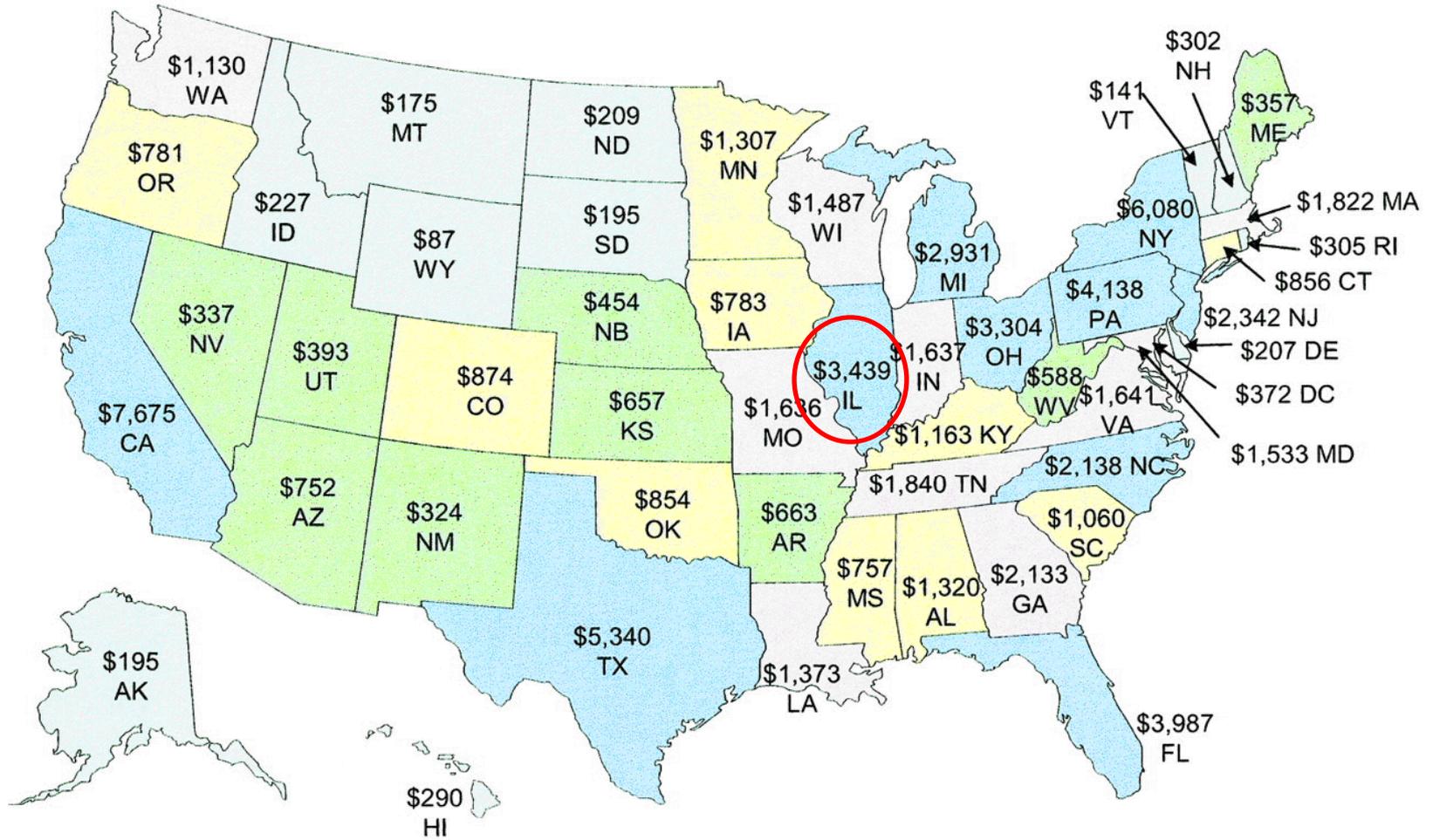
Percentage of Adults Who Are Obese,* by State 2007



* Body mass index (BMI) ≥ 30 , or about 30 lbs. overweight for 5' 4" person, based on self-reported weight and height.

