

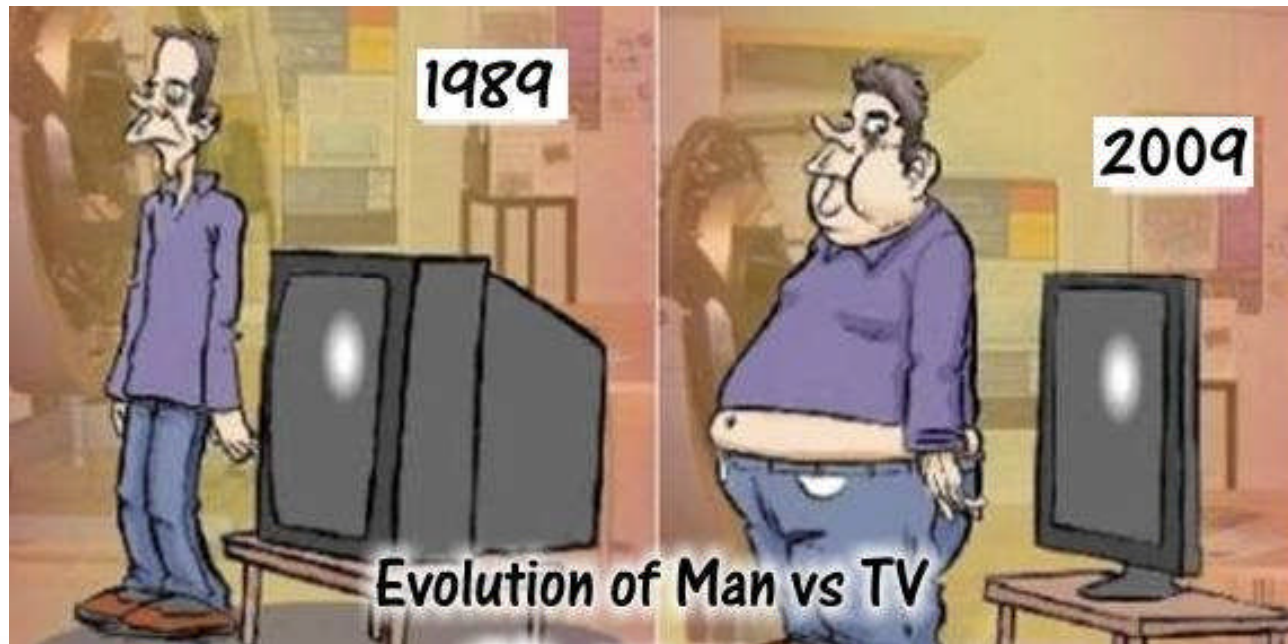


Nutrition and Physical Activity

Marianne Carter, MS, RD, CHES

Delaware Center for Health Promotion @ DSU

Overweight/Obesity



Body Mass Index - BMI

FORMULA for BMI: $\frac{\text{weight in kilograms}}{\text{height in meters}^2}$

<http://www.nhlbisupport.com/bmi/>

BMI Categories:

Underweight = <18.5

Normal weight = 18.5–24.9

Overweight = 25–29.9

Obesity = BMI of 30 or greater



America's Rising Obesity Rate

15%

22%

31%

34%



1980



1990



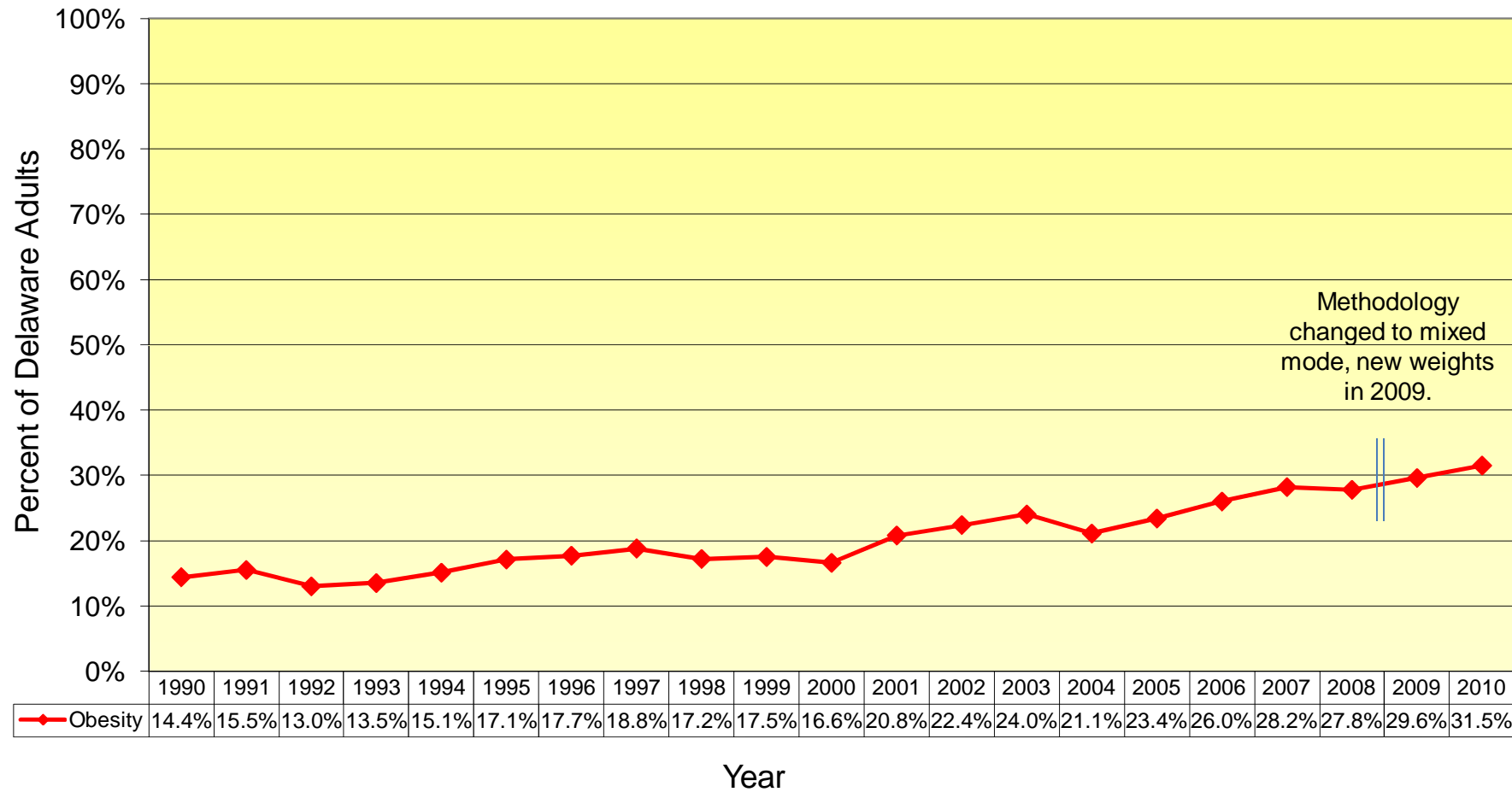
2000



2008

Percent of obese Americans

Obesity Doubled Among Delaware Adults 1990-2010



Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 1990-2010.

Delaware 2010 Data - Adults

- New Castle County:

Overweight – 33.3; obese – 26.8% C= 60%

- Kent County:

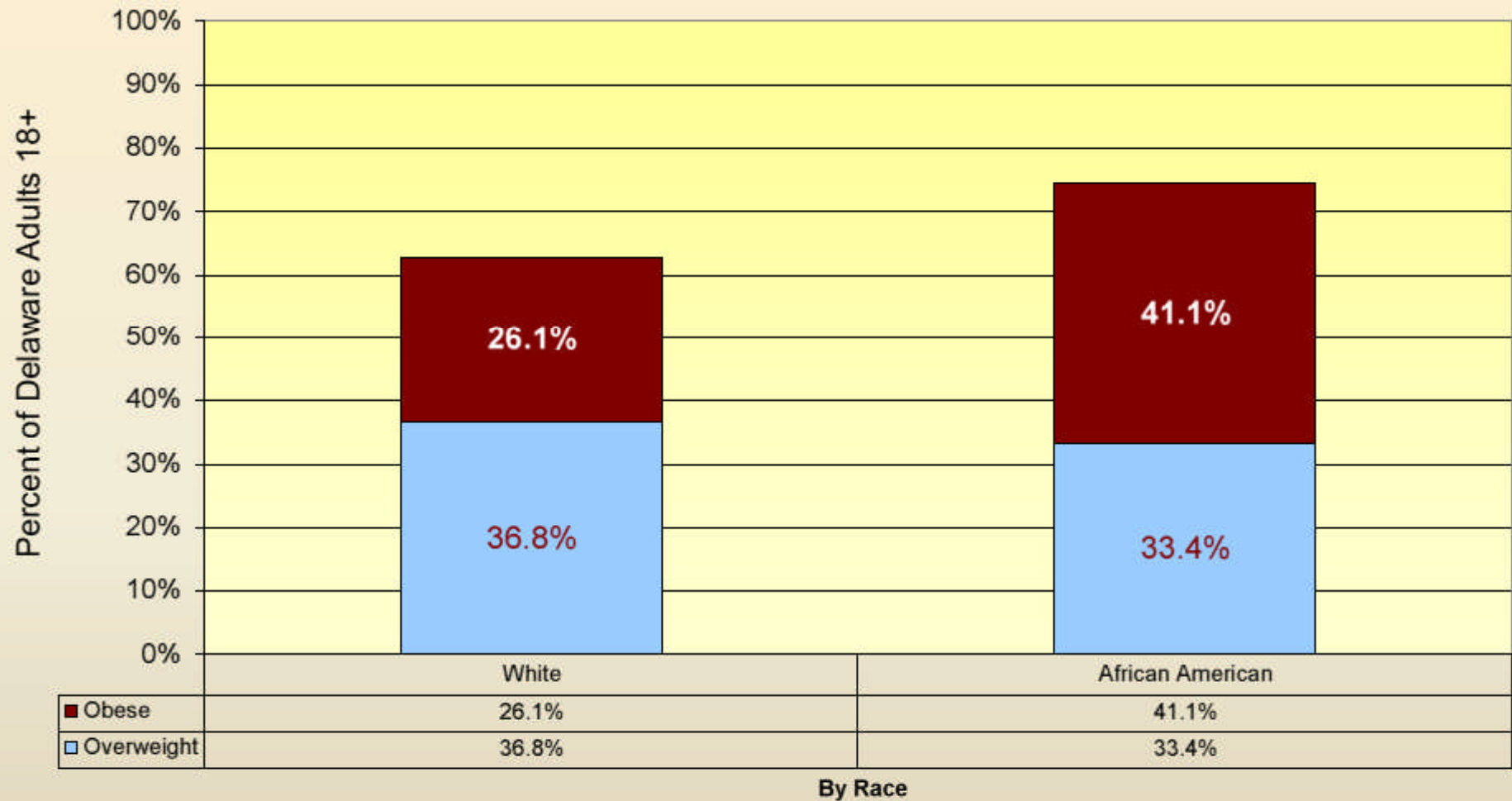
Overweight – 38.8%; obese – 31.9% C= 71%

- Sussex County:

Overweight – 37.7%; obese – 31.8% C= 70%

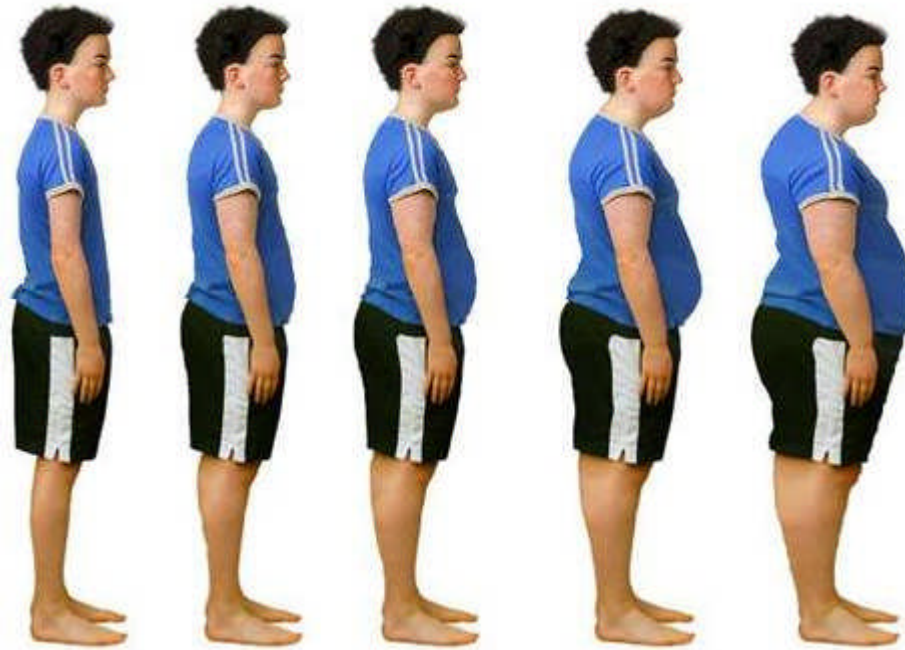


White and African American Adults, 2009: Significant Disparity for Obesity



Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey (BRFS), 2009.

Increase in Childhood Obesity



‘Mouse Potatoes’

‘Generation XL’

Contributing Factors

- Sedentary lifestyle
- Portion sizes are obscene
- Americans are dining out more
- Fast foods are convenient & high-calorie
- Food advertising provides 24/7 cues to eat
- Nutrient-poor food is often cheaper
- Many lack access to fresh foods
- Consumers are confused about nutrition
 - “Diets” are clouding the issue
 - Rare access to nutrition counseling for the overweight



Fruit & Vegetable Consumption



Produce Consumption

- Only 25% of adult Delawareans meet the recommended # of servings

By County:

New Castle – 25.1%

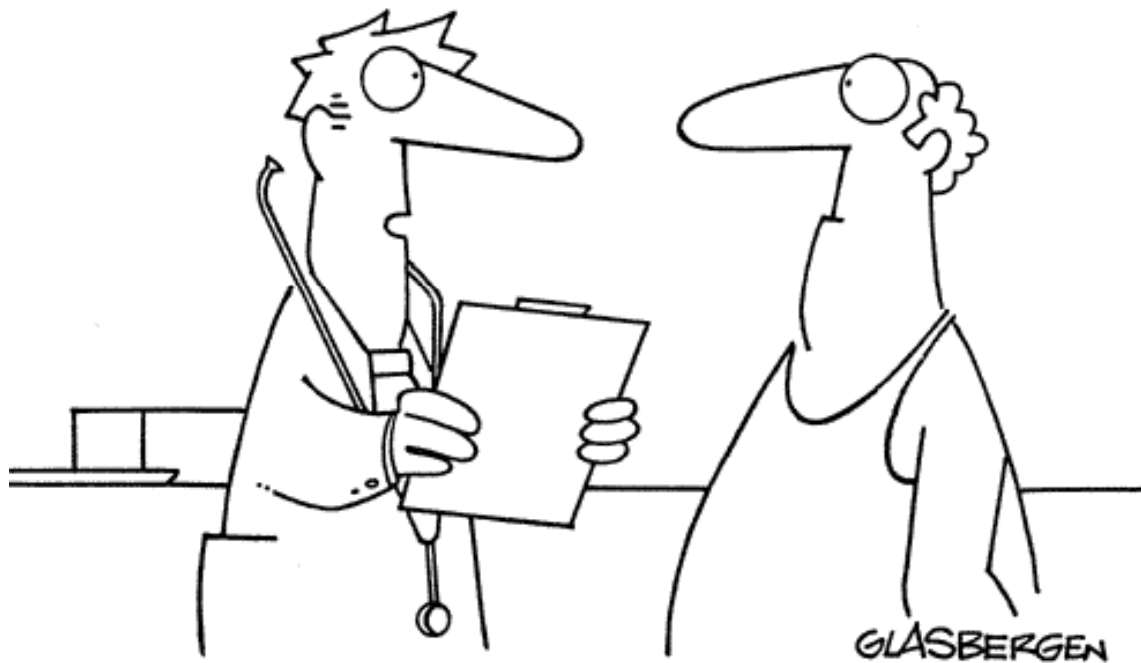
Kent – 23.1%

Sussex – 26.5%



Physical Activity

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“The handle on your recliner does not qualify as an exercise machine.”



