

# **Identifying Multidimensional Causes of Obesity and Solutions in the United States**

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# PURPOSE OF PRESENTATION

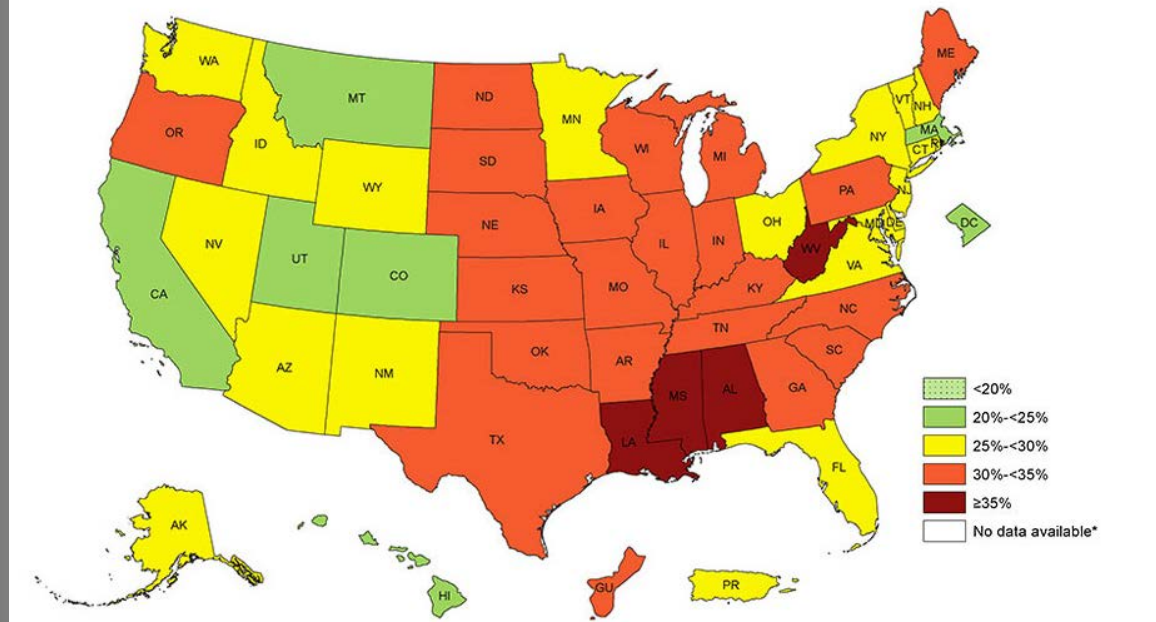
- Introduction/Background
- Purpose/Public Health Problem
- Methods
- Results/Discussion
- Conclusion
- Acknowledgements
- References

# INTRODUCTION/BACKGROUND TO THE UNITED STATES OBESITY EPIDEMIC

- 36.5% U.S. population are obese
- 17% U.S. children are obese
- Costs 147 billion dollars in health care dollars annually
- 300,000 preventable deaths due to complications related

Prevalence<sup>†</sup> of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2015

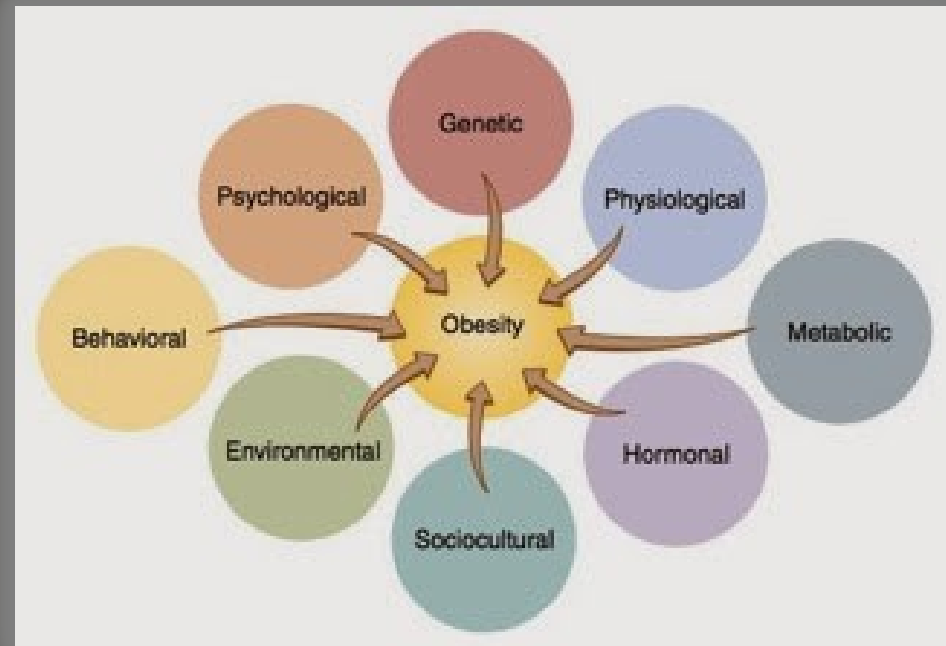
<sup>†</sup>Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



