Obesity Prevention:  
A Comprehensive Approach

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Maine Center for Disease Control and Prevention

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The 10 leading causes of death as a percent of all deaths:  
United States, 1900 and 1997

<table>
<thead>
<tr>
<th>Year</th>
<th>Pneumonia</th>
<th>Tuberculosis</th>
<th>Diabetics &amp; alcohol</th>
<th>Heart disease</th>
<th>Stroke</th>
<th>Liver disease</th>
<th>Injuries</th>
<th>Cancer</th>
<th>Suicide</th>
<th>Other/Unspecified</th>
</tr>
</thead>
<tbody>
<tr>
<td>1900</td>
<td>11.7</td>
<td>11.3</td>
<td>5.1</td>
<td>9.0</td>
<td>4.2</td>
<td>5.1</td>
<td>0.2</td>
<td>0.5</td>
<td>0.9</td>
<td>2.3</td>
</tr>
<tr>
<td>1997</td>
<td>21.4</td>
<td>23.3</td>
<td>6.9</td>
<td>4.7</td>
<td>4.1</td>
<td>3.7</td>
<td>2.7</td>
<td>1.0</td>
<td>1.1</td>
<td>1.1</td>
</tr>
</tbody>
</table>


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Actual Causes of Death in the US

<table>
<thead>
<tr>
<th>Causes</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco</td>
<td>435,000</td>
<td>18.1%</td>
</tr>
<tr>
<td>Poor Diet/Physical Activity</td>
<td>400,000</td>
<td>16.6%</td>
</tr>
<tr>
<td>Alcohol Consumption</td>
<td>85,000</td>
<td>3.5%</td>
</tr>
<tr>
<td>Microbial Agents</td>
<td>75,000</td>
<td>3.1%</td>
</tr>
<tr>
<td>Toxic Agents (pollutants)</td>
<td>55,000</td>
<td>2.3%</td>
</tr>
<tr>
<td>Motor Vehicles</td>
<td>43,000</td>
<td>1.8%</td>
</tr>
<tr>
<td>Firearms</td>
<td>29,000</td>
<td>1.2%</td>
</tr>
<tr>
<td>Sexual Behavior</td>
<td>20,000</td>
<td>0.8%</td>
</tr>
<tr>
<td>Illicit Drug Use</td>
<td>17,000</td>
<td>0.7%</td>
</tr>
</tbody>
</table>

Childhood Obesity in the US

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 through 5</td>
<td>5%</td>
<td>7.2%</td>
<td>10.3%</td>
<td>12.4%</td>
</tr>
<tr>
<td>6 through 11</td>
<td>6.5%</td>
<td>11.3%</td>
<td>15.8%</td>
<td>17.0%</td>
</tr>
<tr>
<td>12 through 19</td>
<td>5%</td>
<td>10.5%</td>
<td>16.1%</td>
<td>17.6%</td>
</tr>
</tbody>
</table>

Source: National Health and Nutrition Examination Survey, US CDC

Childhood Obesity in Maine

34.6% of Children Enrolled in the Maine WIC Program are either Overweight or Obese*

*Children ages 2-5 years enrolled in the WIC Nutrition Program, Jan 01, 2015 – Dec 31, 2015

Childhood Obesity in Maine

Overweight/Obesity among High School and Middle School Students, Maine, 2015
Why Are We Alarmed?

• Health Risks of Obesity
• Social Implications of Obesity
• Economic Burden of Obesity

How to Prevent Obesity?

Engagement, Leadership, and Action
Individuals, Families, Communities, and Society

Assess Progress

School Environments
Physical Activity Environments
Food and Beverage Environments
Health Care and Work Environments

How Are We Acting?

• Increasing Healthy Options
• Improving Social and Economic Resources
• Building Community Capacity
• Reducing Deterrents to Healthy Behaviors
What Are Roles ofPediatricians?

• Crucial partners in prevention of obesity:
  - Identification of children at risk
  - Education and counseling
  - Focus on family-based interventions
  - Reducion of high-risk dietary behaviors
  - Reduction of high-risk activity behaviors

• Leaders in treatment of obesity

Questions?

Acknowledgements

• DawnLittlefield-Gordon, Healthy Weight Coordinator, Division of Disease Prevention, Maine CDC

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  Chronic Disease Prevention and Control
  Division of Disease Prevention, Maine CDC
Childhood Obesity - Definitions

"Obese" means a child is severely overweight with a body mass index (BMI) that is equal to or greater than the 95th percentile.

"Overweight" means your child is above a weight that is considered normal and healthy. Being overweight as a child can lead to obesity as an adult.

Childhood Obesity in Maine - Statistics

34.6% of Children Enrolled in the Maine WIC Program are either Overweight or Obese*

*Children ages 2-5 years enrolled in the WIC Nutrition Program, Jan 01, 2015 - Dec 31, 2015

Childhood Obesity in Maine - Statistics

Overweight/Obesity among Children in Early Care and Education in Maine, 2015
Childhood Obesity in Maine - Statistics

**Obesity among High School and Middle School Students, Maine, 2015**

- **Middle School**
  - Maine Total: 16.3%
  - Female: 18.7%
  - Male: 14.1%

- **High School**
  - Maine Total: 18.7%
  - Female: 22.7%
  - Male: 16.2%

**Overweight/Obesity among High School and Middle School Students, Maine, 2015**

- **Middle School**
  - Maine Total: 35.5%
  - Female: 30.4%
  - Male: 30.6%

- **High School**
  - Maine Total: 34.9%
  - Female: 25.8%
  - Male: 34.9%