Source: CDC, Behavioral Risk Factor Surveillance System.

Estimated Adult Obesity-Attributable Medical Expenditures (2003 dollars)



Prevention Strategies



Prevention

- The investment of \$10/person each year in proven community-based disease prevention programs could save the country more than \$16 billion annually within 5 years.
- Return of \$5.60 for every \$1

Multi-component Programs

- Providing information and programs through reaching
 - Families
 - Schools
 - Physicians
 - Insurers
 - Employers
 - Community
 - Faith-based community
 - legislation

Socioecological Model



Prevention

- Policy and environmental changes
 - improve the health of places where Americans live, work, learn, and play
 - working to build lasting and comprehensive efforts to address obesity and other chronic diseases through a variety of nutrition and physical activity strategies.

Helpful Resources





Home

County Board

County Departments

County Staff Directory

Administration

Animal Control

Assessments

Building & Zoning

Circuit Clerk

Clerk & Recorder

Coroner

CVB - Tourism

Economic Development & Planning

GIS/IT

Health

Health Department

Environmental Health

Home Health Care

Family Planning

Maternal Child

County Health Department



Public Health

Prevent. Promote. Protect.

**PEGGY MURPHY, R.N.,
B.S.N., M.P.H.,
ADMINISTRATOR**
Jo Daviess County Health

Department
9483 U.S. Route 20 West
P.O. Box 318
Galena, IL 61036

Phone (815) 777-0263 or toll free 1-877-777-0263
Fax (815) 777-2977
Email publichealth@jodaviess.org

**Office Hours: 8:00 a.m. - 4:30 p.m.,
Monday - Friday**

For up-to-date information about the swine flu (H1N1 flu), please click on the links below:

Clinic Schedules



Click on the links below for information about upcoming clinics.

- [Immunization](#)
- [Hypertension Cholesterol Testing](#)
- [Seasonal Flu & H1N1 Vaccine](#)

Jo Daviess County Needs Assessment 2010 to 2015

Click [here](#) to view the document. The appendix is available by calling Peggy Murphy, RN, BSN

http://www.jodaviess.org/index.asp?Type=B_BASIC&SEC=%7B63ADF1DB-DAA2-42B8-BB7D-4453303BD111%7D

