

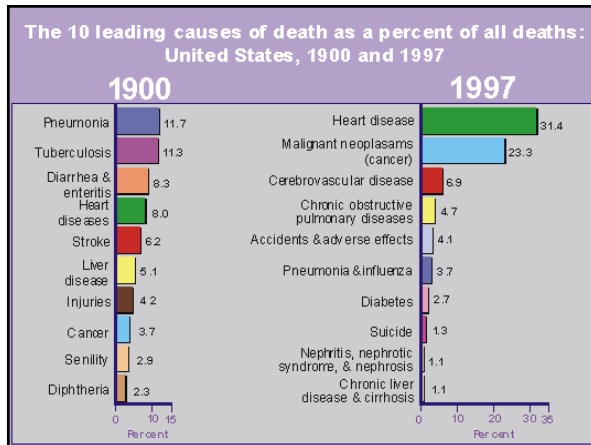
Obesity Prevention: A Comprehensive Approach





Maine Center for Disease Control and Prevention
An Office of the
Department of Health and Human Services
Paul F. Wright, Director Amy C. Hapton, Commissioner

Nona Tsotseria, MD, PhD, Senior Health Program Manager
Maine Center for Disease Control and Prevention



Actual Causes of Death in the US

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

Year 2000 Data Source: Mokdad, AH, et al (2004), JAMA, 291, 1238-1246

Childhood Obesity in the US

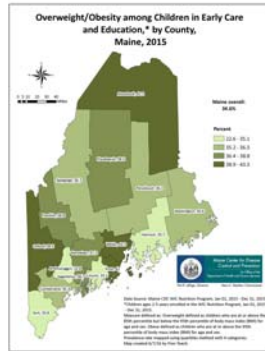
	1976–1980	1988–1994	1999–2002	2003–2006
Ages 2 through 5	5%	7.2%	10.3%	12.4%
Ages 6 through 11	6.5%	11.3%	15.8%	17.0%
Ages 12 through 19	5%	10.5%	16.1%	17.6%

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*

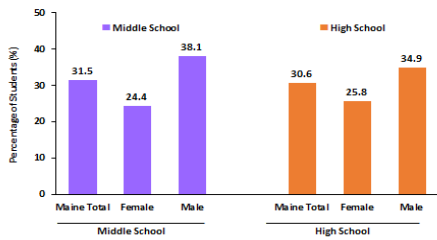
* Children ages 2-5 years enrolled in the WIC Nutrition Program, Jan 01, 2015 - Dec 31, 2015



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Childhood Obesity in Maine

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



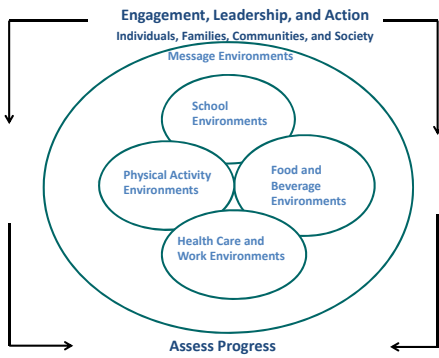
Data Source: Maine Integrated Youth Health Survey, 2015

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Why Are We Alarmed?

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

How to Prevent Obesity?



How Are We Acting?

- Increasing Healthy Options
- Improving Social and Economic Resources
- Building Community Capacity
- Reducing Deterrents to Healthy Behaviors

What Are Roles of Pediatricians?

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

Questions?



Acknowledgements

- Dawn Littlefield-Gordon, Healthy Weight Coordinator, Division of Disease Prevention, Maine CDC
- Nona Tsotseria, MD, PhD Nona.Tsotseria@maine.gov
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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.

Graphics from Alliance for a Healthier Generation

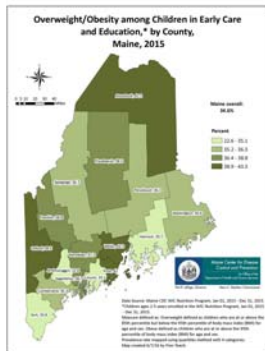
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Childhood Obesity in Maine - Statistics

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

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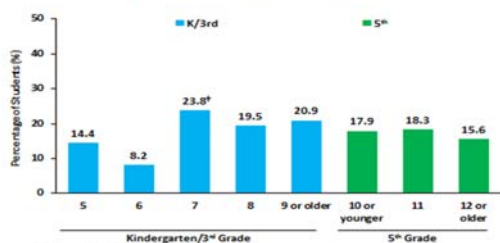


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Childhood Obesity in Maine - Statistics

Overweight among K/3 and 5th Grade Students by Age Group, Maine, 2015



Data Source: Maine Integrated Health-Health Surveys, 2015
*Reported with caution based on an unweighted approximation (n=20)

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