Source: CDC

# PURPOSE OF PAPER

- Address and acknowledge the multidimensional causes of obesity
- Discuss the impact of this epidemic on the United States
- Discuss the political, economical and cultural context
- Describe the role of public health
- Present findings from Oneida County, Wisconsin
- Provide effective, evidence-based solutions



Source: <http://drlinda-md.com/2016/03/causes-obesity-not-just-calories/>

# METHODS

## LITERATURE REVIEW

(key searches)

- 1. Food deserts
- 2. Childhood obesity
- 3. Fast food
- 4. Portion control
- 5. School lunch programs
- 6. Obesity policy/funding
- 7. Physical activity
- 8. Nutrition
- 9. Worksite wellness
- 10. Disparities in obesity prevalence (SES)

## INTERVIEWS

1. Participant one, Community Health Specialist for Oneida County Health Department
2. Participant two, Family Living Educator for Oneida County through the University of Wisconsin Extension

# RESULTS & DISCUSSION - KEY FINDINGS

## PROBLEM: ACCESS TO HEALTHY, WHOLESOME FOOD

### FAST FACTS:

- 15 million children suffer from food insecurity
- 9.2% of all housing units have no vehicle and 4.2% are at least five miles from a grocery store
- Fast food restaurants rose from 30,000 in 1970 to 233,000 in 2004

### TAKEAWAYS:

- People are living in food deserts across the nation

### SOLUTION(S):

- Community based gardens
- Expand and offer affordable, healthy options at all locations where food is available

# RESULTS & DISCUSSION - KEY FINDINGS

## PROBLEM: LACK OF EDUCATION/RESOURCES

### FAST FACTS:

- 21% of the population meets physical activity guidelines ('08)
- Limited resources are available and not always affordable for target population
- Children ages 8-18 spend nearly eight hours per day looking at a screen
- 33% of young children do not eat any fruits or vegetables on a given day

### TAKEAWAYS:

- There needs to be a greater investment in education for obesity prevention

### SOLUTION(S):

- Offer wellness/nutrition programs to children and parents at schools, community centers, etc.
- Offer community activities to encourage proper nutrition and physical activity

# RESULTS & DISCUSSION - KEY FINDINGS

## PROBLEM: WORKPLACE CULTURE

### FAST FACTS:

- 36% of hours spent awake are spent at work
- One study showed that for every \$1 invested in employee wellness, \$3.48 was saved in health care costs
- 39 million workdays are lost to obesity-related illnesses each year

### TAKEAWAYS:

- There is sufficient evidence that proves the value of implementing worksite wellness programs

### SOLUTION:

- Employers need to invest and understand the benefits of worksite wellness by utilizing the toolkit provided by the Department of Health Services



# RESULTS & DISCUSSION - KEY FINDINGS

## PROBLEM: FUNDING

### FAST FACTS:

- 3% of the health care budget is spent on public health interventions
- Some government programs are too flexible for participants (SNAP)

### TAKEAWAYS:

- Our society tends to focus more on secondary and tertiary prevention
- “The obesity epidemic has huge economic consequences, and we have not even begun to pay the full cost” (Willet)

### SOLUTION:

- Generate an economic shift that focuses more on primary prevention through public health interventions

# RESULTS & DISCUSSION - KEY FINDINGS

## PROBLEM: SOCIAL DETERMINANTS OF HEALTH

### FAST FACTS:

- Those who make \$15,000 or less per year make up 33% of obese population
- African Americans have the highest obesity rate at 48%
- Those who did not graduate high school are more likely to be obese

### TAKEAWAYS:

- There are underlying socioeconomic factors that need to be addressed to decrease obesity rates

### SOLUTION:

- Stakeholders must understand how socioeconomic factors are impacting the opportunity to access resources and education

# RESULTS & DISCUSSION - KEY FINDINGS

## PROBLEM: CULTURE

### FAST FACTS:

- The United States spends the most money on health care, yet it is one of the sickest developed nations in the world

### TAKEAWAYS:

- Stakeholders have individual agendas and primary prevention has not been a priority

### SOLUTION:

- Stakeholders must come together for the common goal of improving health outcomes to sustain a successful, productive economy

# CONCLUSION

- In order to make sustainable improvements to the obesity epidemic, there needs to be a cultural shift that entails all stakeholders coming together to invest in resources and education through public health interventions.



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