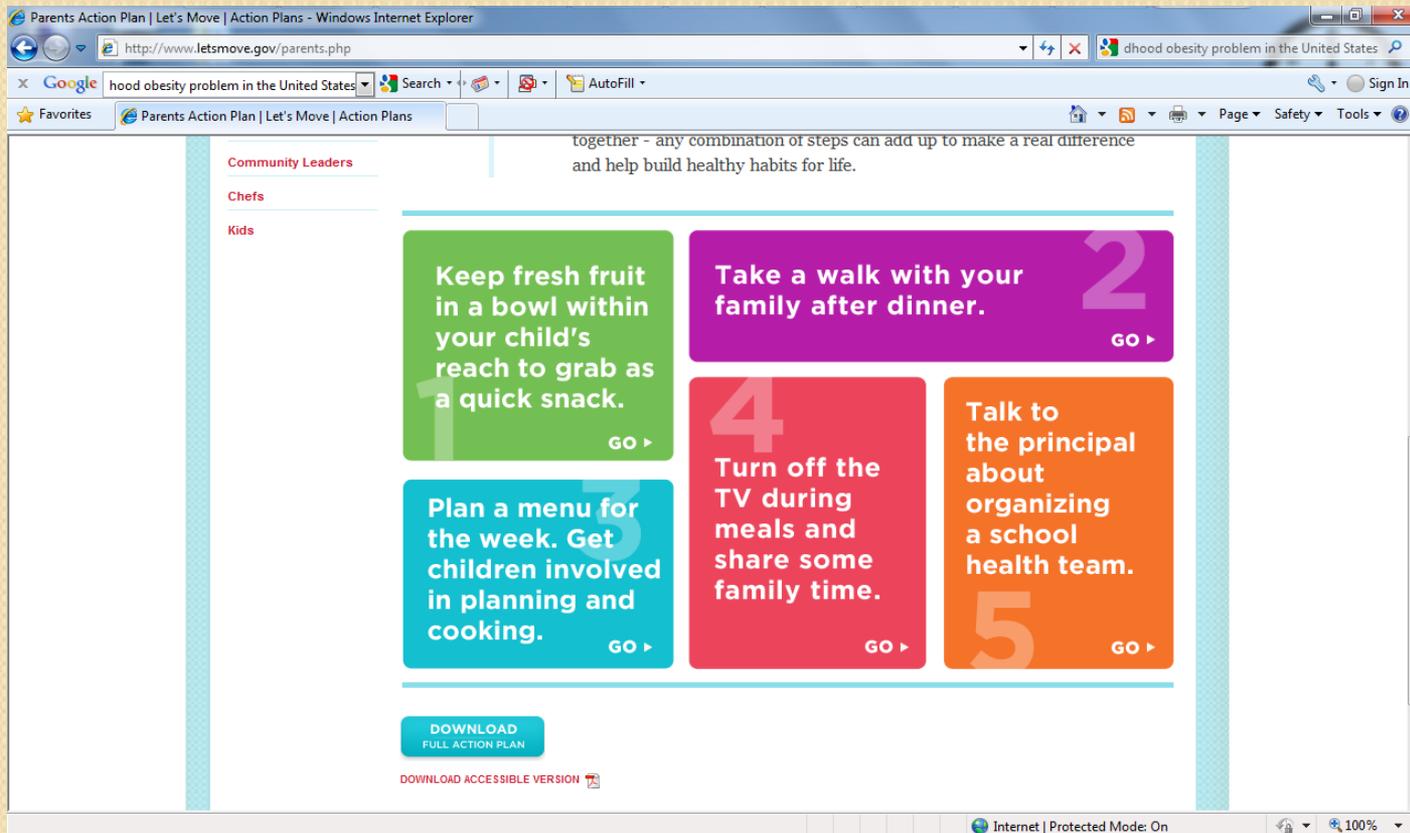


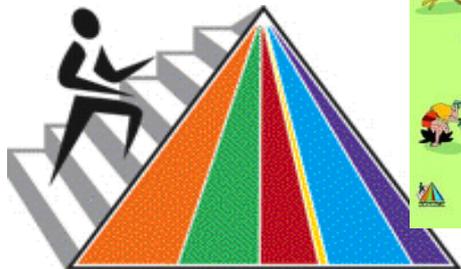
Public Health
Prevent. Promote. Protect.

LET'S MOVE: AMERICA'S MOVE TO RAISE A HEALTHIER GENERATION OF KIDS.

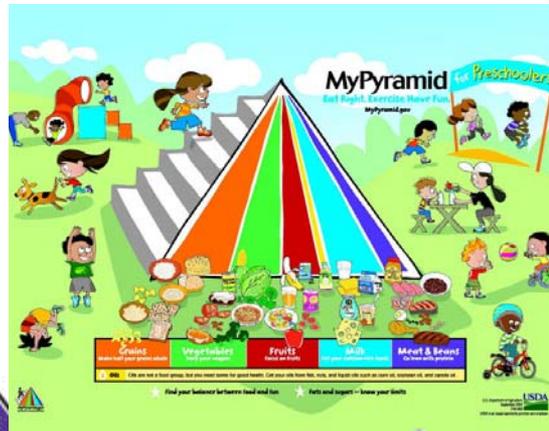
5 Simple Steps for Parents

1. <http://www.letsmove.gov/parents-step-1.php>
2. <http://www.letsmove.gov/parents-step-2.php>
3. <http://www.letsmove.gov/parents-step-3.php>
4. <http://www.letsmove.gov/parents-step-4.php>
5. <http://www.letsmove.gov/parents-step-5.php>





