

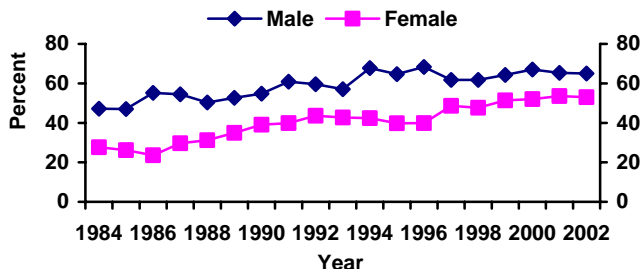
GEORGIA OVERWEIGHT AND OBESITY FACT SHEET

Overweight and obesity is an increasing health concern in Georgia with rising prevalence in adults and children.

Adults (Ages 18+)

- The prevalence of overweight and obesity¹ increased 60% between 1984 and 2002.
- 59% of adult Georgians are overweight (35%) or obese (24%).
- Adult males (65%) are more likely to be overweight or obese than adult females (53%).
- Blacks (67%) are more likely to be overweight or obese than whites (56%).
- Overweight and obesity increase with age, with the highest prevalence among adults aged 45-64 (67%).

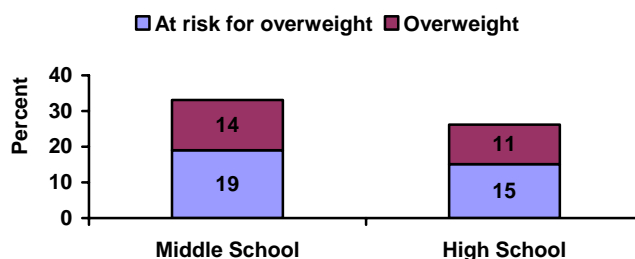
Prevalence of overweight and obese adults, age 18+, by sex, Georgia 1984-2002*



Youth (Ages 11-18)

- 33% of middle school students aged 11-14 are at risk for overweight or overweight.²
- 26% of high school students aged 14-18 are at risk for overweight or overweight.
- Middle school males (36%) are more likely to be at risk or overweight than middle school females (30%).
- High school males (30%) are more likely to be at risk or overweight than high school females (22%).
- Black students are more likely to be at risk or overweight than white students.
- Prevalence of at risk or overweight for white females is about half that of other race-, sex-groups.

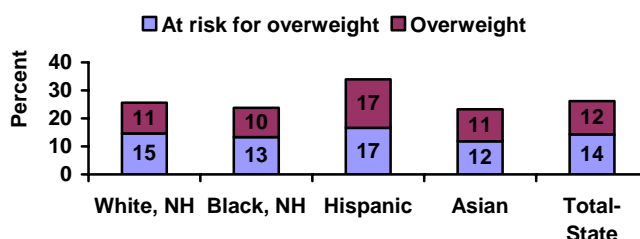
Prevalence of at risk for overweight and overweight among students by school type, Georgia 2003**



Children in WIC Program (Ages 2-5)

- Overweight among WIC children aged 2-5 years increased 60% over the past decade.
- 26% of WIC children aged 2-5 are at risk for overweight (14%) or overweight (12%).
- Hispanic WIC children (34%) are more likely to be at risk or overweight than any other ethnic group.
- Overweight and at risk for overweight increase with age among WIC children.

Prevalence of at risk for overweight and overweight among WIC children aged 2-5yrs by race and ethnicity, Georgia 2002***



COSTS OF OVERWEIGHT AND OBESITY

- 9,780 (15%) deaths were attributed to overweight and obesity in Georgia in 2002.
- The annual cost of obesity in Georgia is estimated at \$2.1 billion (\$250 per Georgian each year), which includes direct health care costs and lost productivity from morbidity and mortality (indirect costs).
- The average hospital length of stay for obese individuals is 85% longer than for normal-weight individuals.

ASSOCIATED DISEASES

- Overweight and obese adults are at increased risk for cardiovascular disease, diabetes, stroke, hypertension, gall bladder disease, osteoarthritis, and some cancers.
- Overweight children are at increased risk for hypertension, asthma, sleep apnea, and diabetes, as well as poor psychosocial functioning and decreased well being (low self-esteem).

