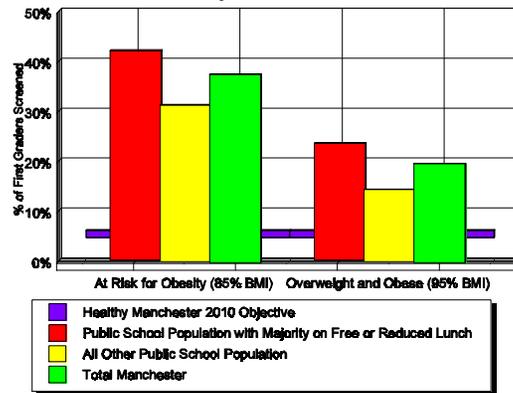




City of Manchester Department of Health OBESITY REPORT CARD

Percent of First Grade Students Overweight and Obese Manchester School Population in School Year 2001-02



HEALTHY PEOPLE 2010 OBJECTIVE: Reduce the proportion of children and adolescents who are overweight or obese to <5%

In Manchester in 2001-02, 39% of first-graders were overweight and 19% were obese, as determined by their body mass indexes (BMI) at or above the 85th percentile and 95th percentile, respectively.¹ According to the 2001 Behavior Risk Factor Surveillance Survey (BRFSS), 58% of adults over 18 years in Manchester were overweight or obese, as defined by BMI greater than 25.0.⁴ Obesity is on the rise among Americans of all ages, and has reached epidemic proportions. The number of obese adults has grown by nearly 20% over the past 30 years, and the number of overweight children has tripled in the same period.³ At the current rate of increase, 75% of Americans will be obese by the year 2050.³

The causes of being overweight and obese include poor food choices, lack of physical activity, environmental factors, and family history of overweight or obesity. In the last 30 years, calorie intake has increased among both men and women in America.² Moreover, only about 1/4 of US adults eat the recommended servings of fruits and vegetables each day.² There is no information on fruit and vegetables among Manchester adults, but for teenagers in Manchester public schools in grades 9-12 in 2001, 68% had fruit less than 1 time per day, and 69% had vegetables other than salad less than 1 time per day.⁵ There are significant differences in the occurrence of obesity by gender, age, income, and among racial and ethnic groups.

Obesity is associated with adverse health problems, such as high blood pressure, elevated cholesterol levels, heart disease, stroke, diabetes, and colon and breast cancer.² Obese youth and adults are also more likely to face social discrimination, and to suffer from low self-esteem and mental health issues like depression. These and other health problems associated with an unhealthy diet and physical inactivity resulted in approximately 400,000 deaths in 2000 in the United States among people aged 18 years and older.²

Percent of Adults over 18 years who are Overweight or Obese in 2001⁴

	*Overweight or Obese	Not Overweight or Obese	**Total Population Over 18 years
Manchester	58.2%	41.8%	81,648
Rest of NH	56.2%	43.8%	844,576

*Overweight: Body Mass Index (BMI) equal to or greater than 25.0, but less than 30.0. Obese: Body Mass Index (BMI) equal to or greater than 30.0. BMI=weight in kg/height in m². Normal weight: BMI<25.0.

**From 2000 US Census Data

WHO PAYS? As the number of overweight and obese persons has increased in the United States, so have the related health care costs. Direct health care costs (which include physician services, medications, and hospital and nursing home care) resulted in a total of \$64.1 billion spent in 2000, according to the CDC.² Indirect health care costs (which include the value of wages lost by individuals who cannot work due to illness or disability, and future earnings lost due to premature death) resulted in a total of \$58.8 billion spent in 2000, according to the CDC.² It is estimated that Americans spend \$33 billion annually on weight loss products and services.⁶



WHAT WORKS? RECOMMENDATIONS FOR THE COMMUNITY:

- Promote Healthy Eating Habits in the Community.** Create a community-wide highly visible campaign promoting fruit and vegetable intake. One example is 5-A-Day for Better Health, a national effort to increase healthy eating.⁷
- Increase Awareness** in the community about the link between obesity and diabetes, high blood pressure, strokes and heart attacks, and some cancers.⁸
- Target School-aged Children.** Promote the adoption of a comprehensive health curriculum for students in grades 1-12 to teach the importance of nutrition and physical activity.⁹
- Adopt Community Policies** that promote healthy food and beverage choices in schools, workplaces, and restaurants.⁹ One example is creating policies to regulate vending machine choices in schools and workplaces.
- Improve Access** to places for physical activity in the community, and ensure places are readily available and acceptable. Examples include attractive sidewalks, walking trails, opening school gyms on weekends and in the evenings during winter months for recreational use, and exercise facilities in the workplace.¹⁰

RECOMMENDATIONS FOR THE INDIVIDUAL:

- Have 5-A-Day Plans.** Encourage everyone in your household to eat 5-9 servings of fruits and vegetables a day, and encourage a variety of fruits and vegetables to increase your intake of vitamins and minerals.¹¹
- Adopt Healthy Eating Habits.** Follow the Dietary Guidelines for Americans and select sensible portion sizes. Two suggestions to help meet the dietary guidelines are limiting fast foods and sodas, in order to limit fat and sugar intake.⁸
- Limit TV and Computer Time** to 1 hour or less per day. Children and adults who watch more TV and spend more time on the computer are more likely to be overweight or obese.¹²
- Have a Family Focus.** Encourage everyone in your household to participate in a total of 60 minutes of moderate to vigorous activity every day. Simple, fun activities include climbing stairs instead of taking the elevator, walking the dog, dancing to music, and raking leaves.¹⁰
- Talk with Your Health Provider** about your ideal body weight, and learn your family history. Health providers should screen all patients for obesity, and offer intensive counseling and behavioral interventions to promote sustained weight loss.¹²



FOR MORE INFORMATION ON HOW TO DECREASE OBESITY IN THE MANCHESTER COMMUNITY, PLEASE CONTACT:

- ✓ Team Nutrition, Sue Sheehy, RD Program Director (603)598-9904
- ✓ School Health Advisory Council, Manchester Health Department (603)624-6466
- ✓ New Hampshire Healthy Schools Coalition (603)862-3653