Nutrition and Physical Activity

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Overweight/Obesity

Evolution of Man vs TV
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%


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

![Bar graph showing obesity rates for White and African American adults in Delaware in 2009.](image)

- **White**
  - Obese: 26.1%
  - Overweight: 36.8%

- **African American**
  - Obese: 41.1%
  - Overweight: 33.4%

*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

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

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

Source: Delaware Health & Social Services, Division of Public Health, Behavioral Risk Factor Survey
Delaware ranks **#32 out of 50 states.**

United Health Foundation, 2010

The First State Can Do Better!
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