¹ Adults - Overweight: BMI 25.0-29.9, Obese: BMI ≥ 30.0

² Children and Youth - At-risk for overweight: BMI-for-age 85th percentile - 95th percentile, Overweight: BMI-for-age ≥95th percentile

* Georgia Behavioral Risk Factor Surveillance System

** Georgia Student Health Survey

*** Georgia Pediatric Nutrition Surveillance System

CONTRIBUTING BEHAVIORAL FACTORS

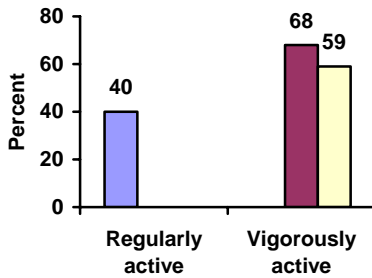
- Poor diet and physical inactivity are reasons for the recent rise in overweight and obesity.
- Less than half (48%) of overweight and obese Georgia adults who are trying to lose weight use recommended methods of healthy eating and increased physical activity.

Physical Activity

- Only 40% of adults are regularly active.
- 68% of middle school students and 59% of high school students are vigorously active.

Percent of adults who are regularly active (2001)* and youth who are vigorously active (2003)**, Georgia

■ Adults ■ Middle School ■ High School

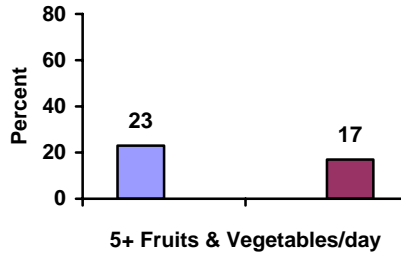


Nutrition

- Only 23% of adults eat the recommended 5 or more servings of fruits and vegetables daily.
- Only 17% of high school students eat the recommended 5-A-Day fruits and vegetables.

Percent of adults (2002)* and youth (2003)** who consume 5+ fruits and vegetables/day, Georgia

■ Adults ■ High school

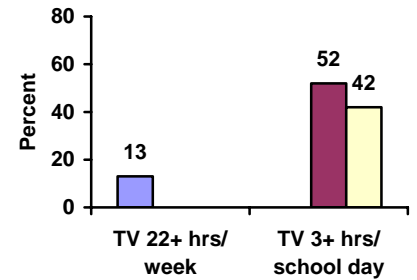


TV Viewing

- 13% of adults watch 22 or more hours of television per week.
- 52% of middle school students and 42% of high school students watch 3 or more hours of television per school day.

Percent of adults who watch TV 22+ hours/week (1999)* and youth who watch TV 3+ hours/ school day (2003)**, Georgia

■ Adults ■ Middle School ■ High School



*Georgia Behavioral Risk Factor Surveillance System **Georgia Student Health Survey

STRATEGIES FOR POPULATION-BASED ACTIONS TO REDUCE AND PREVENT OBESITY

- Evidence from the scientific literature suggests strategies to increase breastfeeding, improve healthy eating, increase physical activity, and decrease TV viewing are effective means of reducing the burden of obesity in the population. Examples of strategies by focus area are listed below.

Focus areas

Breastfeeding

Healthy Eating

Physical Activity

TV Viewing

Strategies

Implement the Loving Support campaign

Implement a Peer Counselor program in the Women, Infants, and Children (WIC) program

Assess and enhance availability of healthy choices in the community, schools and worksites

Develop and implement a nutrition policy in schools/after school programs/child-care settings and other community settings to ensure offering of healthy food choices

Assess and improve the physical environment to promote physical activity opportunities in the community

Promote daily, quality physical education for pre-K through grade 12

Encourage walking clubs and other forms of social support for being physically active

Promote National "TV Turn Off" week in April

Encourage children to watch less TV

- A comprehensive approach is needed to address the complexity of obesity prevention through partnership building and collaboration between public health, the community, schools, worksites, and the private sector.
- For more information about Georgia's Obesity Prevention Initiative, contact: Mara Galic, Project Coordinator at: 404-657-4676 or migalic@dhr.state.ga.us.



For more information about nutrition and physical activity programs in Georgia, please contact:
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