Adult Activity Data

- Only 51% of adult Delawareans meet the rec. amount of moderate P.A.

By County:

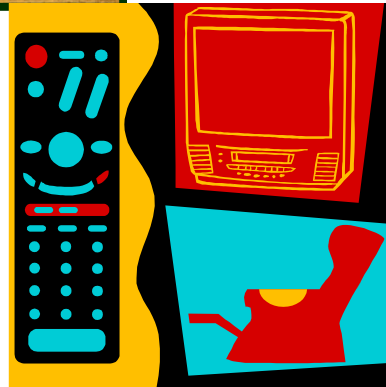
New Castle – 52.1%

Kent – 49.6%

Sussex – 52.4%



Sedentary is the “norm”



Automobile
Elevator
Escalator
Riding lawn mower
Moving sidewalk
Garage door opener
Leaf blower
Snow blower
Drive-through windows
Remote controls
Segways

Delaware Data - Summary

- 64% adults are classified as either **overweight/obese**.
- Only about 50% get enough moderate **physical activity**.
- 75% don't get enough **fruits and vegetables!**



Adult Risk Factors & Related Conditions in Delaware, by County: 2009

	Risk Factor	Statewide	NC County	Kent County	Sussex Co.
Risk Factors	Current Smokers	18.3%	17% (14.5-19.5%)	20.5% (17.6-23.4%)	20.1% (17.2-23%)
	Obesity (BMI >30)	27.6%	26.3% (23.4-29.2%)	32.8% (29.7-35.9%)	27.7% (24.4-31%)
	Diagnosed Diabetes	8.1%	6.6% (5.2-8%)	11.1% (9.3-12.9%)	9.9% (8.3-11.5%)
	High Blood Pressure	30.8%	28.2% (25.5-30.9%)	32.9% (30-35.8%)	35.6% (32.5-38.7%)
	Fair or Poor Health	12.9%	10.5% (8.7-12.7%)	16.2% (13.8-18.6%)	15.5% (13-18%)
Pos. Behaviors	Recommended Phys. Activity	51%	52.1% (48.4-55.8%)	45.6% (42.1-49.1%)	52.4% (48.5-56.3%)
	5 + Fruits and Veggies a Day	25%	25.1% (22.2-28%)	23.1% (20.2-26%)	26.5% (23-30%)

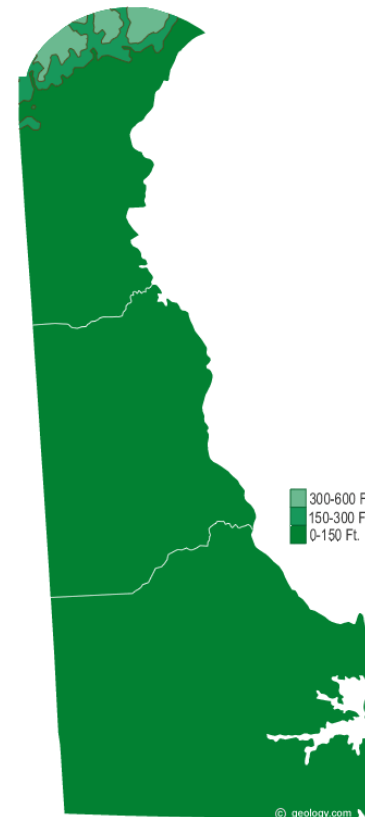
Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey

The State of the State's Health

Delaware ranks **#32 out of 50** states.

United Health Foundation, 2010

**The First State
Can Do Better!**



Marianne Carter, MS, RD, CHES

DE Center for Health Promotion

Delaware State University

302-857-7309

mcarter@desu.edu

