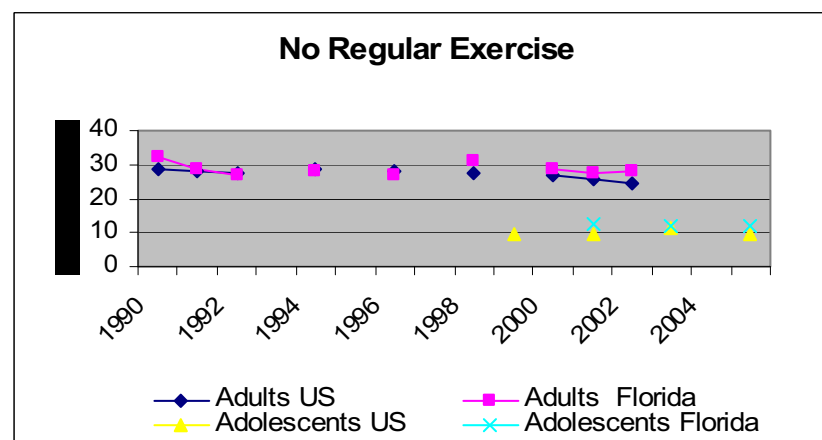
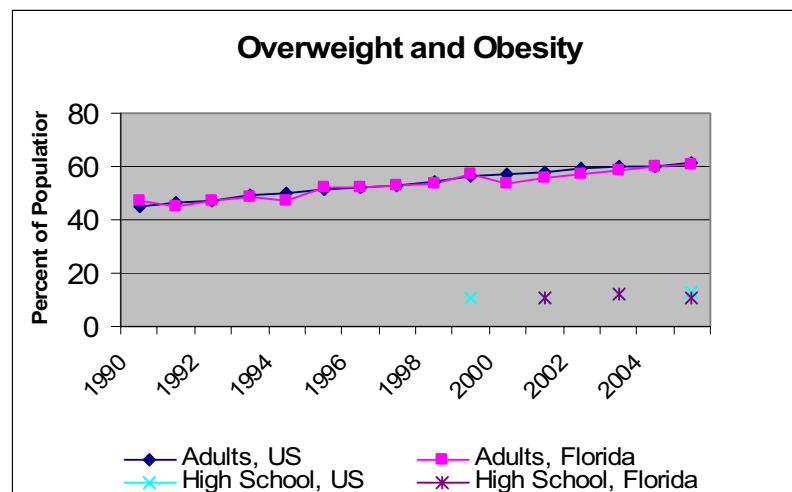


Overweight and Obesity

Obesity and overweight are the result of physical inactivity and poor or over-nutrition. Overweight and its causes are major contributors to a variety of conditions, including adult-onset diabetes, high blood pressure, high cholesterol, coronary heart disease, stroke, osteoarthritis and some cancers.

Why is this Important?

- Physical activity and eating patterns are set early in life, and are hard to change.
- People with normal bodyweight have a potential to enjoy a higher quality of life.
- People with normal body weight are less likely to die prematurely.
- US economic competitiveness is hurting as our workforce becomes less healthy and productive.
- Obesity related health care costs are draining dollars from the bottom line of businesses.



Overweight and Obesity, cont'd

How is Florida Doing?

- Florida ranks the 16th heaviest in the nation.
- The proportion of Florida adults who are overweight or obese has increased by 29% over the last 15 years, from 47% to 61% of Florida's population over age 18. The pattern parallels the US increase.
- The proportion of Florida adults that are physically inactive has declined since 1998, from 31 to 27.9, after six years of a gradual increase. Florida mirrors the US pattern, although US levels of inactivity are about three percentage points lower than the Florida rates. The proportion of high school students that are inactive has shown little change. Florida teens have higher rates of inactivity than teens in the rest of the nation.
- According to the 2005 Behavioral Risk Factor Surveillance Survey, 26.2% of Florida adults reported consuming five or more servings of fruits and vegetables.
- According to the 2005 Youth Risk Behavior Survey, 21.9% of Florida high school students reported eating fruits and/or vegetables five or more servings a day.





Overweight and Obesity, cont'd

What Influences Overweight and Obesity?

- Overweight and obesity result from an energy imbalance that involves eating too many calories and not getting enough physical activity.
- The choices people make are influenced by their relationships with family, friends, neighbors and colleagues; their home, workplace, neighborhood and school environments; their economic limitations; and their genetics, physiology, psychology and life-stage.

What is the State's Role?

States can

- Encourage businesses to implement Employee Wellness Programs.
- Encourage the insurance industry to support wellness activities aimed at reducing overweight and obesity.
- Set aside green space for parks
- Support physical education in schools and safe, supervised activities for children
- Provide incentives that make healthy food available in low-income communities.
- Build sidewalks and encourage use of mass transport.

Florida Initiatives

In 2007, the **Governor's Council on Physical Fitness** was established to develop a state plan of action to increase Floridians level of physical fitness through regular exercise and sound nutritional practices.

Step Up, Florida - On Our Way To Healthy Living!" is a statewide initiative promoting the importance of daily physical activity for people of all abilities and to highlight local opportunities for Floridians to engage in physical activity.

http://www.doh.state.fl.us/Family/chronicdisease/walk_index.html

Be Wise About Your Portion Size is part of a national nutrition education campaign that encourages Floridians to be aware of the size of the food portions they are consuming, as well as their total daily intake of food.

<http://doh.state.fl.us/Family/obesity/documents/BeWise.html>