MyPyramid.gov
STEPS TO A HEALTHIER YOU



- Inside the pyramid
- Know your farmer, know your food
- Mypyramid menu planner
- Mypyramid for kids and preschoolers
- Mypyramid for moms
- Mypyramid tracker

www.mypyramid.gov

Eat Smart Move More

The screenshot shows a Windows Internet Explorer browser window displaying the website <http://www.eatsmartmovemorenc.com/>. The browser's address bar shows the URL, and the menu bar includes File, Edit, View, Favorites, Tools, and Help. The website's main content area features a large banner with the word "Welcome!" and two images: a man and a woman cycling on a hill, and an older couple smiling. Below the banner, the website is organized into a grid of links, each with a small icon and a text description. The links include: "About Us" (Our mission, vision, and partners), "News in Physical Activity and Nutrition", "Success Stories to celebrate change in Eating Smart and Moving More", "For simple solutions on how you can eat smart and move more visit our consumer site. MyEatSmartMoveMore.com", "NC's Plan to prevent obesity and chronic disease", "Obesity Burden in NC facts and statistics", "Sign up to get our **free** monthly newsletter with tips and ideas to help you Eat Smart and Move More! Newsletter Subscription Privacy by **SafeSubscribe**SM", "Programs and Tools for change for Eating Smart and Moving more", "Contact listing of public health professionals by county", "Advertisements and press materials tools and samples", "Need help finding something? Search our site using **Google**TM Custom Search.", "Funding opportunities for North Carolina communities", "Data Links to data sources and reports", "The Evidence What works in obesity prevention", and "Eat Smart Move More NC exists through the work of its many partner organizations". The browser's status bar at the bottom shows "Done", "Internet", and a zoom level of "110%".

Welcome!

Eat Smart Move More NORTH CAROLINA

For simple solutions on how you can eat smart and move more visit our consumer site.
MyEatSmartMoveMore.com

Sign up to get our **free** monthly newsletter with tips and ideas to help you Eat Smart and Move More!
Newsletter Subscription
Privacy by **SafeSubscribe**SM

Need help finding something? Search our site using **Google**TM Custom Search.

Go

Eat Smart Move More NC exists through the work of its many partner organizations.

About Us Our mission, vision, and partners	News in Physical Activity and Nutrition	Success Stories to celebrate change in Eating Smart and Moving More
NC's Plan to prevent obesity and chronic disease	Obesity Burden in NC facts and statistics	Key Behaviors of Eat Smart, Move More NC
Programs and Tools for change for Eating Smart and Moving more	Contact listing of public health professionals by county	Advertisements and press materials tools and samples
Funding opportunities for North Carolina communities	Data Links to data sources and reports	The Evidence What works in <u>obesity prevention</u>

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

<http://www.womenshealth.gov/FitnessNutrition/eatinghealthy/>

How to Eat for Health << Staying Active and Eating Healthy << womenshealth.gov - Windows Internet Explorer

http://www.womenshealth.gov/FitnessNutrition/eatinghealthy/

U.S. Department of Health & Human Services

womenshealth.gov

The Federal Government Source for Women's Health Information

www.hhs.gov OPHS

The National Women's Health Information Center
U.S. Department of Health and Human Services
Office on Women's Health

1-800-994-9662 TDD: 1-888-920-5446

Search

Staying Active and Eating Healthy Home

Nutrition Basics

How to Eat for Health

MyPyramid

Heart Healthy Eating

Food Labels and More

Reducing Your Sodium

Healthy Recipes

Improving Your Food Choices

Vitamin and Mineral Supplements

Special Food Issues

How to Be Active for Health

Steps to Get You Moving

Playing It Safe

Food and Fitness for a Healthy Weight

Programs

womenshealth.gov Home

Staying Active and Eating Healthy

[E-mail this page to a friend](#)

How to Eat for Health

[Home](#) > [Staying Active and Eating Healthy Home](#) > [How to Eat for Health](#)

- [About Eating for Health](#)
- [Additional Resources](#)

About Eating for Health

You've probably seen many articles in the media telling you what to eat and not eat. All this information can be confusing. You may be left wondering how much of different types of foods you should eat to stay healthy.

