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Obesity

The obesity epidemic appears in both boys and girls, men and women, and among all racial and ethnic groups. National data demonstrate that certain groups, including Hispanics, non-Hispanic Blacks, Native Americans and individuals in low socioeconomic groups are particularly affected by obesity. Disparities appear to be growing over time.

Overweight refers to increased body weight in relation to height which may or may not be due to increase in body fat. Obesity refers to an excessively high body weight in relation to height. Body mass index (BMI) is used to express the relationship of weight-to-height.

Overweight and obesity are generally caused by an ongoing imbalance in the body's energy intake and expenditure. Lack of physical activity and unhealthy eating patterns in our daily lives contribute to weight gain over time. Genetics play a role in determining weight. However, dramatic changes in the world over time have altered our daily lifestyle which also contributes to overweight and obesity.

By the numbers...

ADAMS COUNTY

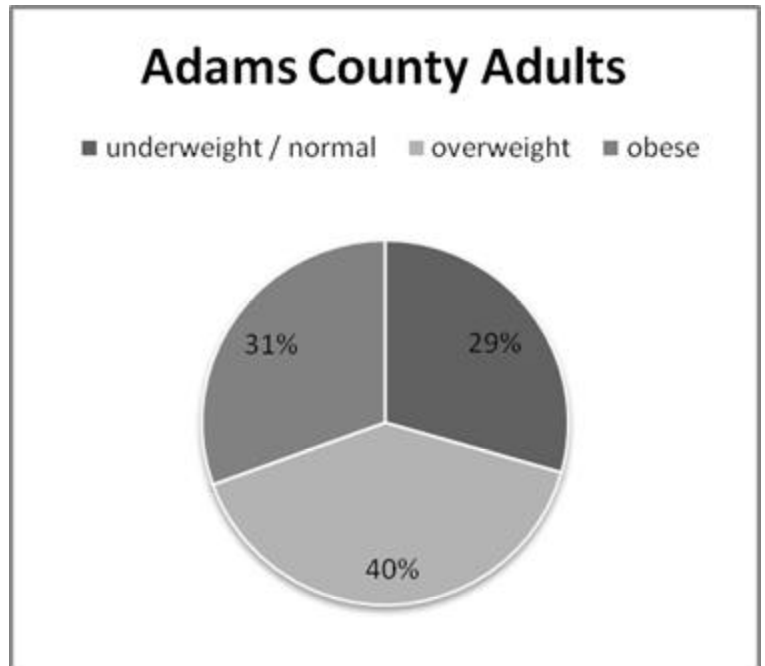
- 70.6% of adults in Adams County are overweight or obese compared with 62% in the state of Illinois and 67% in the U.S.
- 51.5% of adults in Adams County are either physically inactive or whose activities do not meet the standard for sustained physical activity.

ILLINOIS

- Illinois has the 27th highest rate of adult obesity in the nation, at 25.9 percent and the 10th highest of overweight youths (ages 10-17) at 34.9 percent.

UNITED STATES

- Obesity costs the nation \$75 billion in direct costs each year, while the total cost of obesity, including indirect costs, is as high as \$139 billion per year.
- The rates of obesity in children aged 2-19 have more than tripled since 2000.
- Approximately 300,000 deaths each year in the U.S. may be attributable to obesity.
- 40% of adults in the U.S. do not participate in any leisure time physical activity.



Source: Illinois Behavioral Risk Factor Surveillance System, 2009.

How to Calculate Your Body Mass Index (BMI)

The Body Mass Index (BMI) is a measurement tool that compares your height to your weight and gives you an indication of whether you are overweight, underweight or at a healthy weight for your height.

$$BMI = \left(\frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

Or go to <http://www.nhlbissupport.com/bmi/> for an online calculator.

BMI Categories:

- | | |
|----------------------|--------------------------------|
| Underweight = <18.5 | Normal weight = 18.5-24.9 |
| Overweight = 25-29.9 | Obesity = BMI of 30 or greater |

SOURCES OF INFORMATION:

- *F as in Fat: How Obesity Policies Are Failing in America 2009*; Trust for America's Health; <http://www.healthyamericans.org>.
- Behavioral Risk Factor Surveillance System, Illinois Department of Public Health, 2009.
- Adams County Wellness Report 2009, Alliance for Building Community.



What's behind the obesity epidemic?

Many issues influence nutrition and physical activity behaviors:

- **Food choices and changes** — higher caloric intake; limited access to nutritious, fresh food; increased reliance on take-out and restaurants
- **Schools** — reduction in amount of physical education, recess, and recreation time; lack of safe routes to allow children to walk or bike to school; variety of food and beverage options available throughout the day
- **Community design** — foster driving rather than walking or biking; lack of affordable indoor physical activity options; no sidewalks or poor upkeep
- **Marketing and advertising** — more promotion of unhealthy foods; fad diets
- **Workplaces** — desk jobs discourage activity; limited opportunities for physical activity during work day; unhealthy options in cafeterias or work lunch sites
- **Economic constraints** — health insurance coverage for obesity-prevention services limited; “value sizing” of less nutritious foods; expense of gym memberships, exercise classes, equipment, etc.
- **Family and home influences** — electronic culture options for entertainment and free time; more people working outside the home or far from home
- **Limited time** — long work hours mean more meals eaten outside the home; commuting time cuts into time for physical activity

Why does it matter?

The increasing rate of overweight and obesity threatens the health of our children, youth, adults and seniors, placing them at much greater risk for development and early onset of a wide variety of chronic diseases and health conditions. Being overweight or obese increase the risk of premature death and many diseases and health conditions, including: hypertension; high cholesterol, Type 2 Diabetes, coronary heart disease, stroke, gallbladder disease, depression, sleep apnea, some cancers.

The economic impact of overweight and obesity includes direct and indirect costs. Direct costs include medical costs classified as preventive diagnostic and treatment. Indirect costs include morbidity and mortality costs such as loss productivity, absenteeism, and premature death.

The confluence of the obesity epidemic and the aging Baby Boomer population is expected to result in significant increases in health care costs.



Invest yourself.

The Alliance for Building Community (ABC) is a community partnership of individuals and groups working to improve the quality of life for all residents of Adams County. This active partnership looks at our county's challenges and works to find solutions. ABC is your organization, and there is a place for every citizen at every commitment level. Together, we can make life better in Adams County.

Our Vision

We are committed to creating cooperative community partnerships in order to build the quality of life for every citizen of Adams County.

Our Mission

To facilitate an ongoing community forum where participants mobilize community strengths & resources to address community needs.

you do it + we measure it = tangible results