

Obesity: Changing the Shape of Alabama

**Satellite Conference and Live Webcast
Wednesday, January 8, 2014
10:00 – 12:00 p.m. Central Time**

**Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division**

Faculty

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Objectives

- **Discuss obesity trends in the United States and Alabama**
- **Identify three chronic diseases associated with obesity**
- **Identify strategies to prevent or reduce obesity in the workplace**
- **List two local initiatives in Alabama to address the burden of obesity**

Obesity

- **In the United States:**
 - **36% of adults are OVERWEIGHT**
 - **28% of adults are OBESSE**

Obesity in Alabama

- **35% of adults are OVERWEIGHT**
- **33% of adults are OBESSE**
- **31% of adults are NORMAL WEIGHT**
- **Alabama is the 5th most obese state in the nation**

Obesity in Alabama

- **Obesity is higher in women**
 - **Overweight is higher in men**
- **Obesity is higher at the lowest income level**
- **Obesity is higher at the lowest education level**
 - **Did not finish high school**

Obesity in Alabama

- **Obesity is higher in blacks**
- **Being overweight is higher in multi-racial individuals**

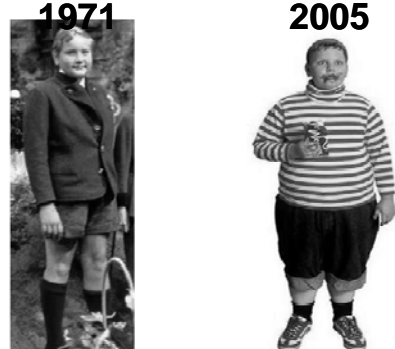
Childhood Obesity

- **In the United States**
 - **13% of youth are obese**
- **In Alabama**
 - **17% of youth are obese**
- **Another 16% of youth in Alabama are overweight**

Childhood Obesity

- **New data from the Alabama Department of Public Health Division of Oral Health:**
 - **38% of third graders are either overweight or obese**
 - **39% of kindergarteners are either overweight or obese**

Image of Childhood Obesity



Obesity Increases Risks

- **Type 2 diabetes**
- **Certain types of cancer**
- **Heart disease**
- **Hypertension**
- **Stroke**
- **Liver and gallbladder disease**
- **Respiratory problems, sleep apnea**

Obesity

- **A new disease**
- **The American Medical Association classified obesity as a disease (June 2013)**
- **To raise awareness, improve prevention and treatment, and reduce the stigma associated with obesity**

Causes

- **Multiple factors:**
 - Genetic
 - Behavioral
 - Environmental

Changing the Environment

- **Make healthy behaviors the convenient and natural choice**
 - Community, schools, and home
 - Work

Strategies in the Workplace

- **Healthy vending machines**
 - Alabama Healthy Vending Machine Program
- www.adph.org/nutrition
 - click on Vending Machines



Nutrition Standards

- **10-10-5 Nutrition Standard**
 - 10% or less of the Daily Value (DV) of total fat
 - 10% or less of the Daily Value (DV) of total carbohydrates

Nutrition Standards

- 5% or more of the Daily Value (DV) of at least one:
 - Fiber, vitamin A, vitamin C, calcium, iron
- 360 mg or less of Sodium

Nutrition Standards

- **Exception with fruits and nuts**
 - Products containing nuts and seeds will be exempt from the above fat guidelines
 - Products containing dried or dehydrated fruit will be exempt from the above carbohydrate guidelines

Nutrition Standards

- Products containing both dried fruit and nuts / seeds will be exempt from both the carbohydrate and fat guidelines
- Snack mixes and other foods of which nuts are a part must meet the above carbohydrate guidelines

Beverages

- Pure water is preferred
- Non - carbonated flavored and vitamin enhanced water
 - Without artificial flavors
- 100% fruit / vegetable juice
 - Without added sweeteners
- Diet soda



Strategies in the Workplace

- Scale Back Alabama
 - www.scalebackalabama.com
 - Starts January 20-24, 2014