To help you choose foods wisely, the U.S. Departments of Health and Human Services and Agriculture have developed several tools, including:

- [Healthy eating plans](#) with interactive web sites that help you choose foods based on your height, weight, and other information
- The [Nutrition Facts label](#) on food packages
- A [Nutrient Database](#) for foods that don't come in packages

Eating in a healthy manner isn't hard at all. To help prevent [heart disease](#), [stroke](#), and perhaps other diseases, you should eat mainly:

- Fruits and vegetables
- Grains (at least half of your grains should be whole grains, such as whole wheat, oatmeal, and brown rice)
- Fat-free or low-fat versions of milk, cheese, yogurt, and other milk products
- Fish, skinless poultry, lean red meats, dry beans, eggs, and nuts
- [Polyunsaturated and monounsaturated fats](#)

Also, you should limit the amount of foods you eat that contain:

- [Saturated fat](#)

University of Illinois Extension-JoDaviess-Carroll-Nutrition & Health - Windows Internet Explorer

http://web.extension.illinois.edu/jdc/nutrition.html

File Edit View Favorites Tools Help

[Welcome to Jo Daviess Cou...](#)
[Web Slice Gallery](#)
[Live Search Traffic](#)
[MSN](#)
[MSN Entertainment](#)
[MSN Money](#)
[MSN SlideShow](#)
[MSNBC](#)
[My MSN](#)

[University of Illinois Ext...](#)
[Yahoo!](#)

This website wants to run the following add-on: 'Adobe Flash Player' from 'Adobe Systems Incorporated'. If you trust the website and the add-on and want to allow it to run, click here...

Urban Programs En Español Google Custom Search
**UNIVERSITY OF ILLINOIS
EXTENSION**
JoDaviess-Carroll Unit
Nutrition & Health

[Home](#)
[Staff](#)
[Find Us](#)
[Programs](#)
[Volunteers](#)
[Reports](#)
[Local Links](#)

[Contact Us](#)

Featured Websites

**Fiesta of
Flavors**

**Your Guide
to Diet and
Diabetes**

**Recipes for
Diabetes**

**Meat Safety
for the
Consumer**

**take
ACTION on
RADON**

MyPyramid.gov

For more information about these programs, please contact:

Robin Fisch
 Carroll County Family Nutrition Program/Family and Consumer Sciences
 JoDaviess-Carroll Unit
 807D S Clay St
 Mt. Carroll, IL 61053
 Phone: 815-244-9444
 FAX: 815-244-3836
rfisch@illinois.edu

Virginia Hill
 Jo Daviess County Family Nutrition Program/Family and Consumer Sciences
 JoDaviess/Carroll Unit
 204 Vine, PO Box 600
 Elizabeth, IL 61028
 Phone: 815-858-2273
 FAX: 815-858-2274
hillv@illinois.edu

Additional Websites

- Nutrition & Health**
A collection of interesting sites about nutrition and health from U of I Extension.
- Wellness Ways**
A collection of materials on wellness and health.

Nutrition & Health Resources

- National Center for Home Food Preservation**

Our other program areas....

- 4-H & Youth (Carroll County)
- 4-H & Youth (Jo Daviess County)
- Agriculture & Natural Resources
- Disaster Resources

Internet 100%

<http://web.extension.illinois.edu/jdc/nutrition.html>

Illinois Public Health Institute

Illinois Public Health Institute -- Obesity Prevention Initiative - Windows Internet Explorer

http://www.iphionline.org/index.asp?Type=B_BASIC&SEC={F32E54CA-C384-4163-B0B2-60A9B9A27D0B}

File Edit View Favorites Tools Help

Illinois Public Health Institute -- Obesity Prevention Ini...

