

**American College of Occupational and Preventive Medicine
2011 Annual Meeting, Orlando, Florida, November 1, 2011**

**National Response
to the Obesity Epidemic**

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Obesity: Defined

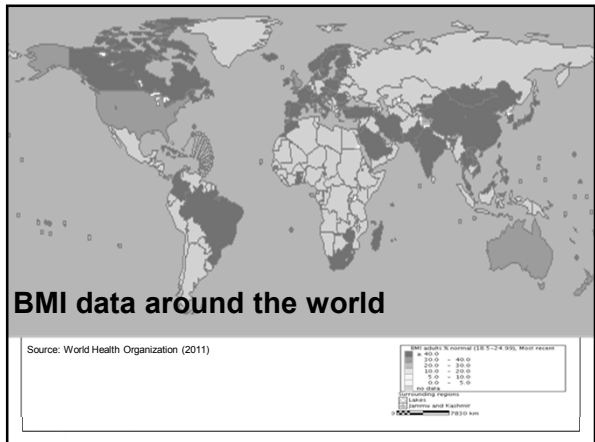
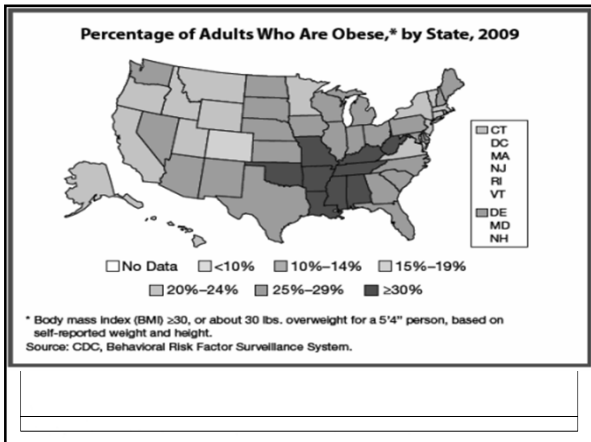
- WHO classification of overweight and obesity
 - Grade 1: BMI 25-29
 - Grade 2: BMI 30-39
 - Grade 3: BMI 40+
- BMI 50+ "super obese" in surgical literature

Obesity: Defined

- Body fat %
- Skin thicknesses
- Anthropomorphic measures

**Epidemiology:
United States**

- Two-thirds of US adults are either overweight or obese
- 51% of African American (AA) women, 43% of Mexican Americans, and 33% of Caucasians are obese
- 17% of US children are obese
- 24% of AAs, 19% of Mexican Americans, and 14% of Caucasians are obese
- From 1980 to 2008, rates of obesity doubled for adults and tripled for children



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**Health consequences
associated with obesity**

- Type 2 diabetes
- CVD: CAD, CVA, HTN, HLD
- Malignancy: Endometrial, breast, colon
- Obstructive sleep apnea
- Depression/anxiety
- Infertility

**Economic consequences
to the workplace**

- In 2008, estimated healthcare costs attributed to obesity were \$147 billion
- Obese persons averaged \$1,429 more healthcare costs than normal-weight individuals
- Obesity and reduced worker productivity are positively correlated
- Obese persons have 2 times the amount of sick days than persons of normal weight

How did we get here?

- Multi-factorial
- As a whole, US culture does not promote physical activity or healthy food choices
- Barriers in reaching large communities (child care facilities, schools, healthcare facilities, communities):
 - Financial constraints
 - Resistance to change policy
 - Challenges to change culture

National responses

- Improve state programs:
 - Nutrition
 - Physical activity
 - Surveillance
 - Applied research

**National responses:
Nutrition**

- Increase consumption of fruits and vegetables
- Increase breastfeeding initiation and duration
- Decrease consumption of sugar drinks and simple carbohydrates
- Increase education for physicians and patients
- Increase counseling opportunities

**National responses:
Nutrition**

- Robert Wood Johnson Foundation, Childhood Obesity Initiative
- Alliance for a Healthier Nation
 - founded by the American Heart Association
- America's Health Insurance Plans Obesity Initiative (AHIP)
- Strategies to Overcome and Prevent Obesity (STOP Obesity)
- National Hispanic Medical Association Obesity and Diabetes Initiatives (NHMA)

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When diet and exercise don't work...

- Medical therapy
 - Orlistat (Xenical)
 - Caffeine
 - Phentermine (Adipex-P)
 - Diethylpropion

Referrals

- Registered dietitians
- Exercise and physical therapists
- Behavioral scientists and/or psychologists
- Bariatric surgeon

National Response: Workplace wellness

- Paid time off
- Workplace wellness programs
- Healthy choices in food services areas
- Physical fitness programs and on-site athletic facilities
- Life insurance companies paying for gym memberships

“Let's finally recognize obesity as abuse...
• of our children
• of ourselves
and together take action against it.”

—McMe Roth
President/Founder, National Action Against Obesity

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