

Obesity

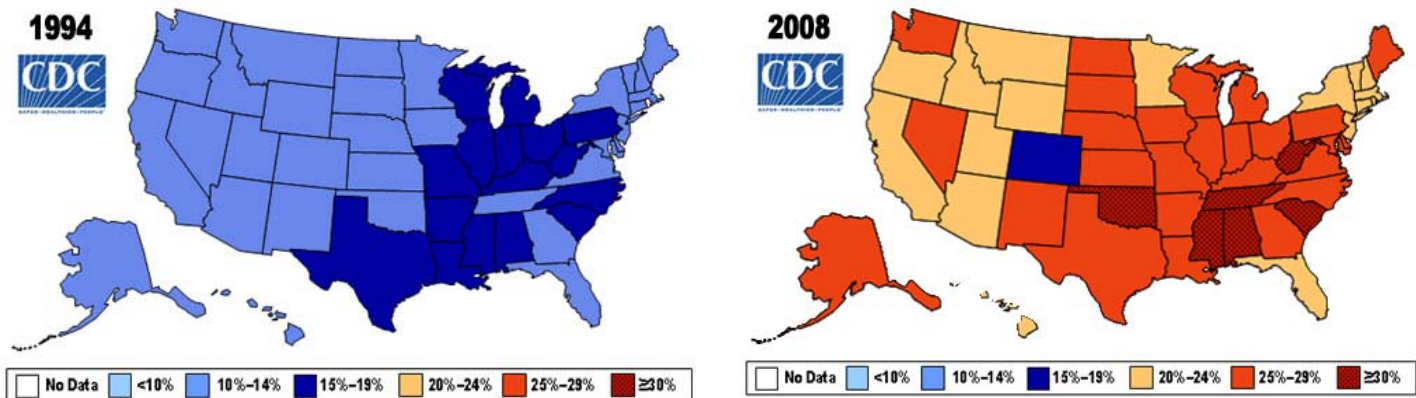
Overweight and obesity have tremendous consequences on our nation's health and economy. Both are linked to a number of chronic diseases, including coronary heart disease, stroke, diabetes, and some cancers. Most American communities are characterized by unhealthy options when it comes to diet and physical activity. We need public health approaches that make healthy options easy, affordable, and available for all Americans.

National, State and Local Trends

The percentage of obese adults in Iowa increased from 17.5% in 1995 to 26.7% in 2008, which matches the national percentage. Within the UWECI service area, two out of six counties within the UWECI service area are slightly higher than the state's percentage including Cedar County (26.8%) and Linn County (26.9%).

- Approximately one-in-five Iowa adults report no leisure time physical activity over the past month.
- Only one-in-five adults report eating fruits and vegetables five or more times a day.

Percent of Obese (BMI > 30) in U.S. Adults



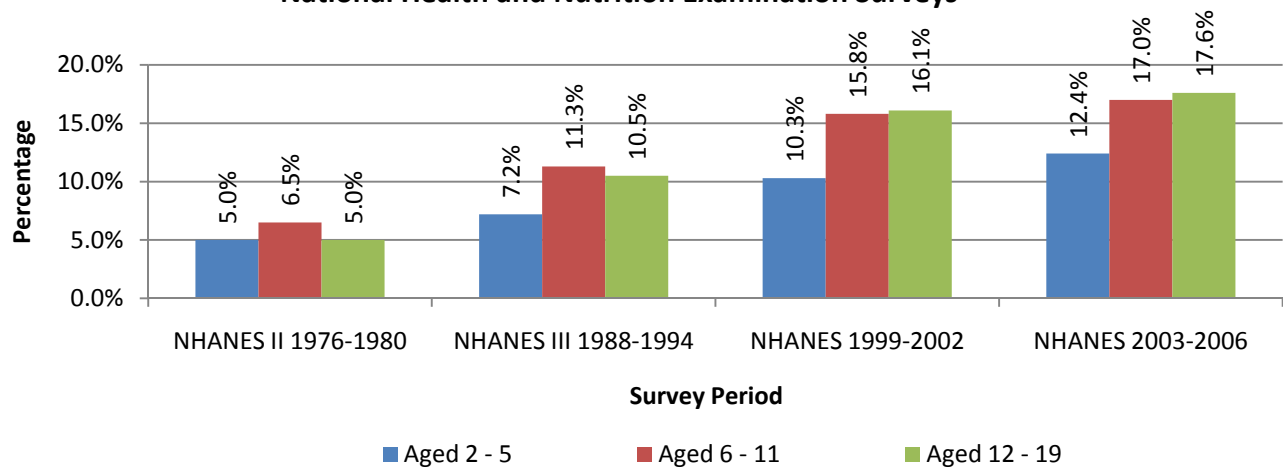
The problem is not limited to adults alone. Approximately 11% of Iowa youth (9th–12th grades) are considered obese and another 13% are considered overweight, according to 2007 Youth Risk Behavior Survey data.

- Only half of Iowa youth are meeting current physical activity recommendation levels.
- Only 19% eat fruits and vegetables five or more times a day.
- One quarter watch three or more hours of television a day.
- Almost one third drink at least one non-diet soda each day.

Data from NHANES I (1971–1974) to NHANES 2003–2006 show increase in overweight among all age groups:

- Among preschool-aged children, aged 2–5 years, the prevalence of overweight increased from 5.0% to 12.4%.
- Among school-aged children, aged 6–11 years, the prevalence of overweight increased from 4.0% to 17.0%.
- Among school-aged adolescents, aged 12–19 years, the prevalence of overweight increased from 6.1% to 17.6%.

Prevalence of Obesity Among U.S. Children Adolescents (Aged 2-19 Years) National Health and Nutrition Examination Surveys



Data Sources:

Center for Disease Control and Prevention – www.cdc.gov

Kaiser Family Foundation – www.statehealthfacts.org