Home > Obesity Prevention Initiative



ILLINOIS PUBLIC HEALTH INSTITUTE

Home	<h3>Obesity Prevention Initiative</h3> <p>Obesity has reached epidemic proportions in Illinois — 62% of Illinois adults are overweight or obese. One in five children are obese, the fourth worst rate in the nation.</p>  <p>Given that obesity and overweight are primary determinants of cardiovascular diseases, cancer, respiratory diseases, and diabetes — already leading causes of death in Illinois — the implications of this epidemic for our state's health and resources are staggering. In Illinois, adult obesity alone adds \$3.4 billion to annual health care costs, including \$1 billion to Medicaid and \$800 million to Medicare.</p> <p>Clearly, it is time for change. We need policy and public health solutions that match the scope of the problem if we expect to reverse the epidemic in time.</p> <p>The Illinois Public Health Institute has joined with a number of other groups to launch the Illinois Alliance to Prevent Obesity. The Alliance mobilized more than 300 people from groups and communities across the state to attend and testify at obesity hearings held in February and March by the Illinois Department of Public Health. We need to show that a broad spectrum of citizens and groups support finding such solutions in Illinois.</p> <p>Organizations: Join the Illinois Alliance to Prevent Obesity today by completing the Statement of Support. To complete online, click the link in the right sidebar.</p> <p>Individuals: Complete the Interest Form here to join our mailing list.</p> <p>Following the statewide hearings, IAPO is continuing to work to raise awareness and generate action. In the fall, we will bring</p>
Who We Are	
News	
Links	
Contact Us	
2009 Annual Conference	
Center for Community Capacity Development	
IL Accreditation Development Project (IADP)	
Illinois Health Data Dissemination Initiative	
Obesity Prevention Initiative	
State Health Improvement Plan (SHIP)	
Past Projects	
Site Map	
Payment Center	

In Obesity Prevention Initiative:

- IAPO Leadership Council Obesity Prevention Initiative: Resources
- IAPO Archived E-Bulletins and E-Notices

Find Us on Facebook!



IAPO Leadership Council

[Click here for a list of IAPO Leadership Council members and links.](#)

FOR ORGANIZATIONS

Click on the link above to sign our Statement of Support!

FOR INDIVIDUALS

Click the link above to sign up

http://www.iphionline.org/index.asp?Type=B_BASIC&SEC={F32E54CA-C384-4163-B0B2-60A9B9A27D0B}



[Home](#) | [Wellspring Weight Loss Treatment](#) | [Featured Article](#) | [Request More Info](#) | [Resources](#)

Overweight Teens: The Growing Problem of Obesity Among Children & Teens

Over the past 20 years, clinical obesity among children and adolescents (defined as 95+ percentile body mass index on a growth chart) has skyrocketed from 6% to 15%. This makes overweight teens and teen obesity the most common chronic illness in pediatrics. To provide a sense of the magnitude of the opportunity, the prevalence of eating disorders is only 0.3%.

Although pediatric and adolescent obesity is most common in lower socio-economic groups, it is prevalent at all income levels, including in upper-income families. In 1995, 2.9% of households in the top 5% of income had obese children or adolescents. The number has certainly risen over the past 8 years.

The cause of this epidemic is entirely behavioral: high-calorie diets and insufficient exercise.

The direct effects of pediatric and adolescent obesity are clear and well established:

- Type 2 diabetes mellitus (formerly adult onset diabetes)
- Hypertension and predisposition for cardiac disease
- Sleep apnea
- Asthma
- Gallbladder disease
- Kidney disease
- Pancreatitis
- Eye diseases
- Nerve damage
- Various gastrointestinal disorders
- Various skeletal and orthopedic problems
- 80% increase in incidence of obesity in adulthood
- Obesity in adulthood likely to be more severe with earlier onset of co-morbidities

The percentage of hospital discharges for pediatric and adolescent obesity-related diseases has doubled over the past 20 years. The annual cost of hospital care for these young people has more than tripled to over \$150 million. In comparison, the number of deaths annually in the United States directly attributed to adult obesity is estimated at 280,000, and total annual costs attributable to obesity-related disease approach \$100 billion. While pediatric and adolescent obesity exists in all parts of the country, researchers and pediatricians report it is

Looking for a weight loss camp or residential program for your overweight teen?
Call 866.279.6326

Articles & Resources

[For Parents of Overweight Teens »](#)

- [My Overweight Teen](#)
- [What Happens at Weight Loss Camp?](#)
- [Weight Loss Surgery](#)
- [Model Healthy Behavior](#)
- [TV & Video Games](#)
- [Education and Nutrition](#)
- [More Resources](#)

[Diets »](#)

Jo Daviess County Obesity Coalition

- Created after the completion of the Illinois Project for Local Assessment of Needs (IPLAN)
- Facilitated by the Jo Daviess County Health Department
- Collaborating partners
 - Faith-based community,
 - Business,
 - Law enforcement,
 - Mental health,
 - Domestic violence,
 - Senior citizens,
 - Extension services,
 - And consumers.



How the Obesity Coalition hopes to impact the Community

- Increase the proportion of adults who are at a healthy weight
- Reduce the proportion of adults who are obese
- Reduce the proportion of children and adolescents who are overweight or obese
- Increase daily activity
- Decrease the consumption of energy-dense, high-sugar/ high-fat foods
- Increase the consumption of nutritious foods such as fruits, vegetables, whole grains, and skim milk

Planned Activities

- Coalition Meetings
- Recruit new board members
- Cholesterol & Hypertension Screenings
- Health fairs
- Media/ Marketing
- Education & Awareness
- Educate public on the available transportation via the Jo Daviess County Transit
- Provide screenings at new sites and at various times
- Encourage School Boards to help collect data through confidential Body Mass

How to Help Combat Overweight and Obesity in Our Community

- Join the Jo Daviess County Obesity Coalition



Public Health
Prevent. Promote. Protect.

Peggy Murphy, Health Administrator

healthadmin@jodaviess.org

1-877-777-0263

References

- Centers for Disease Control and Prevention. (2009). Overweight and obesity. Retrieved June 25, 2010 from <http://www.cdc.gov/obesity/defining.html>
- Centers for Disease Control and Prevention. (2009). Healthy weight- it's not a diet, it's a lifestyle. Retrieved June 25, 2010 from http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html#Interpreted
- Illinois Alliance to Prevent Obesity. (nd). Illinois Obesity Facts. Retrieved July 2010 from <http://www.iphionline.org/vertical/Sites/%7B00CFF503-04BE-4895-B1A4-FF765B2CE512%7D/uploads/%7BCAFD1800-8E9E-49BC-8936-166214523003%7D.DOC>.
- Iowa Department of Public Health. (2010). Iowans fit for life state plan: Midcourse revision 2010. Retrieved August 31, 2010 from http://www.idph.state.ia.us/iowansfitforlife/common/pdf/state_plan.pdf.
- Penn State. (2010). Family and child health project: The problem of overweight and obesity. Retrieved August 2, 2010 from <http://bbh.hhdev.psu.edu/lab/FCHL/index.html>.
- United States Department of Agriculture. (2010). My Pyramid. Retrieved July 6, 2010 from www.mypyramid.gov
- U.S. Department of Health & Human Services. (2010). At-a-glance: A fact sheet for professionals. Retrieved July 6, 2010 from www.health.gov/paguidelines/factsheetprof.asp
- Jo Daviess County Daviess County Health Department. (nd). County Health Department. Retrieved from http://www.jodaviess.org/index.asp?Type=B_BASIC&SEC=%7B63ADF1DB-DAA2-42B8-BB7D-4453303BD111%7D